

National Emergency Training Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7/15/2018	7/16/2018	7/17/2018	7/18/2018	7/19/2018	7/20/2018	7/21/2018
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						
Texas French Toast 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	Breakfast Burrito 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 serve grilled hamburgers, all beef hot dogs, a full salad bar with multiple protein options, cold deli with a prepared salad and sliced gluten free luncheon meats						
Lunch						
Oven Fried Chicken Salisbury Steak Rosemary Roasted Potatoes Capri Blend Falafel	Spinach and Cheese Lasagna Rollups Teriyaki Glazed Chicken Breast Coconut Rice Sautéed Zucchini Black Bean Burger**	Taco Bar	Asian Bar	Roast Turkey Country Fried Steak Mashed Potatoes Baby Carrots Marinated Portobello Sandwich **	Italian Sausage w/ Peppers and Onions Fried Shrimp Brown Rice Steamed Peas 3 Grain Sliders **	BBQ Pulled Pork Chicken Tenders Wedge Cut Fries Sliced Carrots Vegan Nuggets
Featured Soup						
Chef's Choice	Turkey Noodle	Chicken and Rice	Cr. of Broccoli	Beef Vegetable	Fish Chowder	Chef's Choice
Dinner						
Chicken Cordon Bleu Beef Stroganoff Buttered Egg Noodles Vegetable Medley	Baked Ham Mediterranean Cod Baked Sweet Potatoes Green Beans	Grilled Ribeye Steaks Chicken Curry w/ Manoo Chutnev Basmati Rice Steamed Broccoli	Cheese Stuffed Rigatoni Baked Salmon w/ Dill White Rice Brussels Sprouts	BBQ Night BBQ Night Baked Potatoes Shoepg Corn	Mustard Rubbed Pork Loin Stuffed Cabbage Rolls Rosemary Roasted Potatoes Cauliflower w/ Cheese Sauce	Chef Carved Eye of Round Cheese Lasagna Whipped Sweet Potatoes Collard Greens
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