

National Emergency Training Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10/14/2018	10/15/2018	10/16/2018	10/17/2018	10/18/2018	10/19/2018	10/20/2018
In addition to the menu items listed for breakfast we also have omelets cooked to order off the grill, hot and cold cereals, fruit bar with cottage cheese and low fat yogurt, bagels and breakfast pastries						
Breakfast						
Pancakes Bacon Sausage Patties Bacon Gravy Hash Browns	Apple Pancakes Bacon Corned Beef Hash Country Gravy Breakfast Potatoes	Waffles Bacon Sliced Ham Sausage Gravy Baked Hash Browns	Raisin Bread French Toast Bacon Smoked Sausage Country Gravy American Fries	Blueberry Pancakes Bacon Turkey Sausage Chipped Beef Gravy Potato Pancakes	Chicken Fritter Biscuit Bacon Turkey Kielbasa Country Gravy Fried Breakfast Cubes	Chocolate Chip Pancakes Bacon Sausage Links Country Gravy Baked Hash Browns
In addition to our menu options listed for lunch and dinner, we also have a full salad bar with multiple protein options, cold deli with a prepared salad and sliced gluten free luncheon meats						
Lunch						
Cheese Lasagna Italian Sausage Roasted Baby Bakers Capri Blend Black Bean Burger**	Cheese Tortellini w/ Pesto Honey -Soy Chicken Thighs Rice Pilaf Sautéed Zucchini Falafel**	Taco Bar Vegan Tacos	Shrimp Stir Fry Chicken Parmesan White Rice Four- Way Blend Pasta w/ Red Sauce	Roast Turkey Parmesan Garlic Crusted Cod Mashed Potatoes Baby Carrots Marinated Portobello Sandwich **	Lasagna Roll Ups BBQ Chicken Tenders Fried Potato Wedges Steamed Peas 3 Grain Sliders **	CLOSED
Featured Soup						
Chef's Choice	Turkey Noodle	Chicken and Rice	Cr. of Broccoli	Beef Vegetable	Clam Chowder	Chef's Choice
Dinner						
Oven Fried Chicken Country Fried Steak Mashed Potatoes Vegetable Medley	Stuffed Shells Homestyle Meatloaf Garlic Roasted New Potatoes Green Beans	Grilled Ribeye Steaks Smothered Pork Chops Baked Sweet Potatoes Steamed Broccoli	Pappardelle Bolognese Broiled Salmon w/ Lemon Mustard Cream Chive Sauce Brussels Sprouts	BBQ Night BBQ Night Baked Potatoes Shoepg Corn	Mustard Rubbed Pork Loin Chicken and Dumplings Rice Pilaf Cauliflower	Chicken and Penne Alfredo Portobello Beef Tips Mashed Potatoes Succotash
Don't forget about our BBQ every Thursday night						
Special diet? No problem, just speak with the manager						

BREAKFAST 6:30am - 8:30am
LUNCH 11:30am - 1:00pm
DINNER 5:00pm - 7:30pm



E-mail us at netc-cafeteria@fema.dhs.gov
 Call us at 301-447-1551

** Vegan Options