

# 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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