5	0700-0800	1100-1200	1700-1800
Í	BREAKFAST	LUNCH	DINNER
	Fresh Chilled Fruits	Cream Of potato Soup	Crawfish, Sausage Cajun Gumbo
	RTE Cold Cereal	Meatball Subs	Tender Roast Chicken
V	Grilled Eggs to Order Corned Beef Hash	Baked Beans Potato Chips	Delicious Cheesy Potatoes White Rice
)	Home Fry Potatoes	Corn On The Cob	Black-eyed peas
١	Cream Of Wheat	Pasta Bar	Mixed Vegetable
)	Grilled Pancakes w/ Maple Syrup	Fettuccini Alfredo, Spaghetti Sauce	Sweet Cornbread Muffins
١	Hot Biscuits w/ Creamy Sausage Gravy	Pesto Linguini Noodles	Salad Bar
(Hard Boiled Eggs	Salad Bar	Assorted Beverages
	Cream Cheese, Jams And Jellies	Assorted Beverages	Assorted Desserts
	Fresh Coffee, Teas And Juices	Assorted Desserts	
	Fresh Chilled Fruits	Vegetable Soup	Halibut Olympic
_	RTE Cold Cereal	Chicken Tenders	Pit Ham
J	Grilled Eggs to Order	Chicken Taquitos	Hot Sweet Potatoes
	Grilled Bacon Home Fry Potatoes	Macaroni & Cheese Hot French Fries	Steamed Egg noodle Steamed Cauliflower
	Hot Oatmeal	Steamed Peas & pearl Onion	Steamed Broccoli
	Grilled French Toast W/Maple Syrup	Potato Bar, Chili, Diced Onions	Hot Biscuits
ĺ	Hard Boiled Eggs	Bacon Bits, Shredded Cheddar	Salad Bar
	Fresh Baked Cinnamon Rolls	Sour Cream, Steamed Broccoli	Assorted Beverages
	Cream Cheese, Jams & Jellies	Assorted Beverages	Assorted Desserts
	Fresh Coffee, Teas, and Juices	Assorted Desserts	
-	Fresh Chilled Fruits	Cream Of Tomato Soup	B.B.Q Chicken
V	Hot Grits	Grilled Ham & Cheese Sandwiches	Ginger Pot Roast
	Grilled Eggs to Order	Steamed Peas & Carrots	Oven Brown Potatoes
C	Ham Steaks	Tator Tots	White Rice
l	Home Fry Potatoes	Sandwich Bar	Lima Beans
	Hot Grits	Salami, Pastrami, Turkey	Steamed Corn on the Cob
5	Golden Waffles w/ Maple Syrup	Salad Bar	Hot Dinner Rolls
)	Hard Boiled Eggs	Assorted Beverages	Salad Bar
٩	Grilled Spam	Assorted Desserts	Assorted Beverages
(Cream Cheese, Jams And Jellies		Assorted Desserts
	Fresh Coffee, Teas And Juices	Minestrana Caun	Departed Dark Lain
	Fresh Chilled Fruits	Minestrone Soup	Roasted Pork Loin
	RTE Cold Cereal	Veal Parmesan Spaghetti & Sauce	Seafood Newburg Mashed Potatoes
ł	Grilled Eggs to Order Sausage Links	Capri Blend Vegetables	Noodles Jefferson
J	Home Fry Potatoes	Sausage Bar	Creamy Brown Gravy
ł	Cream Of Wheat	Bratwurst & Kielbasa	Asparagus Spears
5	Hot Biscuits w/ Cream Beef Gravy	Sauteed Onions & Peppers	Sauteed Zucchini
)	Hard Boiled Eggs	Chili, Chopped Onion, Shredded Cheese	Buttermilk Biscuits
١	Fresh Baked Cinnamon Rolls	Salad Bar	Salad Bar
(Cream Cheese, Jams And Jellies	Assorted Beverages	Assorted Beverages
	Fresh Coffee, Teas And Juices	Assorted Desserts	Assorted Desserts
	Fresh Chilled Fruits	Home Style Chicken Noodle Soup	Garlic Dijon Flank Steak
	RTE Cold Cereal	Hawaiian Chicken Sandwiches	Pork Chop Suey
	Grilled Eggs to Order	Steamed Vegetable	Lo-Mien Noodle
s	Sausage Patties	Fresh Onion Rings	Sticky Rice & Pot Stickers
•	Home Fry Potatoes	Nacho Bar	Steamed Yellow Squash
)	Hot Oatmeal	Cheese Sauce, Refried Beans	Stir Fry Vegetables
ĺ	French Toast w/ Maple Syrup	Sour Cream, Salsa, Guacamole, Jalapenos	Dinner Rolls
Y	Hard Boiled Eggs	Diced Onions, Olives, Seasoned Ground Bee	
	Asst. Bagels & Bread	Salad Bar	Assorted Beverages
	Cream Cheese, Jams And Jellies Fresh Coffee, Teas And Juices	Assorted Beverages Assorted Desserts	Assorted Desserts
	Fresh Conee, Teas And Juices	Cream Of Mushroom Soup	
	RTE Cold Cereal	Sloppy Joes	
5	Grilled Eggs to Order	Golden Tater Tots	
1	Grilled Bacon	Seasoned Peas & Carrots	Morale Night
	Home Fry Potatoes	Cold Cut Bar	E/2's,E-3's AND E-4's
2	Hot Grits	Roast Beef, Turkey, Ham	Take Over The Galley
	Grilled Pancakes w/ Maple Syrup	Sliced Onions, Cheese, Tomatoes	,
)	Hard Boiled Eggs	Assorted Beverages	
•	Asst. Bagels & Bread	Assorted Desserts	
Y	Cream Cheese, Jams And Jellies		
	Fresh Coffee, Teas And Juices		
	Fresh Chilled Fruits	Grilled Hamburgers <u>1000 - 1200</u>	Fried Seafood
	Egg Benedicts 0700-0900	Veggie Burgers Includes All	Prime Rib
;	Grilled Eggs to Order	Corn Dogs Breakfast	Oven Roasted Red Potatoes
j	Asst Breakfast meats	Turkey Burgers Items	San Francisco Rice
1	Home Fry Potatoes	Sautéed Mushrooms	Capri Blend Vegetables
)	Cream Of Wheat	Sautéed Onions	Steamed Asparagus
Ń	Golden Waffles to order w/ Maple Syrup	Golden French Fries	Yorkshire Pudding
Ŷ	Hard Boiled Eggs	Salad Bar	Salad Bar
•	Fresh Baked Coffee Cake	Assorted Beverages	Assorted Beverages
	Cream Cheese, Jams And Jellies	Assorted Desserts	Assorted Desserts
	Fresh Coffee, Teas And Juices		ļ
	DRAFTED BY	REVIEWED BY	APPROVED BY
	FS Staff	FSCS K. Kaniss, FSO, USCG	CAPT. D. Oliver,CO, USCG