

OCTOBER 2019 TRIDENT INN GALLEY NAVAL BASE KITSAP

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 L- Beef enchiladas Quesadillas Chili dogs D- Spaghetti w/ meat sauce	2 L- Braised Spareribs Lemon Pepper Catfish D- Manicotti Chicken pot pie	3 L- Yankee pot roast Chicken alfredo D- Dijon baked pork chops Grilled chicken sandwich	4 L- Pizza and wings D- Philly Cheese steaks Honey lemon chicken breas	5 B- French toast Ham steak D- Spaghetti and meatball Chicken Caesar roll ups
6 B- Waffles Biscuits and gravy D- Bombay chicken Chili con carne	7 L- Lemon baked fish Meatloaf D- Swedish Meatballs Hot sub sandwich	8 L- Fiesta chicken Beef and bean burritos D- D- Chicken tika masala Grilled cheese	9 L- Beef and broccoli Sweet and sour chicken D- Palaver chicken Burgers	10 L- Turkey Divan Chipper fish D- BBQ beef brisket Grilled chicken sandwich	11 L- NAVY BIRTHDAY Surf and Turf D- Philly cheesesteak Santa fe glazed chicken	12 B- French toast Roast beef Hash D- Teriyaki beef General Tso's chicken
13 B- Pancakes Bacon D- Shepards Pie Lemon baked cod	14 L- Lasagna Herbed baked chicken D- Chicken fajitas Hot sub sandwich	15 L- Chalupa Tamale pie D- Roast beef Gilled ham and cheese	16 L- Sweet and sour chicken Roasted cod D- Palaver chicken Burgers	17 L- Eggplant parm Pork tenderloin D- Cajun roast beef Grilled chicken sandwich	18 L- Blackened chicken Chili mac D- Philly cheesesteak Hawaiian chicken	19 B- French toast Roast beef hash D- Stuffed carver chicken Baked ziti
20 B- Waffles Corned beef hash D- Italian beef and rice Savory baked chicken	21 L- Chuck wagon stew Fried chicken Sausage bar D- Rosemary turkey roast	22 L- Beef enchiladas Quesadillas Chili dogs D- Spaghetti w/ meat sauce	23 L- Braised Spareribs Lemon Pepper Catfish D- Manicotti Chicken pot pie	24 L- Yankee pot roast Chicken alfredo D- Dijon baked pork chops Grilled chicken sandwich	25 L- Pizza and wings D- Philly Cheese steaks Honey lemon chicken breas	26 B- French toast Ham steak D- Spaghetti and meatball Chicken Caesar roll ups
27 B- Waffles Biscuits and gravy D- Bombay chicken Chili con carne	28 L- Lemon baked fish Meatloaf D- Swedish Meatballs Hot sub sandwich	29 L- Fiesta chicken Beef and bean burritos D- D- Chicken tika masala Grilled cheese	30 L- Beef and broccoli Sweet and sour chicken D- Palaver chicken Burgers	31 L- Turkey Divan Chipper fish D- BBQ beef brisket Grilled chicken sandwich		