

# FLETC GALLEY

LOW-COUNTRY KITCHEN 04 /19 /25 -- 04/ 25 /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 ... 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) \*

## SOUP DAILY OPTIONS

### SOUP MENU

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

## DAILY-LOW CALORIE MENU

### DAILY LOW CALORIE MENU

(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, 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) \*

### 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

# FLETC GALLEY

LOW-COUNTRY KITCHEN 04 / 26 /25 -- 05/ 02 /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 PANKAKES, TUESDAY-FRENCH TOAST, WEDNESDAY- WAFFLES, THURSDAY- BANANA PANKAKES, FRIDAY-WAFFLES

## LUNCH MENU

### PHILLY CHEESE-STEAK SANDWICHES, BUTTERFLY SHRIMP ... SATURDAY

\* FRIED POTATO WEDGES, PASTA, MARINARA SAUCE(GF), ALFREDO SAUCE, STEAMED BROCCOLI (GF), GLAZED CARROTS (GF) \*

### HONEY BBQ CHICKEN, CREAMY ITALIAN SAUSAGE PASTA ... SUNDAY

\* YELLOW RICE (GF), GARLIC ROASTED POTATOES (GF), STEAMED ASPARAGUS (GF), ROASTED SQUASH & ONIONS (GF) \*

### SHRIMP ÉTOUFFÉE (GF), PINEAPPLE GLAZED PORK CHOPS (GF) ... MONDAY

\* STEAMED JASMINE RICE (GF), CREAMY PARMESAN POLENTA (GF), LEMON GLAZED ROASTED BROCCOLI (GF), VEGETABLE MEDLEY (GF) \*

### MEXICAN SEASONED GROUND BEEF (GF), CHIPOTLE CHICKEN (GF), BAJA SHRIMP (GF) ... TUESDAY

\* WARM FLOUR TORTILLAS, FRIED NACHO CHIPS, QUESO CHEESE, MEXICAN RICE (GF), REFRIED RICE (GF), MEXICAN VEGETABLES (GF), BUTTERY CORN (GF) \*

### FRIED CHICKEN, HERB SEASONED BAKED CHICKEN (GF), HAMBURGER STEAK & GRAVY ... WEDNESDAY

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

### PORK SCHNITZEL, BEEF ROULADEN ... THURSDAY

\* SPÄTZLE (EGG PASTA), SEMMELKNODEL (GERMAN BREAD DUMPLINGS), BRATKARTOFFELN (FRIED POTATOES), GERMAN RED CABBAGE (GF), SPECKBOHNEN (GERMAN GREEN BEANS) (GF) \*

### BBQ PULLED PORK, CRISPY FRIED FISH ... FRIDAY

\* RED RICE W/ PORK SAUSAGE (GF), MAC & CHEESE, BAKED BEANS, COLLARD GREENS W/ SMOKED TURKEY, HUSH-PUPPIES, COLE SLAW (GF) \*

## SOUP DAILY OPTIONS

### SOUP MENU

\* MONDAY--ITALIAN WEDDING SOUP--TUESDAY-- CHEESY MEXICAN CHICKEN TORTILLA SOUP-- WEDNESDAY--HOME STYLE CHILI-- THURSDAY--ZUPPA TOSCANA -- FRIDAY-- LOADED POTATO SOUP \*

## DAILY-LOW CALORIE MENU

### DAILY LOW CALORIE MENU

(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

### CHICKEN PARMESAN, CHEESE STUFFED PASTA ... SATURDAY

\* PASTA, MARINARA SAUCE (GF), ALFREDO SAUCE, GARLIC BREAD STICKS, ROASTED VEGETABLES (GF), FRIED CORN NUGGETS \*

### ROASTED CHICKEN (GF), COUNTRY FRIED STEAK ... SUNDAY

\* MASHED POTATOES (GF), WHITE RICE (GF), BROWN GRAVY, COUNTRY GRAVY, SOUTHERN STYLE GREEN BEANS (GF), ROASTED CAULIFLOWER (GF) \*

### MEAT SAUCE W/ GROUND BEEF (GF), ITALIAN BAKED CHICKEN BREASTS (GF) ... MONDAY

\* PASTA, MARINARA SAUCE (GF), ALFREDO SAUCE, TOASTED GARLIC BREAD, STEAMED LEMON BROCCOLI (GF), SAUTÉED CAPRI BLEND (GF) \*

### SEARED SESAME GINGER COD, BEEF & BROCCOLI ... TUESDAY

\* VEGETABLE FRIED RICE, STEAMED WHITE RICE (GF), FRIED EGG ROLLS, SAUTÉED BOK CHOY, ASIAN VEGETABLES \*

### CREOLE GARLIC PORK LOIN (GF), HUNTER'S STYLE CHICKEN THIGHS ... WEDNESDAY

\* STEAMED WHITE RICE (GF), OVEN ROASTED POTATOES (GF), SKILLET CORN (GF), FRIED OKRA \*

### GRILLED NY STRIP STEAK (GF), BAKED SALMON CAKES ... THURSDAY

\* BAKED POTATOES (GF), BAKED SWEET POTATOES (GF), RICE W/ GINGER & SCALLIONS (GF), SAUTÉED MUSHROOMS, STEAMED BROCCOLI (GF) \*

### LEMON GARLIC BUTTER CHICKEN (GF), PORK MARSALA ... FRIDAY

\* LINGUINE, MARINARA SAUCE (GF), CREAMY WHITE WINE SAUCE W/ CAPERS, STEAMED BROCCOLI (GF), FRIED EGGPLANT \*

## DESSERT MENU

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

## SPECIALTY BAR

### THURSDAY

\* SLIDER 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

# FLETC GALLEY

LOW-COUNTRY KITCHEN 05 / 03 /25 -- 05/ 09 /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 PANKAKES, TUESDAY-FRENCH TOAST, WEDNESDAY- WAFFLES, THURSDAY- BANANA PANKAKES, FRIDAY-WAFFLES

## LUNCH MENU

### ROAST BEEF & CHEDDAR SANDWICHES, CHICKEN NUGGETS ... SATURDAY

\* PASTA, MARINARA SAUCE(GF), ALFREDO SAUCE, SEASONED FRIES, SAUTÉED ZUCCHINI & SQUASH (GF), STEAMED CARROTS (GF) \*

### BALSAMIC ROASTED CHICKEN (GF), ITALIAN SAUSAGE SANDWICHES ... SUNDAY

\* PASTA, MARINARA SAUCE (GF), CREAMY PESTO SAUCE, HERB GARLIC RICE (GF), PARMESAN ASPARAGUS (GF), BUTTERNUT SQUASH (GF) \*

### COCONUT CURRY CHICKEN (GF), TANDOORI BEEF ... MONDAY

\* STEAMED BASMATI RICE (GF), GARLIC HERB POTATOES (GF), VEGETABLE MEDLEY (GF), ROASTED BRUSSELS SPROUTS (GF) \*

### MEXICAN SEASONED GROUND BEEF (GF), MEXICAN CHICKEN (GF), CHIPOTLE RANCH SHRIMP (GF) ... TUESDAY

\* WARM FLOUR TORTILLAS, FRIED NACHO CHIPS, QUESO CHEESE, FIESTA RICE (GF), PINTO BEANS (GF), MEXICAN VEGETABLES (GF), CHIPOTLE ROASTED CORN (GF) \*

### FRIED CHICKEN, HERB BAKED CHICKEN (GF), STICKY HONEY RIBS ... WEDNESDAY

\* MASHED GARLIC POTATOES (GF), STEAMED WHITE RICE (GF), BROWN GRAVY, SOUTHERN TURNIPS W/ BACON (GF), FRIED OKRA \*

### CHICKEN CACCIATORE (GF), SHRIMP ALFREDO PASTA BAKE ... THURSDAY

\* YELLOW RICE (GF), ITALIAN BUTTERED EGG NOODLES, STEAMED BROCCOLI (GF), STEAMED SQUASH (GF) \*

### BBQ SMOKED BRISKET, SMOKED CHICKEN WINGS (GF) ... FRIDAY

\* RED RICE W/ PORK SAUSAGE (GF), MAC & CHEESE, BAKED BEANS, COLLARD GREENS W/ SMOKED TURKEY, HUSH-PUPPIES, COLE SLAW (GF) \*

## SOUP DAILY OPTIONS

### SOUP MENU

\* MONDAY--BROCCOLI CHEDDAR SOUP--TUESDAY--CHEESY MEXICAN CHICKEN TORTILLA SOUP--WEDNESDAY--HOME STYLE CHILI--THURSDAY--SHE CRAB SOUP -- FRIDAY-- LOADED POTATO SOUP \*

## DAILY-LOW CALORIE MENU

### DAILY LOW CALORIE MENU

(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

### GRILLED CHICKEN W/ BLACK BEAN SAUCE (GF), SPICY PORK CHOPS (GF) ... SATURDAY

\* CILANTRO LIME RICE (GF), SEASONED BLACK BEANS (GF), MIXED VEGETABLES (GF), GINGER GREEN BEANS (GF) \*

### HOMESTYLE MEATLOAF, ROASTED TURKEY SUPREME W/ PAN GRAVY ... SUNDAY

\* MASHED POTATOES (GF), RICE PILAF (GF), BROWN GRAVY, SAUTÉED BRUSSELS SPROUTS W/ ONIONS (GF), SUCCOTASH (GF) \*

### BEEF STROGANOFF, BAKED FLOUNDER (GF) ... MONDAY

\* BROWN RICE (GF), BUTTERED EGG NOODLES, STEAMED CABBAGE (GF), CAPRI BLEND (GF) \*

### TILAPIA W/ TOMATOES & CAPERS (GF), GRILLED PORK LOIN W/ HERBS & FENNEL (GF) ... TUESDAY

\* WILD RICE, AU-GRATIN POTATOES, STEAMED BROCCOLI (GF), SAUTÉED VEGETABLE BLEND (GF) \*

### BOURBON CHICKEN, STIR-FRIED PORK ... WEDNESDAY

\* SWEET SOY SAUCE FRIED RICE, JASMINE RICE (GF), STIR-FRIED VEGETABLES, SUGAR SNAPS (GF) \*

### GRILLED RIBEYE STEAK (GF), FRIED CATFISH NUGGETS ... THURSDAY

\* BAKED POTATOES (GF), BAKED SWEET POTATOES (GF), RICE PILAF, (GF), SAUTÉED MUSHROOMS, SWEET PEAS W/ PEARL ONIONS (GF) \*

### GRILLED BRATWURSTS W/ PEPPERS & ONIONS, HONEY MUSTARD CHICKEN BREASTS ... FRIDAY

\* DIRTY RICE, SCALLOPED POTATOES (GF), SAUTÉED GREEN BEANS (GF), GRILLED VEGETABLES (GF) \*

## DESSERT MENU

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

## SPECIALTY BAR

### THURSDAY

\* DECONSTRUCTED SUSHI 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

# FLETC GALLEY

LOW-COUNTRY KITCHEN 05 / 10 /25 -- 05/ 16 /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 PANKAKES, TUESDAY-FRENCH TOAST, WEDNESDAY- WAFFLES, THURSDAY- BANANA PANKAKES, FRIDAY-WAFFLES

## LUNCH MENU

### MEATBALL SUBS, FRIED POPCORN SHRIMP ... SATURDAY

\* FRIED POTATO WEDGES, PASTA, MARINARA SAUCE (GF), ALFREDO SAUCE, VEGETABLE MEDLEY (GF), YELLOW CORN (GF) \*

### BALSAMIC ROASTED CHICKEN (GF), PEACH GLAZED GRILLED PORK CHOPS ... SUNDAY

\* PESTO PASTA, HERB GARLIC RICE (GF), PARMESAN ASPARAGUS (GF), BUTTERNUT SQUASH (GF) \*

### CAJUN STYLE FLOUNDER, HONEY GARLIC GLAZED CHICKEN ... MONDAY

\* SMOKED GOUDA GRITS (GF), WHITE RICE (GF), ROASTED SUMMER SQUASH (GF), SAUTÉED BRUSSELS SPROUTS (GF) \*

### MEXICAN SEASONED GROUND BEEF (GF), CHIPOTLE CHICKEN ... TUESDAY

\* WARM FLOUR TORTILLAS, FRIED NACHO CHIPS, QUESO CHEESE, SPANISH RICE (GF), BLACK BEANS (GF), MEXICAN VEGETABLES (GF), CHIPOTLE ROASTED CORN (GF) \*

### FRIED CHICKEN, HERB ROASTED CHICKEN (GF), SOUTHERN SHRIMP GUMBO ... WEDNESDAY

\* MASHED GARLIC POTATOES (GF), STEAMED WHITE RICE (GF), BROWN GRAVY, SOUTHERN TURNIPS W/ BACON (GF), FRIED GREEN TOMATOES, CORNBREAD MUFFINS \*

### SLOPPY JOE SANDWICHES, FRIED CHICKEN TENDERS ... THURSDAY

\* WAFFLE FRIES, BAKED WHITE CHEDDAR CAVATAPPI, CALIFORNIA BLEND (GF), HERB ROASTED SQUASH (GF) \*

### BBQ PULLED PORK, CRISPY FRIED WHITING ... FRIDAY

\* RED RICE W/ PORK SAUSAGE (GF), MAC & CHEESE, BAKED BEANS, COLLARD GREENS W/ SMOKED TURKEY, HUSH-PUPPIES, COLE SLAW (GF) \*

## SOUP DAILY OPTIONS

### SOUP MENU

\* MONDAY--TOMATO BISQUE SOUP--TUESDAY-- CHEESY MEXICAN CHICKEN TORTILLA SOUP-- WEDNESDAY--HOME STYLE CHILI--THURSDAY--SHE CRAB SOUP -- FRIDAY-- LOADED POTATO SOUP \*

## DAILY-LOW CALORIE MENU

### DAILY LOW CALORIE MENU

(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

### ASSORTED FRENCH BREAD PIZZA, BONELESS CHICKEN WINGS ... SATURDAY

\* PASTA, MARINARA SAUCE (GF), JALAPENO CHEESE POPPERS, PEAS & CARROTS (GF), CAULIFLOWER (GF) \*

### POT ROAST W/ FRESH VEGETABLES, BROWN SUGAR BAKED HAM ... SUNDAY

\* MASHED POTATOES (GF), WHITE RICE (GF), BROWN GRAVY, BLACK-EYED PEAS (GF), SUCCOTASH (GF) \*

### SEAFOOD CREOLE, CAJUN GRILLED CHICKEN BREASTS (GF) ... MONDAY

\* DIRTY RICE, CAJUN POTATOES (GF), FRIED HUSH-PUPPIES, MAQUE CHOUX (GF), FRIED OKRA \*

### COUNTRY FRIED STEAK, GRILLED FISH W/ PINEAPPLE CHUTNEY (GF) ... TUESDAY

\* WHITE RICE (GF), BROWN GRAVY, COUNTRY GRAVY, AU-GRATIN POTATOES, GREEN BEANS (GF), VEGETABLE MEDLEY (GF) \*

### SPICY GRILLED JERK CHICKEN, CARIBBEAN MANGO MEATBALLS ... WEDNESDAY

\* RICE AND PEAS (GF), FRIED PLANTAINS, JAMAICAN STEAMED CABBAGE (GF), GRILLED CORN (GF) \*

### PRIME RIB W/ GARLIC & HERBS (GF), GARLIC TOMATO BASIL CHICKEN (GF) ... THURSDAY

\* BAKED POTATOES (GF), BAKED SWEET POTATOES (GF), RICE PILAF, (GF), SAUTÉED MUSHROOMS, STEAMED BROCCOLI (GF) \*

### HONEY BBQ RIBS, CHICKEN PROVENCAL (GF) ... FRIDAY

\* YELLOW RICE (GF), CHEESY SLICED POTATOES, SUMMER SQUASH BLEND (GF), STEAMED ASPARAGUS (GF) \*

## DESSERT MENU

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

## SPECIALTY BAR

### THURSDAY

\* GOURMET BURGER 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



# FLETC GALLEY

LOW-COUNTRY KITCHEN 05 /17 /25 -- 05/ 23 /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

### CRAZY GOOD BEEF CASSEROLE, SMOKED SAUSAGE SKILLET ... SATURDAY

\* RICE PILAF (GF), BUTTERED EGG NOODLES, ROASTED CAULIFLOWER (GF), LEMON STEAMED BROCCOLI (GF) \*

### BAKED TORTELLINI W / MARINARA SAUCE, CRISPY BEER BATTERED COD ... SUNDAY

\* SEASONED RICE (GF), ROASTED GARLIC POTATOES (GF). ROASTED ASPARAGUS (GF), FRIED GREEN BEANS \*

### HERB BUTTER BREADED CHICKEN BREASTS, BONELESS STUFFED PORK CHOPS ... MONDAY

\* CHEESY LOADED POTATO CASSEROLE, STEAMED BASMATI RICE (GF), CALIFORNIA BLEND (GF), GREEN BEANS W / ONIONS \*

### TACO GROUND BEEF (GF), SOUTHWEST CHICKEN (GF) ... TUESDAY

\* WARM FLOUR TORTILLAS, FRIED NACHO CHIPS, QUESO CHEESE, SPANISH RICE (GF) REFRIED BEANS (GF), MEXICAN VEGETABLES (GF), MEXICAN COLE SLAW (GF) \*

### FRIED CHICKEN, HERB SEASONED BAKED CHICKEN (GF) ... WEDNESDAY

\* MASHED GARLIC POTATOES (GF), STEAMED SCALLION RICE (GF), CHICKEN GRAVY, MIXED GREENS W / BACON (GF), LIMA BEANS (GF) \*

### CHINESE STYLE BBQ PORK RIBS (GF), STIR-FRIED THAI SHRIMP W / VEGETABLES (GF) ... THURSDAY

\* JASMINE RICE (GF), FRIED SPRING ROLLS, STIR-FRIED VEGETABLES, THAI CHILI GREEN BEANS (GF) \*

### PULLED BBQ BEEF, SMOKED CHICKEN LEG QUARTERS ... FRIDAY

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

## SOUP DAILY OPTIONS

### SOUP MENU

\* MONDAY--TOMATO BISQUE --TUESDAY-- MEXICAN CHICKEN TORTILLA SOUP-- WEDNESDAY--HOME STYLE CHILI-- THURSDAY--NORTHERN BEAN W/ HAM SOUP -- FRIDAY-- LOADED POTATO SOUP \*

## DAILY-LOW CALORIE MENU

### DAILY LOW CALORIE MENU

(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

### BEEF GYROS W / WARM PITA BREAD, MEDITERRANEAN GREEK CHICKEN THIGHS (GF) ... SATURDAY

\* LEMON JASMINE RICE (GF), GREEK SEASONED POTATOES (GF), GREEN PEAS W / ROASTED RED PEPPERS (GF), ROASTED SQUASH (GF) \*

### LOADED CABBAGE W/ SAUSAGE & SHRIMP (GF), SOUTHERN FRIED CHICKEN WINGS ... SUNDAY

\* GARLIC BUTTER POTATO MEDLEY (GF), STEAMED WHITE RICE (GF), SEASONED BROCCOLI (GF), YELLOW SQUASH (GF) \*

### SEAFOOD JAMBALAYA (GF), GARLIC BEEF (GF) ... MONDAY

\* STEAMED WHITE RICE (GF), LEMON GARLIC PASTA, HONEY GLAZED BABY CARROTS (GF), STEAMED GREEN BEANS (GF) \*

### FRIED PORK CHOPS, LOADED POTATO CASSEROLE W/ GROUND BEEF ... TUESDAY

\* STEAMED WHITE RICE (GF), BROWN GRAVY (GF), WARM DINNER ROLLS, BALSAMIC GLAZED BRUSSELS SPROUTS (GF), ITALIAN GREEN BEANS (GF) \*

### BRAISED FLANK STEAK (GF), SPAGHETTI CARBONARA ... WEDNESDAY

\* HERB GARLIC BROWN RICE (GF), AU-GRATIN POTATOES (GF), ROASTED ZUCCHINI (GF), OVEN ROASTED CAULIFLOWER (GF) \*

### GRILLED NEW YORK STRIP STEAK (GF), FRIED CALAMARI W /SPICY MARINARA ... THURSDAY

\* BAKED POTATOES (GF), SWEET POTATOES (GF), TOMATO & GREEN CHILI RICE (GF), SAUTÉED MUSHROOMS (GF), ITALIAN GREEN BEANS (GF) \*

### MONTREAL ROASTED CHICKEN THIGHS (GF), BAKED CHILI MAC ... FRIDAY

\* YELLOW RICE (GF), RANCH SEASONED FRIES (GF), STEAMED BROCCOLI (GF), BUTTERNUT SQUASH (GF) \*

## DESSERT MENU

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

## SPECIALTY BAR

### THURSDAY PIZZA 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