

Mess Hall Menu 9 – 15 February 2012

## Thursday, 9 February 12

### **Breakfast**

Fried eggs to order, omelets to order  
Scramble eggs and hard cooked eggs  
Western Scrambled Eggs  
Oatmeal and cold cereals  
Grilled Sausage Patties  
Oven Fried Bacon  
Potato and Herbs  
Sausage Gravy w/ biscuits  
French Toast / Waffles

### **Market Lunch & Dinner**

Beef and Vegetable Barley Soup  
BBQ Spare Ribs  
Sheppard's Pie Casserole  
Baked Macaroni and Cheese  
Corn on the Cob  
Mixed Vegetables  
Cheese Drop Biscuits  
Streusel Topped Apple Cobbler

### **Fusion Lunch and Dinner**

Baked Italian Sausage  
Marinated Grilled Chicken Strips  
Alfredo Sauce  
Marinara Sauce  
Simmered Penne  
Simmered Rotini  
Bread Sticks  
Assorted Pizzas

## Friday, 10 February 12

### **Breakfast**

Fried eggs to order, omelets to order  
Scramble eggs and hard cooked eggs  
Pasta Scrambler  
Oatmeal and cold cereals  
Oven Fried Bacon  
Sausage Patties  
Cottage Fried Potatoes  
Creamed beef w/ biscuits

Pancakes / Waffles

**Market Lunch & Dinner**

New England Fish Chowder

Roasted Chicken

Chili Mac

Grilled cheese Sandwich

Chicken gravy

Club Spinach

Corn

Biscuits

Peach Cobbler

**Fusion Lunch and Dinner**

Asian Beef and Broccoli Stir Fry

Lo Mein Vegetable with Asian Sauce

Steamed Rice

Fried Rice

Peas

Chinese Egg Rolls

Assorted Pizzas

## Saturday, 11 February 12

**Breakfast Brunch**

Cream of Mushroom Soup

Breakfast Pizza

Fried eggs to order, omelets to order

Scramble eggs and hard cooked eggs

Oatmeal and cold cereals

Grilled Ham Slices

Oven Fried Bacon

Hash Brown Potatoes

Creamed Beef w/ biscuits

Pancakes / Waffles

Grilled Chicken Breast Sandwich

Cheeseburger / Hamburger / Hot Dog

French fries / Onion Rings / Baked Beans

**Market Lunch and Dinner**

Cream of Mushroom Soup

Steak Rancho

Roast Turkey

Mashed Potatoes

Southwestern Rice

Broccoli  
Glazed Carrots  
Chicken Gravy  
Corn Bread Dressing

## Sunday, 12 February 12

### **Breakfast Brunch**

Navy Bean Soup  
Fried eggs to order, Omelets to order  
Scramble eggs and hard cooked eggs  
Sunrise Sausage Casserole  
Oatmeal and cold cereals  
Baked Sausage Patties  
Oven Fried Bacon  
Cottage Fried potatoes  
Creamed Beef w/ biscuits  
Grilled Chicken Breast Sandwich  
Cheeseburgers / Hamburgers / Hot Dog  
French Fries / Onion Rings / Baked Beans  
French Toast / Waffles

### **Market Lunch and Dinner**

Navy Bean Soup  
Grilled Steak  
Vegetable Lasagna  
Baked Potato  
Southern Style Greens  
Vegetable Stir Fry  
Dinner Rolls

## Monday, 13 February 12

### **Breakfast**

Fried eggs to order, omelets to order  
Scramble eggs and hard cooked eggs  
Oatmeal and cold cereals  
Monterey Egg Bake  
Oven Fried Bacon  
Sausage patties  
Home Fried Potatoes  
Creamed Beef w/ biscuits  
Pancakes / Waffles

### **Market Lunch & Dinner**

Minestrone Soup  
Roasted Chicken Tandoori Style  
Tater Tot Casserole  
Jasmine Pilaf  
Parsley Buttered Potatoes  
Corn  
Green Beans and Carrots  
Dinner Rolls  
Apple Cobbler

**Fusion Lunch and Dinner**

Steamed Shrimp  
Grilled chicken Strips  
Sizzlin Caesar Salad  
Parmesan Focaccia  
Bread Sticks  
Assorted Pizzas

## Tuesday, 14 February 12

**Breakfast**

Fried eggs to order, omelets to order  
Scramble eggs and hard cooked eggs  
Country Style Scrambled Eggs  
Oatmeal and cold cereals  
Oven Fried Bacon  
Grilled Sausage Patties  
O'Brien Potatoes  
Sausage Gravy w/ biscuits  
French Toast / Waffles

**Market Lunch & Dinner**

Chicken Noodle Soup  
Fried Catfish  
Meatloaf  
Rosemary Roasted Potatoes  
Mashed Potatoes  
Corn  
Broccoli  
Brown Gravy  
Cornbread  
Blueberry Cobbler

**Fusion Lunch and Dinner**

Baked Italian Sausage  
Marinated Grilled Chicken Strips  
Alfredo Sauce  
Marinara Sauce  
Simmered Penne  
Simmered Rotini  
Bread Sticks  
Assorted Pizzas

## Wednesday 15 February 12

**Breakfast**

Fried eggs to order, omelets to order  
Scramble eggs and hard cooked eggs  
Potato, Tomato and Garlic Frittata  
Oatmeal and cold cereals  
Sausage Patties  
Oven Fried Bacon  
Lyonnaise Potatoes  
Creamed Beef w/ biscuits  
Pancakes / Waffles

**Market Lunch and Dinner**

Bean with Bacon Soup  
Roasted Chicken Teriyaki  
BBQ Beef Brisket  
Roasted Garlic and Oregano Potatoes  
Steamed Rice  
Corn on the Cob  
Green Beans  
Biscuits  
Cherry Cobbler

**Fusion Lunch and Dinner**

Tacos  
Chicken Enchiladas  
Cilantro Rice  
Beans Fiesta  
Sour Cream / Salsa  
Lettuce / Tomatoes / Cheese  
Fresh Cilantro and Onions  
Assorted Pizzas