

COAST GUARD BASE NEW ORLEANS GALLEY

JUNE 16, 2013 - , JUNE 22, 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			
MONDAY	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	FETTUCCHINI & MEATBALLS	6 oz		3.3				
TUESDAY	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 BROCCOLI 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 /CURLY FRIES	1 ea	607	29				
WEDNESDAY	CHILLED FRESH FRUIT			GRILLED FLANK STEAK	6 oz	208	8	Request Dinner orders from				
	ASST CEREAL/GRITS	2 OZ	100	0	BAKED POTATOES	1 ea	278	3	FS on duty			
	EGGS/OMELETES				SPINACH PARMESAN BAKE	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	BAYOU CHICKEN	6 ea	410	19				
THURSDAY	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				
FRIDAY	CHILLED FRESH FRUIT			LEMON HERB CHICKEN	1 ea	498	8	Request Dinner orders from				
	ASST CEREAL/GRITS	2 OZ	100	0	BUTTERED CORN	1 ea	155	3.4	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		RUEBEN SANDWICH/WAFFLE FRIES	1 ea	970	37				
SATURDAY	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				
								Assorted Desserts				
SUNDAY	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				
								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.N. Jones, FSS</i>	Reviewed by FSO: <i>D.S. Bisesi, FSC 11 JUN 14</i>	Approved by CO: <i>J.G. Gabe, Capt</i>
B.N. JONES, FSS, USCG	D.S. BISESI, FSC, USCG	J.G. GABE, CAPT, USCG

COAST GUARD BASE NEW ORLEANS GALLEY

JUNE 23, 2014 - JUNE 29, 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	
MONDAY	CHILLED FRESH FRUIT			PORK CHOPS WITH APPLE BUTTER GLAZE	1 ea	217	9	Request Dinner orders from		
	ASST CEREAL/GRITS	2 OZ	100	0	CORNBREAD DRESSING	4 oz	180	4	FS on duty	
	EGGS/OMELETES				PEAS AND CARROTS	4 oz	38	0.3	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	
	CORNEB BEEF HASH	2 OZ	350	4.2	ALTERNATIVE				Assorted Desserts	
	SAUSAGE LINKS	2	170	1.7	CHICKEN AND SPINACH CASSEROLE	4 oz	474	23		
TUESDAY	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 WITH WHITE RICE	4 oz	170	35		
WEDNESDAY	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		
THURSDAY	CHILLED FRESH FRUIT			BAKED MEATLOAF	1 ea	700	40	Request Dinner orders from		
	CREAM OF WHEAT	2 OZ	131	0	MASHED RED POTATOES WITH GRAVY	2 oz	336	15	FS on duty	
	EGGS/OMELETES				MIXED VEGETABLES	1 ea	59	1g	Dinner order form must be	
	BOILED EGGS	2	44	0.5	BUTTERED BISCUITS	1 ea	300	15	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	MONTERAY CHICKEN	1 ea	1170	71		
FRIDAY	CHILLED FRESH FRUIT			SMOKED SALMON	6 oz	233	14	Request Dinner orders from		
	ASST CEREAL/GRITS	2 OZ	100	0	PARMESAN PASTA	4 oz	200	3.5	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		CHICKEN AND VEGETABLE KAOPS	1 ea	183	3.5		
SATURDAY	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		
SUNDAY								by 1300		
								Assorted Desserts		
	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		

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Prepared by: <i>B.N. Jones</i>	Reviewed by FSO: <i>D.S. Bisesi</i>	Approved by CO: <i>J.B. Gage</i>
B.N. JONES, FS3, USCG	D.S. BISESI, FSC, USCG	J.B. GAGE, CAPT, USCG

COAST GUARD BASE NEW ORLEANS GALLEY

JUNE 30, 2014 - JULY 6, 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		
MONDAY	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				
TUESDAY	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				
WEDNESDAY	CHILLED FRESH FRUIT			SEARED SIRLOIN STEAK	1	355	22	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	PORK ADOBO WITH WHITE RICE	6 oz	367	9.4				
THURSDAY	CHILLED FRESH FRUIT			ASST. CALZONES	1 ea	640	23	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	BUFFALO WINGS	5 ea	220	15	Assorted Desserts			
	SAUSAGE PATTIES	1	170	CARROT AND CELERY STICKS	4 oz	30	0				
FRIDAY	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	VEGTEABLE 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	CHICKEN SALAD SANDWICH	1 ea	290	14				
SATURDAY	CHILLED FRESH FRUIT							Request Dinner orders from			
	ASST CEREAL/GRITS	2 OZ	100					FS on duty			
	EGGS/OMELETES			***CHEFS CHOICE***				Dinner order form must be			
								returned to galley staff			
							by 1300				
							Assorted Desserts				
SUNDAY	CHILLED FRESH FRUIT							Request Dinner orders from			
	ASST CEREAL/GRITS	2 OZ	100					FS on duty			
	EGGS/OMELETES			***CHEFS CHOICE***				Dinner order form must be			
								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.N. Jones</i> B.N. JONES, FS3, USCG	Reviewed by FSO: <i>D.S. Bisesi</i> D.S. BISESI, FSC, USCG	Approved by CO: <i>J.G. Gage</i> J.G. GAGE, CAPT, USCG
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COAST GUARD BASE NEW ORLEANS GALLEY

JULY 7, 2014 - JULY 13, 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	Portion	Cal	Fats				
MONDAY	CHILLED FRESH FRUIT			GRILLED BRATWURST	1 ea	450	37	Request Dinner orders from					MONDAY
	ASST CEREAL/GRITS	2 OZ	100	0	SAUTED PEPPERS AND ONION	4 oz	40	4.8	FS on duty				
	EGGS/OMELETES				CURLY FRIES	4 oz	330	17.9	Dinner order form must be				
	BOILED EGGS	2	44	0.5	BROCCOLI SALAD	1 ea	155	10	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	MUSHROOM AND SWISS BURGER	1 ea	670	32.2					
TUESDAY	CHILLED FRESH FRUIT			SOUTHERN FRIED CHICKEN	1 ea	968	68	Request Dinner orders from					TUESDAY
	OATMEAL		166	0	HASHBROWN CASSEROLE	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					
WEDNESDAY	CHILLED FRESH FRUIT			GRILLED SIRLOIN	4 oz	219	118	Request Dinner orders from					WEDNESDAY
	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	52	2.4	GRILLED MAHI MAHI	6 oz	100	0.82					
THURSDAY	CHILLED FRESH FRUIT			CUBAN PORK CHOPS	1	180	9	Request Dinner orders from					THURSDAY
	CREAM OF WHEAT	2 OZ	131	0	WHITE RICE	4 oz	182	0.4	FS on duty				
	EGGS/OMELETES				CUBAN STYLE BLACK BEANS	4 oz	106	0.5	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	TUNA SALAD WRAP/CHIPS	1	290	12					
FRIDAY	CHILLED FRESH FRUIT			RED SNAPPER	6 oz	252	3	Request Dinner orders from					FRIDAY
	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 & MEATBALLS	4 oz	710	19					
SATURDAY	CHILLED FRESH FRUIT							Request Dinner orders from					SATURDAY
	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				
SUNDAY	CHILLED FRESH FRUIT							Request Dinner orders from					SUNDAY
	ASST CEREAL/GRITS	2 OZ	100					FS on duty					
	EGGS/OMLETES				***CHEF'S CHOICE***				Dinner order form must be				
									returned to galley staff				
									by 1300				
									Assorted Desserts				

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Prepared by: <i>B.N. Jones</i> B.N. JONES, FS3, USCG	Reviewed by FSO: <i>D.S. Bisesi</i> D.S. BISESI, FSC, USCG	Approved by CO: <i>J.C. Sage</i> J.C. SAGE, CAPT, USCG
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COAST GUARD BASE NEW ORLEANS GALLEY

JULY 14, 2014 - JULY 20, 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	
MONDAY	CHILLED FRESH FRUIT			FOUR CHEESE BAKED ZITI	6 oz	460	10	Request Dinner orders from		
	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	0.5	SALAD BAR				returned to galley staff	
	HASH BROWNS	10	190	0	ALTERNATIVE				by 1300	
	CORNED BEEF HASH	2 OZ	350	4.2	BUFFALO CHICKEN SANDWICH	1 ea	762	25	Assorted Desserts	
	SAUSAGE LINKS	2	170	1.7	WAFFLE FRIES	4 oz	240	16		
TUESDAY	CHILLED FRESH FRUIT				CORNISH HEN	1 ea	200	14	Request Dinner orders from	
	OATMEAL		166	0	WILD RICE	4 oz	166	0.6	FS on duty	
	EGGS/OMELETES				COLLARD GREENS	4 oz	49	0.7	Dinner order form must be	
	BOILED EGGS	2	44	0.5	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	ALTERNATIVE				Assorted Desserts	
	CRISPY BACON	2 SL	153	2g	BBQ PORK CHOPS	6 oz	310	12		
WEDNESDAY	CHILLED FRESH FRUIT				PULLED PORK	1 ea	610	18	Request Dinner orders from	
	ASST CEREAL/GRITS	2 OZ	100	0	CURLY FRIES	4 oz	330	17	FS on duty	
	EGGS/OMELETES				BAKED BEANS	4 oz	140	1	Dinner order form must be	
	BOILED EGGS	2	44	0.5	COLE SLAW	4 oz	47	2	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	TURKEY BURGERS	1 ea	520	12		
THURSDAY	CHILLED FRESH FRUIT				BEEF FAJITAS	1 ea	340	14	Request Dinner orders from	
	CREAM OF WHEAT	2 OZ	131	0	SPANISH RICE	4 oz	200	0.5	FS on duty	
	EGGS/OMELETES				MEXICAN CORN	4 oz	165	8	Dinner order form must be	
	BOILED EGGS	2	44	0.5	CHIPS/SALSA	1 ea	338	17	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	CHICKEN FAJITAS	1 ea	360	12		
FRIDAY	CHILLED FRESH FRUIT				SHRIMP SCAMPI	1 ea	350	29	Request Dinner orders from	
	ASST CEREAL/GRITS	2 OZ	100	0	BUTTERED PASTA	4 oz	240	9	FS on duty	
	EGGS/OMELETES				TOSSED ASPARAGUS	4 oz	3	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	ALTERNATIVE				by 1300	
	FLUFFY PANCAKES	2	149	0.7	CHICKEN CARBONARA	6 oz	740	28	Assorted Desserts	
	CRISPY BACON	2	118							
SATURDAY	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		
SUNDAY	CHILLED FRESH FRUIT								Request Dinner orders from	
	ASST CEREAL/GRITS	2 OZ	100						FS on duty	
	EGGS/OMELETES				***CHEF'S CHOICE***				Dinner order form must be	
									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.N. Jones</i> B.N. JONES, FS3, USCG	Reviewed by FSO: <i>D.S. Bigesi</i> D.S. BIGESI, FSC, USCG	Approved by CO: <i>J.G. Gage</i> J.G. GAGE, CAPT, USCG
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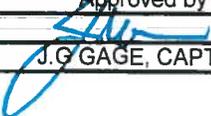
COAST GUARD BASE NEW ORLEANS GALLEY

JULY 21, 2014 - JULY 27, 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		
MONDAY	CHILLED FRESH FRUIT			SEASONED LEG QUARTERS	1 ea	210	13	Request Dinner orders from			
	ASST CEREAL/GRITS	2 OZ	100	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		
	CORNED BEEF HASH	2 OZ	350	4.2	ALTERNATIVE				Assorted Desserts		
	SAUSAGE LINKS	2	170	1.7	SOUTHWESTERN TURKEY WRAPS	1 ea	453	27			
TUESDAY	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			
WEDNESDAY	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	52	2.4	STEAK MELTS/WAFFLE FRIES	1 ea	320	17			
THURSDAY	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			
FRIDAY	CHILLED FRESH FRUIT			BBQ CHICKEN SANDWICHES	1 ea	280	8	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	CRAB CAKES	2 ea	98	3.6	Assorted Desserts		
	CRISPY BACON	2	118		FRIED BUTTERFLY SHRIMP	4 oz	454	24			
SATURDAY	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		
SUNDAY	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		
									Assorted Desserts		

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