

FLETC GALLEY

LOW-COUNTRY KITCHEN 03 /15 /25 -- 03/ 21 /2025

BREAKFAST MENU

DAILY OPTIONS

FARM FRESH EGGS, SAUSAGE PATTIES, SAUSAGE LINKS, CORNED BEEF HASH, HAM, BACON, FRIED POTATOES, GRITS, OATMEAL, FRESH FRUIT

SATURDAY-FRIDAY OPTIONS

SATURDAY- FRENCH TOAST STICKS, SUNDAY- WAFFLES
MONDAY- BLUEBERRY PANCAKES, TUESDAY-FRENCH TOAST, WEDNESDAY- WAFFLES, THURSDAY- BANANA PANCAKES, FRIDAY-WAFFLES

LUNCH MENU

MEATBALL SUBS, CHICKEN TENDERS ... SATURDAY

* FRIED POTATO WEDGES, PASTA, MARINARA SAUCE(GF), ALFREDO SAUCE, BROCCOLI W/ CHEESE (GF), CORN ON THE COB (GF) *

SMOTHERED PORK CHOPS W/ ONIONS & PEPPERS, BAKED ZITI ... SUNDAY

* MASHED POTATOES (GF), WHITE RICE (GF), BROWN GRAVY, GREEN PEAS (GF), YELLOW SQUASH W/ ONIONS (GF) *

SHRIMP SCAMPI (GF), OPEN FACED CHICKEN CORDON BLEU (NEW MENU ITEM) ... MONDAY

* LINGUINE, MARINARA SAUCE (GF), ALFREDO SAUCE, RICE PILAF, LEMON GARLIC ASPARAGUS (GF), STEAMED CAULIFLOWER (GF) *

SEASONED GROUND BEEF (GF), CHICKEN TINGA (GF) ... TUESDAY

* WARM FLOUR TORTILLAS, FRIED NACHO CHIPS, QUESO CHEESE, MEXICAN RICE (GF), REFRIED RICE (GF), OVEN ROASTED TOMATILLO (GF), CONFETTI CORN (GF) *

FRIED CHICKEN, HERB SEASONED BAKED CHICKEN (GF), SALISBURY STEAK ... WEDNESDAY

* MASHED GARLIC POTATOES (GF), STEAMED WHITE RICE (GF), CHICKEN GRAVY, SPECKLED BUTTER BEANS (GF), SAUTÉED OKRA & TOMATOES (GF) *

GRILLED JERK CHICKEN THIGHS, SAVORY PORK STEW ... THURSDAY

* JASMINE RICE (GF), SCALLOPED POTATOES, BUTTERED EGG NOODLES, GARLIC GREEN BEANS (GF), ROASTED BUTTERNUT SQUASH (GF) *

BBQ PULLED PORK, CRISPY FRIED FISH ... FRIDAY

* RED RICE W/ PORK SAUSAGE (GF), MAC & CHEESE, BAKED BEANS, CREAM OF CORN, HUSH-PUPPIES, COLE SLAW (GF)

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SOUP DAILY OPTIONS

SOUP MENU

* MONDAY--TURKEY NOODLE SOUP--TUESDAY-- CHEESY MEXICAN CHICKEN TORTILLA SOUP-- WEDNESDAY--HOME STYLE CHILI-- THURSDAY--SEAFOOD CHOWDER-- FRIDAY-- LOADED POTATO SOUP *

DAILY-LOW CALORIE MENU

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(MONDAY-FRIDAY) Daily Chef Selected Seafood Item~ Roasted Chicken~ Vegetarian Entrée~ Steamed Brown Rice ~ Quinoa & Cous Cous~ Chef Selected Vegetables ~ (ALL ITEMS WILL BE SALT AND BUTTER/MARGARINE FREE) Flavored w/ Olive Oil & Chef Selected Herbs and Spices VEGETABLES MAY BE SUBJECT TO CHANGE BASED ON AVAILABILITY

DINNER MENU

SAVORY CHICKEN BREASTS(GF), FRIED BUFFALO SHRIMP ... SATURDAY

* PASTA, MARINARA SAUCE (GF), ALFREDO SAUCE, MOZZARELLA STICKS, STEAMED SPINACH (GF), ZUCCHINI BLEND (GF) *

ROSEMARY ROAST BEEF W/ AU JUS, ROTISSERIE SEASONED CHICKEN (GF) ... SUNDAY

* MASHED POTATOES (GF), BROWN (GF) } BROWN BEEF GRAVY, SAUTÉED CABBAGE (GF), STEAMED CARROTS (GF) *

STUFFED PASTA W/ SEAFOOD SAUCE (NEW MENU ITEM), MARINATED BEEF TIPS ... MONDAY

* MUSHROOM RICE (GF), AU-GRATIN POTATOES, CALIFORNIA BLEND VEGETABLES (GF), STEAMED GREEN BEANS (GF) *

CAJUN SHRIMP & SAUSAGE PASTA, SPANISH SEASONED PORK CHOPS (GF) ... TUESDAY

* SAFFRON RICE (GF), ROASTED GARLIC POTATOES (GF), FRIED EGGPLANT, STEWED TOMATOES (GF) *

SHRIMP FRIED RICE, SWEET & SOUR CHICKEN ... WEDNESDAY

* JASMINE RICE (GF), SESAME NOODLES, STIR-FRIED VEGETABLES, GINGER BROCCOLI (GF) *

GRILLED RIB-EYE STEAK (GF), FRIED CLAM STRIPS W/ SPICY MARINARA SAUCE ... THURSDAY

* BAKED POTATOES (GF), SWEET POTATOES (GF), RICE PILAF, SAUTÉED MUSHROOMS, ITALIAN GREEN BEANS (GF)

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ITALIAN BAKED CHICKEN (GF), ITALIAN SAUSAGE SKILLET W/ TOMATOES & PEPPERS ... FRIDAY

* PASTA, GARLIC HERB MARINARA SAUCE (GF), ALFREDO SAUCE, GARLIC TOAST, STEAMED GREEN BEANS (GF), FRIED GREEN TOMATOES *

DESSERT MENU

BANANA PUDDING, CHOCOLATE COOKIE CRUMB PARFAIT, PEACH COBBLER, CHERRY COBBLER, APPLE PIE

SPECIALTY BAR

THURSDAY

* SAUSAGE BAR *

HOURS OF OPERATION--WEEKDAY HOURS BREAKFAST 6:30am-7:45am LUNCH 11am-1pm DINNER 4:15pm-7pm WEEKEND HOURS BREAKFAST am-9:15am LUNCH 11:30am-1pm DINNER 5:30pm-7pm