

USCGC HEALY (WAGB 20) MENU Sept. 15 - 21, 2003

6	0700-0800 BREAKFAST	1100-1200 LUNCH	1700-1800 DINNER
M O N D A Y	Fresh Chilled Fruits RTE Cold Cereal Grilled Eggs to Order Corned Beef Hash Home Fry Potatoes Cream Of Wheat Grilled Pancakes w/ Maple Syrup Hot Biscuits w/ Creamy Sausage Gravy Hard Boiled Eggs Cream Cheese, Jams And Jellies Fresh Coffee, Teas And Juices	Cream Of potato Soup Meatball Subs Baked Beans Potato Chips Corn On The Cob Pasta Bar Fettuccini Alfredo, Spaghetti Sauce Pesto Linguini Noodles Salad Bar Assorted Beverages Assorted Desserts	Crawfish, Sausage Cajun Gumbo Tender Roast Chicken Delicious Cheesy Potatoes White Rice Black-eyed peas Mixed Vegetable Sweet Cornbread Muffins Salad Bar Assorted Beverages Assorted Desserts
	T U E S D A Y	Fresh Chilled Fruits RTE Cold Cereal Grilled Eggs to Order Grilled Bacon Home Fry Potatoes Hot Oatmeal Grilled French Toast W/Maple Syrup Hard Boiled Eggs Fresh Baked Cinnamon Rolls Cream Cheese, Jams & Jellies Fresh Coffee, Teas, and Juices	Vegetable Soup Chicken Tenders Chicken Taquitos Macaroni & Cheese Hot French Fries Steamed Peas & pearl Onion Potato Bar, Chili, Diced Onions Bacon Bits, Shredded Cheddar Sour Cream, Steamed Broccoli Assorted Beverages Assorted Desserts
W E D N E S D A Y		Fresh Chilled Fruits Hot Grits Grilled Eggs to Order Ham Steaks Home Fry Potatoes Hot Grits Golden Waffles w/ Maple Syrup Hard Boiled Eggs Grilled Spam Cream Cheese, Jams And Jellies Fresh Coffee, Teas And Juices	Cream Of Tomato Soup Grilled Ham & Cheese Sandwiches Steamed Peas & Carrots Tator Tots Sandwich Bar Salami, Pastrami, Turkey Salad Bar Assorted Beverages Assorted Desserts
	T H U R S D A Y	Fresh Chilled Fruits RTE Cold Cereal Grilled Eggs to Order Sausage Links Home Fry Potatoes Cream Of Wheat Hot Biscuits w/ Cream Beef Gravy Hard Boiled Eggs Fresh Baked Cinnamon Rolls Cream Cheese, Jams And Jellies Fresh Coffee, Teas And Juices	Minestrone Soup Veal Parmesan Spaghetti & Sauce Capri Blend Vegetables Sausage Bar Bratwurst & Kielbasa Sauteed Onions & Peppers Chili, Chopped Onion, Shredded Cheese Salad Bar Assorted Beverages Assorted Desserts
F R I D A Y		Fresh Chilled Fruits RTE Cold Cereal Grilled Eggs to Order Sausage Patties Home Fry Potatoes Hot Oatmeal French Toast w/ Maple Syrup Hard Boiled Eggs Asst. Bagels & Bread Cream Cheese, Jams And Jellies Fresh Coffee, Teas And Juices	Home Style Chicken Noodle Soup Hawaiian Chicken Sandwiches Steamed Vegetable Fresh Onion Rings Nacho Bar Cheese Sauce, Refried Beans Sour Cream, Salsa, Guacamole, Jalapenos Diced Onions, Olives, Seasoned Ground Beef Salad Bar Assorted Beverages Assorted Desserts
	S A T U R D A Y	Fresh Chilled Fruits RTE Cold Cereal Grilled Eggs to Order Grilled Bacon Home Fry Potatoes Hot Grits Grilled Pancakes w/ Maple Syrup Hard Boiled Eggs Asst. Bagels & Bread Cream Cheese, Jams And Jellies Fresh Coffee, Teas And Juices	Cream Of Mushroom Soup Sloppy Joes Golden Tater Tots Seasoned Peas & Carrots Cold Cut Bar Roast Beef, Turkey, Ham Sliced Onions, Cheese, Tomatoes Assorted Beverages Assorted Desserts
S U N D A Y		Fresh Chilled Fruits Egg Benedicts 0700-0900 Grilled Eggs to Order Asst Breakfast meats Home Fry Potatoes Cream Of Wheat Golden Waffles to order w/ Maple Syrup Hard Boiled Eggs Fresh Baked Coffee Cake Cream Cheese, Jams And Jellies Fresh Coffee, Teas And Juices	Grilled Hamburgers Veggie Burgers Corn Dogs Turkey Burgers Sautéed Mushrooms Sautéed Onions Golden French Fries Salad Bar Assorted Beverages Assorted Desserts
		DRAFTED BY FS Staff	REVIEWED BY FSCS K. Kaniss, FSO, USCG