

# COAST GUARD BASE NEW ORLEANS GALLEY

MARCH 24, 2014 - MARCH 30, 2014 (WEEK 1)

The following items are offered daily; Coffee, Tea, Milk, Asst. Fruit Juice, Fresh Fruit, Asst. Breads, Asst. Dry Cereals, Salad Bar.

	<u>BREAKFAST</u>			<u>LUNCH</u>			<u>DINNER</u>				
	Portion	Cal	Fats	Portion	Cal	Fats	Portion	Cal	Fats		
<b>MONDAY</b>	CHILLED FRESH FRUIT			RED BEANS & RICE	8 oz	230	4.3	Request Dinner orders from			
	ASST CEREAL/GRITS	2 OZ	100	0	ANDOUILLE SAUSAGE	1 ea	197	4.5	FS on duty		
	EGGS/OMELETES				GREEN BEANS	4 oz	44	4.5	Dinner order form must be		
	BOILED EGGS	2	44	0.5	HOT ROLLS	1	78	1.9	returned to galley staff		
	HASH BROWNS	10	190	0	SALAD BAR				by 1300		
	CORNED BEEF HASH	2 OZ	350	4.2	ALTERNATIVE				Assorted Desserts		
	SAUSAGE LINKS	2	170	1.7	FETTUCCINI & MEATBALLS	6 oz		3.3			
<b>TUESDAY</b>	CHILLED FRESH FRUIT			JAMAICAN JERK CHICKEN	1 ea	670	4	Request Dinner orders from			
	OATMEAL		166	0	SWEET POTATO CASSEROLE	4 oz	239	5.8	FS on duty		
	EGGS/OMELETES				STEAMED BROCOLLI SPEARS	4 oz	55	3.5	Dinner order form must be		
	BOILED EGGS	2	44	0.5	CORN BREAD	1 ea	55	4.9	returned to galley staff		
	HASH BROWNS	10	190	0	SALAD BAR				by 1300		
	FRENCH TOAST	2	149	0.7	ALTERNATIVE				Assorted Desserts		
	CRISPY BACON	2 SL	153	2g	TURKEY BACON MELTS / FRIES	1 ea	607	29			
<b>WEDNESDAY</b>	CHILLED FRESH FRUIT			PRIME RIB	8 oz	690	59.2	Request Dinner orders from			
	ASST CEREAL/GRITS	2 OZ	100	0	BAKED POTATOES	1 ea	278	3	FS on duty		
	EGGS/OMELETES				SPINACH PARMESAN CASSEROLE	4 oz	232	16	Dinner order form must be		
	BOILED EGGS	2	44	0.5	HOT ROLLS	1	78	1.9	returned to galley staff		
	HASH BROWNS	10	190	0	SALAD BAR				by 1300		
	BISCUITS & GRAVY	2	460	3.2	ALTERNATIVE				Assorted Desserts		
	SMOKED SAUSAGE	2	52	2.4	LAMB CHOPS	2 ea	226	17			
<b>THURSDAY</b>	CHILLED FRESH FRUIT			SHRIMP N' CRAWFISH MONICA	6 oz	207	23	Request Dinner orders from			
	CREAM OF WHEAT	2 OZ	131	0	ROTINI PASTA				FS on duty		
	EGGS/OMELETES				SEASONED VEGETABLES	4 oz	90	2.9	Dinner order form must be		
	BOILED EGGS	2	44	0.5	GARLIC TOAST	1 ea	204	4.7	returned to galley staff		
	HASH BROWNS	10	190	0	SALAD BAR				by 1300		
	WAFFLE	1	118	0.7	ALTERNATIVE				Assorted Desserts		
	SAUSAGE PATTIES	1	170	2	PULLED PORK CASSEROLE	6 oz	366	16			
<b>FRIDAY</b>	CHILLED FRESH FRUIT			CHILI DOGS / ONION RINGS	1 ea	250	17	Request Dinner orders from			
	ASST CEREAL/GRITS	2 OZ	100	0	CORN ON THE COB	1 ea	155	3	FS on duty		
	EGGS/OMELETES				ROASTED POTATOES	4 oz	273	0	Dinner order form must be		
	BOILED EGGS	2	44	0.5	HOT ROLLS	1 ea	78	1.9	returned to galley staff		
	HASH BROWNS	10	190	0	SALAD BAR				by 1300		
	FLUFFY PANCAKES	2	149	0.7	ALTERNATIVE				Assorted Desserts		
	CRISPY BACON	2	118		LEMON HERB CHICKEN	1 ea	498	8			
<b>SATURDAY</b>	CHILLED FRESH FRUIT							Request Dinner orders from			
	ASST CEREAL/GRITS	2 OZ	100					FS on duty			
	EGGS/OMELETES			0				Dinner order form must be			
					***CHEF'S CHOICE***				returned to galley staff		
									by 1300		
<b>SUNDAY</b>	CHILLED FRESH FRUIT							Request Dinner orders from			
	ASST CEREAL/GRITS	2 OZ	100					FS on duty			
	EGGS/OMELETES							Dinner order form must be			
					***CHEF'S CHOICE***				returned to galley staff		
									by 1300		

The Food Service Officer is authorized to make changes to this menu when, due to the unusual or unforeseen circumstances, it may be necessary to provide solutions for food items not in stock to permit the timely use of perishable foods.

Prepared by: <i>B.N. Jones</i> FS3 B.N. JONES, FS3, USCG	Reviewed by FSO: <i>B.B. Cesulka</i> B.B. CESULKA, FSC, USCG	Approved by XO: <i>L.E. King</i> L.E. KING, CDR, USCG
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# COAST GUARD BASE NEW ORLEANS GALLEY

MARCH 31, 2014 - APRIL 6, 2014 (WEEK 2)

The following items are offered daily; Coffee, Tea, Milk, Asst. Fruit Juice, Fresh Fruit, Asst. Breads, Asst. Dry Cereals, Salad Bar.

	<u>BREAKFAST</u>			<u>LUNCH</u>			<u>DINNER</u>				
	Portion	Cal	Fats	Portion	Cal	Fats	Portion	Cal	Fats		
<b>MONDAY</b>	CHILLED FRESH FRUIT			SMOKED MEATLOAF	1 ea	700	40	Request Dinner orders from			
	ASST CEREAL/GRITS	2 OZ	100	0	MASHED POTATOES W/ GRAVY	4 oz	230	9	FS on duty		
	EGGS/OMELETES				PEAS AND CARROTS	4 oz	38	0.3	Dinner order form must be		
	BOILED EGGS	2	44	0.5	BISCUITS	1ea	128	5.8	returned to galley staff		
	HASH BROWNS	10	190	0	SALAD BAR				by 1300		
	CORNED BEEF HASH	2 OZ	350	4.2	ALTERNATIVE				Assorted Desserts		
	SAUSAGE LINKS	2	170	1.7	CHICKEN AND SPINACH CASSEROLE	4 oz	474	23			
<b>TUESDAY</b>	CHILLED FRESH FRUIT			GENERAL TSO'S CHICKEN	8oz	844	40	Request Dinner orders from			
	OATMEAL		166	0	ASIAN RICE	4 oz	530	7g	FS on duty		
	EGGS/OMELETES				ORIENTAL BLEND	2 oz	60	0	Dinner order form must be		
	BOILED EGGS	2	44	0.5	EGG ROLLS	1 ea	150	2g	returned to galley staff		
	HASH BROWNS	10	190	0	SALAD BAR				by 1300		
	FRENCH TOAST	2	149	0.7	ALTERNATIVE				Assorted Desserts		
	CRISPY BACON	2 SL	153	2g	PEPPER STEAK	4 oz	170	35			
<b>WEDNESDAY</b>	CHILLED FRESH FRUIT			BEEF FAJITAS	1 ea	300	8	Request Dinner orders from			
	ASST CEREAL/GRITS	2 OZ	100	0	CILANTRO LIME RICE	4 oz	110	3	FS on duty		
	EGGS/OMELETES				BLACK BEANS AND CORN	4 oz	132	1.9	Dinner order form must be		
	BOILED EGGS	2	44	0.5	CHIPS AND SALSA	4 oz	338	17	returned to galley staff		
	HASH BROWNS	10	190	0	SALAD BAR				by 1300		
	BISCUITS & GRAVY	2	460	3.2	ALTERNATIVE				Assorted Desserts		
	SMOKED SAUSAGE	2	52	2.4	CHICKEN FAJITAS	1 ea	360	12			
<b>THURSDAY</b>	CHILLED FRESH FRUIT			BLACKENED CHICKEN	1 ea	720	2g	Request Dinner orders from			
	CREAM OF WHEAT	2 OZ	131	0	ZESTY RICE	2 oz	242	3g	FS on duty		
	EGGS/OMELETES				CORN ON THE COB	1 ea	59	1g	Dinner order form must be		
	BOILED EGGS	2	44	0.5	GARLIC TOAST	1 ea	204	4.7	returned to galley staff		
	HASH BROWNS	10	190	0	SALAD BAR				by 1300		
	WAFFLE	1	118	0.7	ALTERNATIVE				Assorted Desserts		
	SAUSAGE PATTIES	1	170	2	SEAFOOD STUFFED BELL PEPPERS	1 ea	210	14			
<b>FRIDAY</b>	CHILLED FRESH FRUIT			SMOKED SALMON	6 oz	233	14	Request Dinner orders from			
	ASST CEREAL/GRITS	2 OZ	100	0	ROASTED RED POTATOES	2 oz	180	0.5	FS on duty		
	EGGS/OMELETES				TOSSED ASPARAGUS	2oz	3	0	Dinner order form must be		
	BOILED EGGS	2	44	0.5	HOT ROLLS	1ea	78	1.9	returned to galley staff		
	HASH BROWNS	10	190	0	SALAD BAR				by 1300		
	FLUFFY PANCAKES	2	149	0.7	ALTERNATIVE				Assorted Desserts		
	CRISPY BACON	2	118		GLAZED PORK & APPLE BUTTER SAUCE	1 ea	217	9			
<b>SATURDAY</b>	CHILLED FRESH FRUIT							Request Dinner orders from			
	ASST CEREAL/GRITS	2 OZ	100	0				FS on duty			
	EGGS/OMELETES							Dinner order form must be			
					***CHEF'S CHOICE***				returned to galley staff		
									by 1300		
<b>SUNDAY</b>	CHILLED FRESH FRUIT							Request Dinner orders from			
	ASST CEREAL/GRITS	2 OZ	100	0				FS on duty			
	EGGS/OMELETES							Dinner order form must be			
					***CHEF'S CHOICE***				returned to galley staff		
									by 1300		

The Food Service Officer is authorized to make changes to this menu when, due to the unusual or unforeseen circumstances, it may be necessary to provide solutions for food items not in stock to permit the timely use of perishable foods.

Prepared by:

Reviewed by FSO:

Approved by XO:

*B.N. Jones*

*M. Cesulka*

*L.E. King*

B.N. JONES, FS3, USCG

B.E. CESULKA, FSC, USCG

L.E. KING, CDR, USCG

# COAST GUARD BASE NEW ORLEANS GALLEY

APRIL 7, 2014 - APRIL 13, 2014 (WEEK 3)

The following items are offered daily; Coffee, Tea, Milk, Asst. Fruit Juice, Fresh Fruit, Asst. Breads, Asst. Dry Cereals, Salad Bar.

	<u>BREAKFAST</u>			<u>LUNCH</u>			<u>DINNER</u>				
	Portion	Cal	Fats	Portion	Cal	Fats	Portion	Cal	Fats		
<b>MONDAY</b>	CHILLED FRESH FRUIT			RED BEANS & RICE	6 oz	230	4.3	Request Dinner orders from			
	ASST CEREAL/GRITS	2 OZ	100	ANDOUILLE SAUSAGE	1 ea	197	9	FS on duty			
	EGGS/OMELETES			MIXED VEGETABLES	2 oz	52	4	Dinner order form must be			
	BOILED EGGS	2	44	HOT ROLLS	1	78	1.9	returned to galley staff			
	HASH BROWNS	10	190	SALAD BAR				by 1300			
	CORNED BEEF HASH	2 OZ	350	ALTERNATIVE				Assorted Dessert			
	SAUSAGE LINKS	2	170	SHRIMP CREOLE	4 oz	90	9.4				
<b>TUESDAY</b>	CHILLED FRESH FRUIT			CAJUN CHICKEN ALFREDO	4 oz	1477	97	Request Dinner orders from			
	OATMEAL		166	BUTTERED PASTA	4 oz			FS on duty			
	EGGS/OMELETES			SEASONED GREEN BEANS	2 oz	44	0	Dinner order form must be			
	BOILED EGGS	2	44	GARLIC BISCUITS	1	110	0	returned to galley staff			
	HASH BROWNS	10	190	SALAD BAR				by 1300			
	FRENCH TOAST	2	149	ALTERNATIVE				Assorted Dessert			
	CRISPY BACON	2 SL	153	FRISCO MELTS / FRENCH FRIES	1	750	53				
<b>WEDNESDAY</b>	CHILLED FRESH FRUIT			GRILLED SIRLOIN	1	525	1.5	Request Dinner orders from			
	ASST CEREAL/GRITS	2 OZ	100	BAKED POTATOES	1	278	0	FS on duty			
	EGGS/OMELETES			STEAMED BROCCOLI	2 oz	55	0	Dinner order form must be			
	BOILED EGGS	2	44	HOT ROLLS	1	78	1.9	returned to galley staff			
	HASH BROWNS	10	190	SALAD BAR				by 1300			
	BISCUITS & GRAVY	2	460	ALTERNATIVE				Assorted Desserts			
	SMOKED SAUSAGE	2	52	ROASTED QUAIL	6 oz	120	4				
<b>THURSDAY</b>	CHILLED FRESH FRUIT			ASST. PIZZA	1 ea	460	22	Request Dinner orders from			
	CREAM OF WHEAT	2 OZ	131	PASTA SALAD	2 oz	358	18	FS on duty			
	EGGS/OMELETES			DESSERT				Dinner order form must be			
	BOILED EGGS	2	44	SALAD BAR				returned to galley staff			
	HASH BROWNS	10	190	ALTERNATIVE				by 1300			
	WAFFLE	1	118	HOT WINGS	5 ea	180	12	Assorted Desserts			
	SAUSAGE PATTIES	1	170	FRENCH FRIES	4 oz	216	10				
<b>FRIDAY</b>	CHILLED FRESH FRUIT			BEER BATTERED COD	2 ea	387	28	Request Dinner orders from			
	ASST CEREAL/GRITS	2 OZ	100	SEASONED FRIES	4 oz	150	8	FS on duty			
	EGGS/OMELETES			COLESLAW	4 oz	47	2	Dinner order form must be			
	BOILED EGGS	2	44	VEGETABLE MEDLEY	2 oz	52	4	returned to galley staff			
	HASH BROWNS	10	190	HUSHPUPIES	1 ea	60	3	by 1300			
	FLUFFY PANCAKES	2	149	ALTERNATIVE				Assorted Desserts			
	CRISPY BACON	2	118	GREEK CHICKEN SALAD WRAPS	1 ea	360	19				
<b>SATURDAY</b>	CHILLED FRESH FRUIT							Request Dinner orders from			
	ASST CEREAL/GRITS	2 OZ	100					FS on duty			
	EGGS/OMELETES							Dinner order form must be			
				***CHEFS CHOICE***				returned to galley staff			
								by 1300			
								Assorted Desserts			
<b>SUNDAY</b>	CHILLED FRESH FRUIT							Request Dinner orders from			
	ASST CEREAL/GRITS	2 OZ	100					FS on duty			
	EGGS/OMELETES							Dinner order form must be			
				***CHEFS CHOICE***				returned to galley staff			
								by 1300			
								Assorted Desserts			

The Food Service Officer is authorized to make changes to this menu when, due to the unusual or unforeseen circumstances, it may be necessary to provide solutions for food items not in stock to permit the timely use of perishable foods.

Prepared by: <i>B. Jones</i>	Reviewed by FSO: <i>B.B. Cesulka</i>	Approved by XO: <i>L.E. King</i>
B.N. JONES, FS3, USCG	B.B. CESULKA, FSC, USCG	L.E. KING, CDR, USCG

# COAST GUARD BASE NEW ORLEANS GALLEY

APRIL 14, 2014 - APRIL 20, 2014 (WEEK 4)

The following items are offered daily; Coffee, Tea, Milk, Asst. Fruit Juice, Fresh Fruit, Asst. Breads, Asst. Dry Cereals, Salad Bar.

	<u>BREAKFAST</u>			<u>LUNCH</u>			<u>DINNER</u>					
	Portion	Cal	Fats	Portion	Cal	Fats	Portion	Cal	Fats			
<b>MONDAY</b>	CHILLED FRESH FRUIT			COUNTRY FRIED STEAK	1 ea	570	37	Request Dinner orders from				
	ASST CEREAL/GRITS	2 OZ	100	0	MASHED POTATOES W/ GRAVY	4 oz	120	4	FS on duty			
	EGGS/OMELETES				SEASONED VEGETABLES	4 oz	52	4	Dinner order form must be			
	BOILED EGGS	2	44	0.5	FLUFFY BISCUITS	1 ea	128	6	returned to galley staff			
	HASH BROWNS	10	190	0					by 1300			
	CORNEB BEEF HASH	2 OZ	350	4.2	ALTERNATIVE				Assorted Desserts			
	SAUSAGE LINKS	2	170	1.7	GRILLED CATFISH	1 ea	270	18				
<b>TUESDAY</b>	CHILLED FRESH FRUIT				CHICKEN AND WAFFLES	1 ea	968	68	Request Dinner orders from			
	OATMEAL		166	0	MACARONI AND CHEESE	4 oz	207	6.2	FS on duty			
	EGGS/OMELETES				MIXED VEGETABLES	4 oz	59	0.1	Dinner order form must be			
	BOILED EGGS	2	44	0.5	SALAD BAR				returned to galley staff			
	HASH BROWNS	10	190	0					by 1300			
	FRENCH TOAST	2	149	0.7	ALTERNATIVE				Assorted Desserts			
	CRISPY BACON	2 SL	153	2g	BLT'S/CHIPS	1 ea	242	13				
<b>WEDNESDAY</b>	CHILLED FRESH FRUIT				RIBEYE	4 oz			Request Dinner orders from			
	ASST CEREAL/GRITS	2 OZ	100	0	LOADED MASHED POTATOES	8 oz	370	2.6	FS on duty			
	EGGS/OMELETES				STEAMED BROCCOLI	4 oz	3	4	Dinner order form must be			
	BOILED EGGS	2	44	0.5	HOT ROLLS	1	78	1.9	returned to galley staff			
	HASH BROWNS	10	190	0	SALAD BAR				by 1300			
	BISCUITS & GRAVY	2	460	3.2	ALTERNATIVE				Assorted Desserts			
	SMOKED SAUSAGE	2	62	2.4	GRILLED MAHI MAHI	6 oz	100	0.82				
<b>THURSDAY</b>	CHILLED FRESH FRUIT				CUBAN PORK CHOPS	1	180	9	Request Dinner orders from			
	CREAM OF WHEAT	2 OZ	131	0	RICE PILAF	4 oz	169	2	FS on duty			
	EGGS/OMELETES				VEGETABLE MEDLEY	4 oz	52	4	Dinner order form must be			
	BOILED EGGS	2	44	0.5	CORN BREAD	1	55	4.9	returned to galley staff			
	HASH BROWNS	10	190	0	SALAD BAR				by 1300			
	WAFFLE	1	118	0.7	ALTERNATIVE				Assorted Desserts			
	SAUSAGE PATTIES	1	170	2	EGG SALAD SANDWICHES / CHIPS	1	790	4				
<b>FRIDAY</b>	CHILLED FRESH FRUIT				RED SNAPPER	6 oz	252	3	Request Dinner orders from			
	ASST CEREAL/GRITS	2 OZ	100	0	SCALLOPED POTATOES	8 oz	217	5	FS on duty			
	EGGS/OMELETES				CORN ON THE COB	4 oz	30	4	Dinner order form must be			
	BOILED EGGS	2	44	0.5	HOT ROLLS	1	78	1.9	returned to galley staff			
	HASH BROWNS	10	190	0	SALAD BAR				by 1300			
	FLUFFY PANCAKES	2	149	0.7	ALTERNATIVE				Assorted Desserts			
	CRISPY BACON	2	118		SPAGHETTI & MEAT SAUCE	4 oz	710	19				
<b>SATURDAY</b>	CHILLED FRESH FRUIT								Request Dinner orders from			
	ASST CEREAL/GRITS	2 OZ	100	0					FS on duty			
	EGGS/OMELETES								Dinner order form must be			
					***CHEF'S CHOICE***				returned to galley staff			
									by 1300			
									Assorted Desserts			
<b>SUNDAY</b>	CHILLED FRESH FRUIT								Request Dinner orders from			
	ASST CEREAL/GRITS	2 OZ	100	0					FS on duty			
	EGGS/OMLETES								Dinner order form must be			
					***CHEF'S CHOICE***				returned to galley staff			
									by 1300			
									Assorted Desserts			

The Food Service Officer is authorized to make changes to this menu when, due to the unusual or unforeseen circumstances, it may be necessary to provide solutions for food items not in stock to permit the timely use of perishable foods.

Prepared by:

Reviewed by ESO:

Approved by XO:

*B.N. Jones* FS3

*B.B. Cesulka* FSC

*L.E. King* CDR, USCG

B.N. JONES, FS3, USCG

B.B. CESULKA, FSC, USCG

L.E. KING, CDR, USCG

# COAST GUARD BASE NEW ORLEANS GALLEY

APRIL 21, 2014 - APRIL 27, 2014 (WEEK 5)

The following items are offered daily; Coffee, Tea, Milk, Asst. Fruit Juice, Fresh Fruit, Asst. Breads, Asst. Dry Cereals, Salad Bar.

	<u>BREAKFAST</u>			<u>LUNCH</u>			<u>DINNER</u>								
	Portion	Cal	Fats	Portion	Cal	Fats	Portion	Cal	Fats						
<b>MONDAY</b>	CHILLED FRESH FRUIT			FOUR CHEESE BAKED ZITI	6 oz	460	10	Request Dinner orders from						<b>MONDAY</b>	
	ASST CEREAL/GRITS	2 OZ	100	0	GREEN BEANS	4 oz	53	0	FS on duty						
	EGGS/OMELETES				GARLIC BREAD	1 ea	204	4.7	Dinner order form must be						
	BOILED EGGS	2	44	0.6	SALAD BAR				returned to galley staff						
	HASH BROWNS	10	190	0	ALTERNATIVE				by 1300						
	CORNERED BEEF HASH	2 OZ	350	4.2	TUNA MELTS	1 ea	641	23	Assorted Desserts						
SAUSAGE LINKS	2	170	1.7	SWEET POTATO FRIES	4 oz	190	0								
<b>TUESDAY</b>	CHILLED FRESH FRUIT			CORNISH HEN	1 ea	200	14	Request Dinner orders from						<b>TUESDAY</b>	
	OATMEAL		166	0	MACARONI AND CHEESE	4 oz	280	18	FS on duty						
	EGGS/OMELETES				COLLARD GREENS	4 oz	49	0.7	Dinner order form must be						
	BOILED EGGS	2	44	0.6	DRESSING	4 oz	170	2	returned to galley staff						
	HASH BROWNS	10	190	0	CORN BREAD	1 ea	188	6	by 1300						
	FRENCH TOAST	2	149	0.7					Assorted Desserts						
CRISPY BACON	2 SL	153	2g	ALTERNATIVE											
<b>WEDNESDAY</b>	CHILLED FRESH FRUIT			BBQ PORK CHOPS	6 oz	310	12							<b>WEDNESDAY</b>	
	ASST CEREAL/GRITS	2 OZ	100	0	PULLED PORK	1 ea	610	18	Request Dinner orders from						
	EGGS/OMELETES				CURLY FRIES	4 oz	330	17	FS on duty						
	BOILED EGGS	2	44	0.5	BAKED BEANS	4 oz	140	1	Dinner order form must be						
	HASH BROWNS	10	190	0	COLE SLAW	4 oz	47	2	returned to galley staff						
	BISCUITS & GRAVY	2	460	3.2	SALAD BAR				by 1300						
SMOKED SAUSAGE	2	52	2.4	ALTERNATIVE				Assorted Desserts							
<b>THURSDAY</b>	CHILLED FRESH FRUIT			BUFFALO BURGERS	1 ea	520	12							<b>THURSDAY</b>	
	CREAM OF WHEAT	2 OZ	131	0	BEEF ENCHILADAS	1 ea	323	17	Request Dinner orders from						
	EGGS/OMELETES				SPANISH RICE	4 oz	200	0.6	FS on duty						
	BOILED EGGS	2	44	0.5	MEXICAN CORN	4 oz	165	8	Dinner order form must be						
	HASH BROWNS	10	190	0	CHIPS/SALSA	1 ea	338	17	returned to galley staff						
	WAFFLE	1	118	0.7	SALAD BAR				by 1300						
SAUSAGE PATTIES	1	170	2	ALTERNATIVE				Assorted Desserts							
<b>FRIDAY</b>	CHILLED FRESH FRUIT			CHICKEN ENCHILADAS	1 ea	210	10							<b>FRIDAY</b>	
	ASST CEREAL/GRITS	2 OZ	100	0	PAN FRIED TROUT W/ TOMATO BASIL SAUTEE	1 ea	388	20	Request Dinner orders from						
	EGGS/OMELETES				YELLOW RICE	4 oz	190	0	FS on duty						
	BOILED EGGS	2	44	0.5	TOSSED ASPARAGUS	4 oz	3	0	Dinner order form must be						
	HASH BROWNS	10	190	0	HOT ROLLS	1 ea	78	1.9	returned to galley staff						
	FLUFFY PANCAKES	2	149	0.7	ALTERNATIVE				by 1300						
CRISPY BACON	2	118		CHICKEN CARBONARA	6 oz	740	28	Assorted Desserts							
<b>SATURDAY</b>	CHILLED FRESH FRUIT							Request Dinner orders from						<b>SATURDAY</b>	
	ASST CEREAL/GRITS	2 OZ	100	0				FS on duty							
	EGGS/OMELETES							Dinner order form must be							
					***CHEF'S CHOICE***				returned to galley staff						
									by 1300						
									Assorted Desserts						
<b>SUNDAY</b>	CHILLED FRESH FRUIT							Request Dinner orders from						<b>SUNDAY</b>	
	ASST CEREAL/GRITS	2 OZ	100					FS on duty							
	EGGS/OMELETES							Dinner order form must be							
					***CHEF'S CHOICE***				returned to galley staff						
									by 1300						
									Assorted Desserts						

The Food Service Officer is authorized to make changes to this menu when, due to the unusual or unforeseen circumstances, it may be necessary to provide solutions for food items not in stock to permit the timely use of perishable foods.

Prepared by:

Reviewed by FSO:

Approved by XO:

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# COAST GUARD BASE NEW ORLEANS GALLEY

APRIL 28, 2014 - MAY 4, 2014 (WEEK 6)

The following items are offered daily; Coffee, Tea, Milk, Asst. Fruit Juice, Fresh Fruit, Asst. Breads, Asst. Dry Cereals, Salad Bar.

	<u>BREAKFAST</u>			<u>LUNCH</u>			<u>DINNER</u>						
	Portion	Cal	Fats	Portion	Cal	Fats	Portion	Cal	Fats				
<b>MONDAY</b>	CHILLED FRESH FRUIT			GRILLED MESQUITE TENDERLOIN	2 ea	234	9.7	Request Dinner orders from					
	ASST CEREAL/GRITS	2 OZ	100	0	BROCCOLI AND CHEDDAR RICE	4 oz	260	2.5	FS on duty				
	EGGS/OMELETES				SEASONED VEGETABLES	4 oz	52	4	Dinner order form must be				
	BOILED EGGS	2	44	0.5	HOT ROLLS	1 ea	78	1.9	returned to galley staff				
	HASH BROWNS	10	190	0	SALAD BAR				by 1300				
	CORNEB BEEF HASH	2 OZ	350	4.2	ALTERNATIVE				Assorted Desserts				
	SAUSAGE LINKS	2	170	1.7	SOUTHWESTERN TURKEY WRAPS	1 ea	453	27					
<b>TUESDAY</b>	CHILLED FRESH FRUIT			PHILLY CHEESE STEAKS	1 ea	540	24	Request Dinner orders from					
	OATMEAL		166	0	FRIED MUSHROOMS	3 ea	198	3	FS on duty				
	EGGS/OMELETES				CHEESE SAUCE	3oz	59	4.5	Dinner order form must be				
	BOILED EGGS	2	44	0.5	WAFFLE FRIES	4 oz	400	19	returned to galley staff				
	HASH BROWNS	10	190	0	SALAD BAR				by 1300				
	FRENCH TOAST	2	149	0.7	ALTERNATIVE				Assorted Desserts				
	CRISPY BACON	2 SL	153	2g	CHICKEN PHILLY CHEESE STEAKS	1 ea	730	24					
<b>WEDNESDAY</b>	CHILLED FRESH FRUIT			FRIED CATFISH	1 ea	300	18	Request Dinner orders from					
	ASST CEREAL/GRITS	2 OZ	100	0	BLACKEYED PEAS	4 oz	160	0	FS on duty				
	EGGS/OMELETES				MACARONI AND CHEESE	4 oz	280	18	Dinner order form must be				
	BOILED EGGS	2	44	0.5	COLESLAW	4 oz	47	2	returned to galley staff				
	HASH BROWNS	10	190	0	HUSHPUPIES	3 ea	60	3	by 1300				
	BISCUITS & GRAVY	2	460	3.2	ALTERNATIVE				Assorted Desserts				
	SMOKED SAUSAGE	2	62	2.4	BLACK BEAN BURGERS	1 ea	120	4					
<b>THURSDAY</b>	CHILLED FRESH FRUIT			GRILLED CHICKEN PARMESAN	1 ea	701	27	Request Dinner orders from					
	CREAM OF WHEAT	2 OZ	131	0	MIXED VEGETABLES	4 oz	52	4	FS on duty				
	EGGS/OMELETES				GARLIC BREAD	1 ea	204	4.7	Dinner order form must be				
	BOILED EGGS	2	44	0.5	SALAD BAR				returned to galley staff				
	HASH BROWNS	10	190	0	ALTERNATIVE				by 1300				
	WAFFLE	1	118	0.7	ALTERNATIVE				Assorted Desserts				
	SAUSAGE PATTIES	1	170	2	MEATBALL SUBS	1 ea	597	22					
<b>FRIDAY</b>	CHILLED FRESH FRUIT			BUFFALO CHICKEN SANDWICHES	1 ea	340	16	Request Dinner orders from					
	ASST CEREAL/GRITS	2 OZ	100	0	WAFFLE FRIES	4 oz	3	0	FS on duty				
	EGGS/OMELETES				TOSSED ASPARAGUS	4 oz	3	0	Dinner order form must be				
	BOILED EGGS	2	44	0.5	SALAD BAR				returned to galley staff				
	HASH BROWNS	10	190	0	ALTERNATIVE				by 1300				
	FLUFFY PANCAKES	2	149	0.7	GRILLED SHARK	6 oz	200	19	Assorted Desserts				
	CRISPY BACON	2	118		TWICE BAKED POTATOES	4 oz	295	12					
<b>SATURDAY</b>	CHILLED FRESH FRUIT							Request Dinner orders from					
	ASST CEREAL/GRITS	2 OZ	100	0				FS on duty					
	EGGS/OMELETES				***CHEF'S CHOICE***			Dinner order form must be					
								returned to galley staff					
								by 1300					
								Assorted Desserts					
<b>SUNDAY</b>	CHILLED FRESH FRUIT							Request Dinner orders from					
	ASST CEREAL/GRITS	2 OZ	100	0				FS on duty					
	EGGS/OMELETES				***CHEF'S CHOICE***			Dinner order form must be					
								returned to galley staff					
								by 1300					
								Assorted Desserts					

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