

Mid-Atlantic Galley

September 2026 Lunch Menu

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

2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

6
MOZZARELLA CHEESE STICKS
GRILLED CHICKEN
BLACKENED CATFISH
TANGY SPINACH
WHOLE KERNEL CORN
ITALIAN ROASTED POTATOES



7
CHICKEN PARMESAN
BAKED FISH
BROCCOLI
SUMMER SQUASH
HOT ROLLS

8
BAKED MACARONI & CHEESE
CAJUN BAKED CATFISH
ST LOUIS STYLE BBQ RIBS
BAKED POTATOES
ROASTED CAULIFLOWER
COLLARD GREENS

9
DELUXE HAMBURGER
GRAIN BREADED POLLOCK
BLACK BEAN BURGER
BAKED BEANS W/ BACON
CORN ON THE COB
CAJUN OVEN FRIES

10
RICE PILAF
MEATLOAF
PORK CHOPS W/ APPLE
RINGS
BROWN GRAVY
MASHED POTATOES
ASPARAGUS

11
BROWN RICE & QUINOA
PIZZA
ASST CHICKEN WINGS
CRINKLE CUT FRENCH FRIES
HERBED GREEN BEANS
CARROTS

13
ITALIAN BROCCOLI PASTA
GRAIN BREADED POLLOCK
GRILLED CHEESE SANDWICH
BUTTERED POTATOES
BRUSSELS SPROUTS

14
GRILLED CHICKEN
BBQ BEEF BRISKET
BARBECUE PULLED PORK
BAKED MACARONI & CHEESE
BAKED POTATOES
HERBED BROCCOLI
ASPARAGUS

15
STEAMED RICE
CHICKEN FAJITAS
VEGETARIAN BURRITO
FISH TACO
QUESO DIP
MEXICAN CORN

16
GINGER RICE
TURKEY BURGER
HULLI HULLI CHICKEN
BLACK BEAN BURGER
HERBED BROCCOLI
CAJUN OVEN FRIES

17
RED BEANS & RICE W/ BACON
BAKED MACARONI & CHEESE
OXTAIL STEW
CARIBBEAN JERK CHICKEN
CORN ON THE COB
COLLARD GREENS

18
STEAMED RICE
VEG. LO MEIN NOODLES
TERIYAKI CHICKEN
BEEF & BROCCOLI
JAPANESE VEG STIR FRY

19
BROCCOLI, FRESH
B.L.T. SANDWICH
GARLIC POTATO WEDGES
MIXED VEGETABLES
CHICKEN CARBONARA W/
PENNE

20
MOZZARELLA CHEESE STICKS
PIZZA
GRILLED CHICKEN
ASST CHICKEN WINGS
BROCCOLI CHEESE SOUP

21
FALAFEL
BROWN RICE & QUINOA
GRILLED SALMON
GYRO SANDWICH
GLAZED BABY CARROTS

22
SOUTHWESTERN RICE
TACOS
CHICKEN FAJITAS
FISH TACO
REFRIED BEANS
BROCCOLI

23
GRAIN BREADED POLLOCK
DELUXE HAMBURGER
BAKED BEANS W/ BACON
HERBED GREEN BEANS
CORN ON THE COB
CAJUN OVEN FRIES

24
ROAST TURKEY
SHEPHERD'S PIE
BREAD STUFFING
ROASTED SUMMER SQUASH
ROASTED POTATO WEDGES
BRUSSELS SPROUTS

25
TOSSED GREEN RICE
CAJUN BAKED FISH
STEAK, CHEESE &
SUBMARINE
ROASTED PEPPER SOUP
OVEN BROWNED POTATOES
SAVORY SUMMER SQUASH

26
STEAMED RICE
LEMON BAKED FISH
ORANGE CHICKEN
ASST EGG ROLLS
ORIENTAL STIR FRY CABBAGE

27
MOZZARELLA CHEESE STICKS
GRILLED CHICKEN
BLACKENED CATFISH
TANGY SPINACH
WHOLE KERNEL CORN
ITALIAN ROASTED POTATOES

28
CHICKEN PARMESAN
BAKED FISH
BROCCOLI
SUMMER SQUASH
HOT ROLLS

29
BAKED MACARONI & CHEESE
CAJUN BAKED CATFISH
ST LOUIS STYLE BBQ RIBS
BAKED POTATOES
ROASTED CAULIFLOWER
COLLARD GREENS

30
DELUXE HAMBURGER
GRAIN BREADED POLLOCK
BLACK BEAN BURGER
BAKED BEANS W/ BACON
CORN ON THE COB
CAJUN OVEN FRIES