## National Emergency Training Center

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<th>Sunday</th>
<th>Monday</th>
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### Breakfast

- Waffles
- Bacon
- Scramble
- Country Gravy
- Breakfast Potatoes
- Pancakes
- Bacon
- Sausage Patties
- Biscuit Gravy
- Hash Browns
- Waffles
- Chicken Fritters
- Chicken Gravy
- Fried Breakfast Cubes
- French Toast
- Bacon
- Smoked Sausage
- Bacon Gravy
- American Fries
- Blueberry Pancakes
- Bacon
- Chicken Sausage
- Hash Brown Patties
- Chocolate Chip Pancakes
- Bacon
- Corned Beef Hash
- Country Gravy
- Home Fries
- Pancakes
- Bacon
- Maple Sausage Links
- Pepper Gravy
- Hash Browns

### Lunch

- Steak and Cheese Subs
- Breaded Chicken Thighs
- Grilled Sausage w/ Saurkraut
- Baked Beans w/ Pork Belly
- Tater Tots
- Country Fried Steak
- Chicken Lasagna
- Au Gratin Potatoes / Garlic Bread
- Cheddar Jalapeno Sausage
- Bermuda Blend
- Ground Beef Tacos /Pork Carnitas
- Tortilla Chips w/ Queso
- Spanish Rice / Refried Beans
- Flame Roasted Sweet Corn
- Chicken and Cheese Enchiladas
- Chicken Stir Fry
- Crispy Sweet and Sour Shrimp
- Steamed Rice
- Sesame Green Beans
- Vegetable Spring Rolls
- Roasted Turkey
- Macaroni and Cheese w/ Burnt Ends
- Mashed Potatoes/ Cornbread Stuffing
- Prince Edward Blend
- All Beef Hot Dogs
- Carnmeal Fried Catfish
- Grilled Chicken Breast on Pretzel Roll w/ Swiss and Honey Mustard
- Old Bay Fries
- Cape Cod Blend
- Grilled Cheese on Texas Toast
- CLOSED

### Featured Soup

- Broccoli Cheese
- Loaded Baked Potato
- Baja Chicken Enchilada
- Thai Chicken
- Corn Chowder
- Tomato Bisque
- Chef's Choice

### Dinner

- Lemon Pepper Tilapia
- Stuffed Cabbage
- Mashed Potatoes
- Peas
- Baked Ham
- Jerk Steak and Shrimp
- White Rice
- Carribean Blend
- Roasted Prime Rib
- Crab Cakes
- Mashed Sweet Potatoes
- Broccoli
- Beef Tips and Mushrooms
- Braised Pork Shoulder
- Buttered Egg Noodles
- Malibu Blend
- Smoked Beef Brisket
- Country Pork Ribs
- Cheddar Grits
- California Blend
- Grilled Steak w/ Mushrooms and Demi Glaze
- Stuffed Chicken Breast
- Rosemary Red Potatoes
- Roasted Carrots
- Fried Chicken
- Baked Cod
- Mashed Potatoes
- Roasted Asparagus

### Menu Subject To Change Without Notice

**Special diet? No problem, just speak with the manager**

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

** Vegan Options**

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**Breakfast**

6:30am - 8:30am M-F
6:30am - 9:30am Sa & Sun

**Lunch**

11:30am - 1:00pm Sun - Sat

**Dinner**

5:00pm - 7:30pm M-Sa
5:30pm - 9:30pm Sun