

# National Emergency Training Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2/17/2019	2/18/2019	2/19/2019	2/20/2019	2/21/2019	2/22/2019	2/23/2019
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						
<b>Breakfast</b>						
French Toast Bacon Sausage Links Biscuit Gravy Hashbrown Casserole	Pancakes Bacon Sausage Patties Country Gravy Breakfast Potatoes	Waffles Bacon Sliced Ham Bacon Gravy Baked Hash Browns	French Toast Bacon Smoked Sausage Hamburger Gravy American Fries	Blueberry Pancakes Bacon Scrapple Sausage Gravy Potato Pancakes	Waffles Bacon Turkey Kielbasa Pepper Gravy Home Fries	Pancakes Bacon Sausage Links Sausage Gravy 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						
<b>Lunch</b>						
Polish Sausage Chicken Tenders Waffle Fries Chuckwagon Blend  Pasta w/ Red Sauce**	Paprika and Garlic Glazed Chicken Thighs Tuscan Style Pork Rice Pilaf Capri Blend  Three Grain Sliders**	Taco Bar     Vegan Taco**	General Tso's Chicken Beef and Broccoli White Rice Sesame Green Beans  Chikn Nuggets**	Roast Turkey Baked Meatloaf Mashed Potatoes Broccoli  Marinated Portobello Sandwich **	Beer Battered Rockfish Beef Cheesesteaks Tater Tots Peas  Vegan Sloppy Joe**	Pulled Pork Grilled Chicken Breast Curly Fries Roasted Cauliflower  Falafel**
200	200	200	200	200	200	200
<b>Featured Soup</b>						
Beef Noodle	Cream of Cauliflower	Chicken Tortilla	Cr. of Broccoli	Beef Vegetable	Clam Chowder	Chef's Choice
<b>Dinner</b>						
Spaghetti w/ Meatballs Baked Ham Au Gratin Potatoes Veg du Juor	Salisbury Steak w/ Mushroom Gravy Cheese Lasagna Baked Sweet Potatoes Sautéed Zucchini	Grilled Ribeye Steaks Pork Chops w/ Pan Gravy Steamed Red Potatoes Sliced Carrots	Grilled Salmon w/ Pepper Cream Sauce Grilled Chicken Fajitas Cilantro Rice Pilaf Lima Beans	BBQ Night BBQ Night Baked Potatoes Shoepg Corn	Hamburger Picnic	Chicken and Sausage Jambalaya Slow Roasted Beef Brisket Buttered Egg Noodles Peas and Carrots
200	200	200	200	200	200	
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](mailto:netc-cafeteria@fema.dhs.gov)  
 Call us at 301-447-1551

\*\* Vegan Options