

U.S. Coast Guard Training Center Yorktown, Va.



Lunch Menu: WEEK OF 22 Sep 2008

MONDAY

TEQUILA LIME CHICKEN BREAST, AZTEC RICE, SAUTEED GREEN BEANS AND MUSHROOMS, MEXICAN CORNBREAD, SALAD BAR, BEAN SOUP

TUESDAY

GRILLED STUFFED PORK CHOPS WITH PINEAPPLE GLAZE, ESSENCE OF POTAOTES, DINNER ROLLS, SALAD BAR, SQAUSH AND YAM SOUP

WEDNESDAY

MEAT LASAGNA / SPINACH LASAGNA, PASTA SALAD, STEAMED BROCCOLI, GARLIC BREAD, SALAD BAR, MINISTRONE SOUP

THURSDAY

MARINATED FLANK STEAK, BAKED POATOES, BROCCOLI W CHEESE SAUCE, DINNER ROLLS, SALAD BAR, FRENCH ONION SOUP

FRIDAY

FRIED/CAJUN CATFISH, MACARONI AND CHEESE, STEAMED CALI VEGGIES, FRIED SEAFOOD MEDELY, HUSHPUPPIES, SALAD BAR, NEW ENGLAND CLAM CHOWDER

> Breakfast hours: 0700-0800 Lunch hours: 1115- 1300 for authorized base personnel 1145 1300 for all other authorized personnel \$7.00 on base personnel / \$7.50 off base personnel Closed on Sundays Prior to Monday Holidays

Some of the <u>Special Functions</u> hosted at POY include:

Wedding Receptions Family Reunions Anniversaries Promotion Parties Birthday Parties Holiday Parties Retirement Parties Business Luncheons

For information and reservations call FSCS Timothy Strozier at (757) 856-2106

"WHAT'S NEW"?? THE PORT OF YORK LOUNGE NEW NIGHT ORDER MENU (SCROLL DOWN AND CHECK IT OUT)

> PORT OF YORK SUNDAY BRUNCH MENU

> > BREAKFAST ITEMS

OMLETS TO ORDER BELGIAN WAFFLES / STRAWBERRIES AND WHIPPED CREAM FRENCH TOAST STICKS / SYRUP SAUSAGE / BACON / GRITS CREAMED BEEF / BISCUITS SCRAMBLED EGGS / HASHBROWNS BAGLES / ENGLISH MUFFINS/ TOAST / CONDIMENTS

> OVRN ROSDTED TURKEY ROAST BEEF WITH GRAVY SOUTHERN FRIED CHICKEN / BAKED CHICKEN

LUNCH ITEMS

GARDEN RICE / MASHED POTATOES STEAMED VEGETABLE MEDELY SALAD BAR DRESSINGS COLE SLAW / POTATO SALAD FRUIT TRAY / JOHNNY CAKE

ASSORTED JUICES / COFFEE / MILK / CHAMPAGNE

PORT OF YORK DESSERTS

BRUNCH HOURS 1000 - 1400 \$14.00 (PER ADULT) \$7.00 (PER CHILD OVER 6)



Bar Opens 1630 - 2200 Kítchen Open from 1730 to 1930

<u>STARTERS</u>

Add a Side or a Side Salad for \$2.00

CHICKEN WINGS \$6.00

Served plain or tossed in your choice of Hot, Citrus Chipotle BBQ Sauce

MOZZARELLA STICKS \$6.00

Fried and served with a zesty Marinara Sauce

CRAB RANGOUN \$5.00

Fried Crab meat with Crème Cheese

SANTA FE EGG ROLLS \$6.00

Grilled Chicken, Veggies, Black Beans, a blend of Cheeses, and Cilantro wrapped in Tortillas and Fried. Served with Salsa, Sour

Cream, and Guacamole

STUFFED MUSHROOMS \$5.00

Mushroom Caps Stuffed with Cheese, Seafood, topped with Herbed Bread Crumbs

BREADED SHRIMP \$ 6.00

Fried Bite-Size Breaded Shrimp

BRUSCHETTA \$5.00

Toasted Ciabatta Bread topped with Olive-Oil Fresh Basil and Roma Tomatoes

CHICKEN TENDERS \$5.00

Fried Chicken Strips, Served with your choice of Dipping Sauce

Or choose any combination of (3) STARTERS for \$10.00

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CHICKEN SALAD

Pan-Seared Chicken, Cheddar Cheese, Red Onions, Grape Tomatoes, and Fresh Greens, Served with your choice of dressing, Topped with Croutons

CHICKEN FRIED SALAD

Fried Chicken Tenders, Cheddar Cheese, Red Onions, Grape Tomatoes, and Fresh Greens, Served with your choice of dressing, Topped with Croutons

CEASAR SALAD

Romaine Lettuce Tossed with a Zesty Caesar Dressing, Parmesan Cheese, Topped with Croutons

GARDEN SALAD

Fresh Greens, Grape Tomatoes, Fresh Greens, Black olives, Served with your choice of Dressing, Topped with Croutons

SHRIMP SALAD

Pan-Seared Shrimp, Fresh Greens, Bacon Bits, black olives, and Grape Tomatoes, Served with your choice of dressing, Topped with Croutons

ASIAN SALAD

Pan-seared Chicken Breast, Fresh Greens, Red Onions, Carrots, Mandarin Oranges, and toasted Pine Nuts, tossed in a tasty Oriental Dressing, Topped with Croutons

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WELL-BEING

OUR INFAMOUS \$8.00 MAIN EVENTS

Entrées also come with: the Vegetables of the Day and your choice of one of the Listed Sides Add a small side salad with any Entrée for \$2.00

CHICKEN

Entrées also come with: the Vegetables of the Day and your choice of the Listed Sides

GRILLED ITALIAN CHICKEN BREAST

Pan-Seared House -Marinated Chicken Breast

CHICKEN ORIENTAL

Grilled Chicken Breast, Tossed with Garden Oriental Vegetables and Teriyaki Sauce

CHICKEN ALFREDO

Pan-Seared Chicken, Penne Pasta sautéed Zucchini, Squash, Red Peppers, tossed in Alfredo Sauce with Parmesan Cheese. Served with a Garlic Parmesan Bread Stick

TURKEY BURGER (NOT CHICKEN)

Pan-Seared turkey Patty, Topped with Lettuce, Tomatoes, Red Onion and Cheese



Entrées also come with: the Vegetables of the Day and your choice of the Listed Sides

POY BURGER

Pan-Seared Range-fed Bison, topped with Crisp Lettuce, Tomato Red Onion, and American Cheese

GRILLED STEAK (OF THE MONTH)

(Steak Selection Varies) A 10 oz. of Steak, Seasoned to perfection, Topped with Sautéed Onions & Mushrooms

BEEF ALFREDO

Pan-Seared Beef, Penne Pasta sautéed Zucchini, Squash, Red Peppers, tossed in Alfredo Sauce with Parmesan Cheese. Served with a Garlic Parmesan Bread Stick

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SEAFOOD

Entrées also come with: the Vegetables of the Day and your choice of the Listed Sides

MANGO TILAPIA

Pan-Seared Tilapia Topped with Zesty Mango Salsa

SKEWERED GRILLED SHRIMP

Grilled Shrimp Skewers (2), Served with your Choice of Cocktail Sauce, Citrus BBQ, or Sweet Chili Sauce

SHRIMP ALFREDO

Pan-Seared Shrimp, Penne Pasta sautéed Zucchini, Squash, Red Peppers, tossed in Alfredo Sauce with Parmesan Cheese. Served with a Garlic Parmesan Bread Stick

MARYLAND CRAB CAKES

Pan-Seared Jumbo Lump Crab Cakes (2), Served with Cocktail Sauce



BEEF FAJITA PLATTER

Pan Seared Steak, Sautéed Peppers and Onions, Served on a hot skillet, with guacamole, sour cream, Salsa, Black Beans, and Cheddar Cheese

CHICKEN FAJITA PLATTER

Pan Seared Chicken, Sautéed Peppers and Onions, Served on a hot skillet, with guacamole, sour cream, Salsa, Black Beans, and Cheddar Cheese

SHRIMP FAJITA PLATTER

Pan Seared Shrimp Sautéed Peppers and Onions, Served on a hot skillet, with guadamole, sour cream, Salsa, Black Beans, and Cheddar Cheese

COMBO FAJITA PLATTER \$10.00

Pan Seared Steak, Chicken, Shrimp, and Sautéed Peppers and Onions, Served on a hot skillet, with guacamole, sour cream, Salsa, Black Beans, and Cheddar Cheese

Add an Extra SIDE for \$2.00

With the exception of Platters and Large Salads, Entrées also come with: the Vegetables of the Day, your choice of: Mashed Potatoes, Rissoto, Roasted Potatoes or French Fries

> RISSOTO POTATO SALAD COLE SLAW MASHED POTATOES ROASTED POTATOES FRENCH FRIES (keep scrolling)

STEAMED VEGETABLES OF THE DAY



TIRAMISU

The Classic Italian Dessert

KEY LIME MOUSSE CAKE

Key-Lime and Whipped Mousse between layers of Graham Crumbs



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