

JANUARY 2020 TRIDENT INN GALLEY NAVAL BASE KITSAP

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