



MESS HALL MENU

6/28/09 - 7/4/09



→→→ PROUD SUPPORTER
ANA TRAVEL NETWORK
www.goana.org

6/28/2009	
Breakfast	Bacon & Eggs
Lunch	Grilled Cheese & Tomato Soup
Dinner	BBQ on the Beach
6/29/2009	
Breakfast	Waffles
Lunch	Sweet Chili-Plum Chicken
Dinner	Chicken Fried Steak
6/30/2009	
Breakfast	Warrior Sandwich
Lunch	Polish Sausage with Peppers & Onions
Dinner	Calzones
7/1/2009	
Breakfast	Biscuits & Gravy
Lunch	Dippin Dogs
Dinner	BBQ on the Beach
7/2/2009	
Breakfast	Chorizo Scramble
Lunch	BBQ Riblett Sandwich
Dinner	Shepard's Pie
7/3/2009	
Breakfast	French Toast Stix
Lunch	Pizza
Dinner	Catfish with Macaroni & Cheese
7/4/2009	
Breakfast	Sausage & Eggs
Lunch	Chicken Patty Sandwich
Dinner	BBQ on the Beach
The Mess Hall proudly offers the above main entrees and more!	
Included are a starch, vegetable and vegetarian option	
Every Morning	
Hot Breakfast Entree, Hot & Cold Cereal, Yogurt, Cream Cheese, Bagels, Butter, Jelly, Peanut Butter, Asst. Breads, Honey, Assorted Fruit and Most days...Salsa	
Every Lunch & Dinner	
Salad Bar: Two Tossed Salads, at least 8 toppings, 4 dressings and many extras	
Deli Bar: Assorted meats, cheeses, breads, and condiments to make a Warrior Sandwich	
Dessert Station: A large variety of cakes, puddings, jello and much more!	
If you have any concerns please call me direct at 760-547-5234. Thank you, Jeff Bovee	
Army & Navy Health - Nutrition Committee Chairperson - Carol Cooper-Brennan X5215	