

Mid-Atlantic Galley

October 2026 Dinner Menu

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

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 4 CHICKEN ADOBO SOUTHWESTERN SHRIMP & PENNE ISLANDERS RICE ANTIGUA VEGETABLE BLEND	5 PEPPER STEAK CARIBBEAN CATFISH VEGETABLE LO MEIN RICE PILAF MIXED VEGETABLES	6 BEEF ENCHILADAS CHICKEN QUESADILLA GARLIC BUTTER BAKED COD GARLIC RICE REFRIED BEANS HACIENDA CORN & BLACK BEANS	7 HERBED BAKED FISH CHINESE 5 SPICE CHICKEN BROWN RICE AND QUINOA HERBED BROCCOLI	1 ROAST BEEF HERBED BAKED COD BOMBAY CHICKEN RICE PILAF OVEN BROWNED POTATOES LYONNAISE CARROTS SUCCOTASH	2 CARRIBEAN CHICKEN PARMESAN FISH VEGETABLE LASAGNA SPRING GARDEN RICE BRUSSEL SPROUT COMBO	3 DELUXE HANBURGER BLACKBEAN BURGER CRAB STUFFED FISH SPICY BROWN RICE PILAF GARLIC POTATO WEDGES BROCCOLI PARMESAN
11 PIZZA CASSEROLE GRILLED CHICKEN RED BEANS AND RICE CARROT SLICES	12 BALAFEL BROWN RICE & QUINOA GRILLED SALMON GYRO SANDWICH GLAZED BABY CARROTS	13 CRAB STUFFED FISH TACOS GRILLED CHICKEN BAKED PASTA DIVAN REFRIED BEANS SUCCOTASH SPANISH RICE	14 TERIVAKI CHICKEN GRILLED SALMON VEGETABLE LO MEIN NOODLES HERBED GREEN BEANS GINGER RICE	15 CHICKEN CORDON BLEU PASTA PRIMAVERA BREAD STUFFING GLAZED BABY CARROTS ROASTED POTATO WEDGES BRUSSELS SPROUTS	16 CHICKEN CARBONARA BLACKENED CATFISH HOPPIN JOHN RICE RED SKINNED MASH'D POTATOES TANGY SPINACH	17 BEEF STIR FRY FISHWICH VEGETABLE LO MEIN FRENCH FRIES CARROT SLICES
18 GRILLED SALMON SAUSIBURY STEAK BROCCOLI COMBO RED SKINNED MASH'D POTATOES	19 HONEY GINGER CHICKEN LEMON BAKED FISH CREOLE MACARONI JOLLOFF RICE BROCCOLI SUMMER SQUASH	20 GRILLED SALMON CARIBBEAN JERK CHICKEN PASTA BAKED BOTATOES TANGY SPINACH SQUASH AND CARROT MEDLEY	21 BEEF TACOS CHICKEN FAJITAS GARLIC RICE CALICO CABBAGE	22 ROAST BEEF HERBED BAKED COD BOMBAY CHICKEN RICE PILAF OVEN BROWNED POTATOES LYONNAISE CARROTS SUCCOTASH	23 CARRIBEAN CHICKEN PARMESAN FISH VEGETABLE LASAGNA SPRING GARDEN RICE BRUSSEL SPROUT COMBO	24 DELUXE HANBURGER BLACKBEAN BURGER CRAB STUFFED FISH SPICY BROWN RICE PILAF GARLIC POTATO WEDGES BROCCOLI PARMESAN
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