

FL ETC GALLEY

LOW-COUNTRY KITCHEN 04 /12 /25 -- 04/ 18 /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