

NOVEMBER 2019 TRIDENT INN GALLEY NAVAL BASE KITSAP

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 L- Chicken scaloppini Beef brogul D- Philly cheesesteak Santa fe glazed chicken	2 B- French toast Roast beef Hash D- Teriyaki beef General Tso's chicken
3 B- Pancakes Bacon D- Shepards Pie Lemon baked cod	4 L- Lasagna Herbed baked chicken D- Chicken fajitas Hot sub sandwich	5 L- Chalupa Tamale pie D- Roast beef Gilled ham and cheese	6 L- Sweet and sour chicken Roasted cod D- Palaver chicken Burgers	7 L- Eggplant parm Pork tenderloin D- Cajun roast beef Grilled chicken sandwich	8 L- Blackened chicken Chili mac D- Philly cheesesteak Hawaiian chicken	9 B- French toast Roast beef hash D- Stuffed carver chicken Baked ziti
10 B- Waffles Corned beef hash D- Italian beef and rice Savory baked chicken	11 L- Chuck wagon stew Fried chicken Sausage bar D- Rosemary turkey roast	12 L- Beef enchiladas Quesadillas Chili dogs D- Spaghetti w/ meat sauce	13 L- Braised Spareribs Lemon Pepper Catfish D- Manicotti Chicken pot pie	14 L- Yankee pot roast Chicken alfredo D- Dijon baked pork chops Grilled chicken sandwich	15 L- Pizza and wings D- Philly Cheese steaks Honey lemon chicken breas	16 B- French toast Ham steak D- Spaghetti and meatball Chicken Caesar roll ups
17 B- Waffles Biscuits and gravy D- Bombay chicken Chili con carne	18 L- Lemon baked fish Meatloaf D- Swedish Meatballs Hot sub sandwich	19 L- Fiesta chicken Beef and bean burritos D- D- Chicken tika masala Grilled cheese	20 L- Beef and broccoli Sweet and sour chicken D- Palaver chicken Burgers	21 L- Turkey Divan Chipper fish D- BBQ beef brisket Grilled chicken sandwich	22 L- Chicken scaloppini Beef brogul D- Philly cheesesteak Santa fe glazed chicken	23 B- French toast Roast beef Hash D- Teriyaki beef General Tso's chicken
24 B- Pancakes Bacon D- Shepards Pie Lemon baked cod	25 L- Lasagna Herbed baked chicken D- Chicken fajitas Hot sub sandwich	26 L- Chalupa Tamale pie D- Roast beef Gilled ham and cheese	27 L- Sweet and sour chicken Roasted cod D- Palaver chicken Burgers	28 L- Eggplant parm Pork tenderloin D- Cajun roast beef Grilled chicken sandwich	29 L- Blackened chicken Chili mac D- Philly cheesesteak Hawaiian chicken	30 B- French toast Roast beef hash D- Stuffed carver chicken Baked ziti