

Mid-Atlantic Galley

October 2026 Lunch Menu

NOTE: MENU SUBJECT TO CHANGE DUE TO HOLIDAY MEALS & PRODUCT AVAILABILITY

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
4 ITALIAN BROCCOLI PASTA GRAIN BREADED POLLOCK GRILLED CHEESE SANDWICH BUTTERED POTATOES BRUSSELS SPROUTS	5 GRILLED CHICKEN BBO BEEF BRISKET BARBECUE PULLED PORK BAKED MACARONI & CHEESE BAKED POTATOES HERBED BROCCOLI ASPARAGUS	6 STEAMED RICE CHICKEN FAJITAS VEGETARIAN BURRITO FISH TACO QUESO DIP HERBED BROCCOLI MEXICAN CORN	7 GINGER RICE TURKEY BURGER HULLI HULLI CHICKEN BLACK BEAN BURGER HERBED BROCCOLI CAJUN OVEN FRIES	1 RICE PILAF MEATLOAF PORK CHOPS W/ APPLE RINGS BROWN GRAVY MASHED POTATOES ASPARAGUS	2 BROWN RICE & QUINOA PIZZA ASST CHICKEN WINGS CRINKLE CUT FRENCH FRIES HERBED GREEN BEANS CARROTS	3 WAFFLES HOT OATMEAL OMELET BAR GRILLED STEAK GRILLED SALMON HOME FRIED POTATOES
11 MOZZARELLA CHEESE STICKS PIZZA GRILLED CHICKEN ASST CHICKEN WINGS BROCCOLI CHEESE SOUP	12 BALAHEL BROWN RICE & QUINOA GRILLED SALMON GYRO SANDWICH GLAZED BABY CARROTS	13 SOUTHWESTERN RICE TACOS CHICKEN FAJITAS FISH TACO REFRIED BEANS BROCCOL	14 GRAIN BREADED POLLOCK DELUXE HAMBURGER BAKED BEANS W/ BACON HERBED GREEN BEANS CORN ON THE COB CAJUN OVEN FRIES	15 ROAST TURKEY SHEPHERD'S PIE BREAD STUFFING ROASTED SUMMER SQUASH ROASTED POTATO WEDGES BRUSSELS SPROUTS	16 TOSSED GREEN RICE CAJUN BAKED FISH STEAK, CHEESE & SUBMARINE ROASTED PEPPER SOUP OVEN BROWNED POTATOES SAVORY SUMMER SQUASH	17 STEAMED RICE LEMON BAKED FISH ORANGE CHICKEN ASST EGG ROLLS ORIENTAL STIR FRY CABBAGE
18 MOZZARELLA CHEESE STICKS GRILLED CHICKEN BLACKENED CATFISH TANGY SPINACH WHOLE KERNEL CORN ITALIAN ROASTED POTATOES	19 CHICKEN PARMESAN BAKED FISH BROCCOLI SUMMER SQUASH HOT ROLLS	20 BAKED MACARONI & CHEESE CAJUN BAKED CATFISH ST LOUIS STYLE BBO RIBS BAKED POTATOES ROASTED CAULIFLOWER COLLARD GREENS	21 DELUXE HAMBURGER GRAIN BREADED POLLOCK BLACK BEAN BURGER BAKED BEANS W/ BACON CORN ON THE COB CAJUN OVEN FRIES	22 RICE PILAF MEATLOAF PORK CHOPS W/ APPLE RINGS BROWN GRAVY MASHED POTATOES ASPARAGUS	23 BROWN RICE & QUINOA PIZZA ASST CHICKEN WINGS CRINKLE CUT FRENCH FRIES HERBED GREEN BEANS CARROTS	24 WAFFLES HOT OATMEAL OMELET BAR GRILLED STEAK GRILLED SALMON HOME FRIED POTATOES
25 ITALIAN BROCCOLI PASTA GRAIN BREADED POLLOCK GRILLED CHEESE SANDWICH BUTTERED POTATOES BRUSSELS SPROUTS	26 GRILLED CHICKEN BBO BEEF BRISKET BARBECUE PULLED PORK BAKED MACARONI & CHEESE BAKED POTATOES HERBED BROCCOLI ASPARAGUS	27 STEAMED RICE CHICKEN FAJITAS VEGETARIAN BURRITO FISH TACO QUESO DIP MEXICAN CORN	28 GINGER RICE TURKEY BURGER HULLI HULLI CHICKEN BLACK BEAN BURGER HERBED BROCCOLI CAJUN OVEN FRIES	29 RED BEANS & RICE W/ BACON BAKED MACARONI & CHEESE OXTAIL STEW CARIBBEAN JERK CHICKEN CORN ON THE COB COLLARD GREENS	30 STEAMED RICE VEG. LO MEIN NOODLES TERIYAKI CHICKEN BEEF & BROCCOLI JAPANESE VEG STIR FRY	31 BROCCOLI, FRESH B.L.T. SANDWICH GARLIC POTATO WEDGES MIXED VEGETABLES CHICKEN CARBONARA W/ PENNE