



LANCER BISTRO WR BREAKFAST MENU



JUNE 02	JUNE 03	JUNE 04	JUNE 05	JUNE 06
Monday	Tuesday	Wednesday		Friday
Hot Oatmeal Hominy Grits Oven Fried Bacon (Pork) Baked Turkey Link Creamed Ground Beef Scrambled Eggs Hard Boiled Egg Oven Roasted Potatoes White Rice Broccoli Carrots Pancakes Omelet Cereal Muffins	Hot Oatmeal Hominy Grits Oven Fried Bacon (Pork) Turkey Sausage Patty Creamed Ground Beef Scrambled Eggs Hard Boiled Egg Roasted Sweet Potatoes Cauliflower White Rice French Toast Omelet Cereal Muffins	Hot Oatmeal Hominy Grits Oven Fried Bacon (Pork) Baked Turkey Link Creamed Ground Beef Scrambled Eggs Hard Boiled Egg Home Fried Potatoes White Rice Carrots Pancake Omelet Cereal Muffins	Hot Oatmeal Hominy Grits Turkey Sausage Patty Oven Fried Bacon (Pork) Creamed Ground Beef Scrambled Eggs Hard Boiled Egg Oven Brown Potatoes White Rice Carrots & Peas French Toast Omelet Cereal Muffins	Hot Oatmeal Hominy Grits Oven Fried Bacon (Pork) Baked Turkey Link Creamed Ground Beef Scrambled Eggs Hard Boiled Egg Oven Brown Potato White Rice Sauteed Green Beans Pancakes Omelet Cereal . Muffins

Provided Daily

- Fruit cup-ups
- Yogurt
- Breakfast Bars
- Assorted Pastries
- Assorted Juices

HOURS
MONDAY-FRIDAY
07:30-09:00

MEAL RATE
\$4.40
FREE for MEAL CARD HOLDERS



U.S. ARMY

LANCER BISTRO WR LUNCH MENU



JUNE 02	JUNE 03	JUNE 04	JUNE 05	JUNE 06
Monday	Tuesday	Wednesday	Thursday	Friday
Creamy Tomato Soup Tomato Gravy Diced Chicken Italian Sausage Italian Meatballs Wheat Spaghetti Pasta Salad House Salad French Fried Potatoes Garlic Bread Brownie Chocolate Cake Vanilla Cake	Chickpea Tortilla Soup Chicken Gravy Pork Carnitas Southwestern Shrimp Chipotle Chicken Sauteed peppers & Onion Mexican Corn Sweet Potato Home Fries Cilantro Lime Rice Jalapeno Corn Bread House Salad Brownies Vanilla Cake Chocolate Cake	Minestrone Soup Chicken Gravy Italian Ground Beef Diced Chicken Breast Sauteed Garlic Shrimp French Fried Potatoes Steamed Spaghetti Mixed Vegetables White Rice Pasta Salad House Salad Vanilla Cake Brownies Chocolate Cake	CHICKEN GUMBO SOUP BROWN GRAVY Cajun Chicken Quarter Southern Fried Catfish BBQ Spareribs Jambalaya Collard Green Sweet Potatoes Corn on the Cob Dirty Rice Pasta Salad House Salad Vanilla Cake Brownies Chocolate Cake	ROASTED CARROT SOUP Onion Gravy Caribbean Chicken Breast Caribbean Catfish Roasted Cauliflower Buttery Brown Potato French Fried Potato Rice Pilaf Mixed Vegetables Pasta Salad House Salad Vanilla Cake Brownies Chocolate Cake

SHORT ORDERS

BAKED BEANS, GRILLED CHICKEN BREAST, FRENCH FRIES/SWEET POTATOE FRIES, BURGERS, HOT DOGS

Provided Daily

Fruit cup-ups
 Yogurt
 Breakfast Bars
 Assorted Pastries
 Assorted Juices

HOURS

MONDAY-FRIDAY
 11:30-13:00

MEAL RATE

\$7.10
 FREE for MEAL CARD HOLDERS



LANCER BISTRO WR DINNER MENU



JUNE 02	JUNE 03	JUNE 04	JUNE 05	JUNE 06
Monday	Tuesday	Wednesday	Thursday	Friday
Creamy Tomato Soup Chicken Gravy Meatball Stroganoff Chicken Parmesan Herbed Green Beans Noodle Jefferson Rissolle Potatoes Cauliflower Parmesan Chef's Salad Vanilla Cake Brownies Chocolate Cake	Vegetable Soup Brown Gravy Mexican Baked Chicken Beef Taco Sauteed Peppers Onion Medley Green Beans Roasted Potatoes&Pepers Spanish Rice Jalapeno Corn Bread House Salad Chocolate Cake	KNICKERBOCKER Cream Onion Gravy Shrimp Mein Sweet & Sour Chicken Chow Mein Noodles Peas With Carrots Japanese Vegetable French Fried Potato Pasta Salad House Salad Brownies	Creamy Tomato Soup Quick Onion Gravy Beef Stew Barbecue Chicken Blackened Fish Green Beans MASHED POTATOES Garden Vegetable Rice Pasta Salad House Salad Vanilla Cake Brownies	Tomato Soup Onion Mushroom Gravy Jamaican Curry Beef Chicken Pot Pie Caribbean Flounder Peas With Carrots ASPARAGUS Spicy Brown Rice Pilaf Parsley Buttered Potato Macaroni Salad Apple Pie Sugar Chocolate Cake

SHORT ORDERS

BAKED BEANS, GRILLED CHICKEN BREAST, FRENCH FRIES/SWEET POTATOE FRIES, BURGERS, HOT DOGS

Provided Daily

Fruit cup-ups
Yogurt
Breakfast Bars
Assorted Pastries
Assorted Juices

HOURS

MONDAY-FRIDAY
17:00-18:30

MEAL RATE

\$6.10
FREE for MEAL CARD HOLDERS



U.S. ARMY

LANCER BISTRO WR BREAKFAST MENU



JUNE 09	JUNE 10	JUNE 11	JUNE 12	JUNE 13
Monday	Tuesday	Wednesday	Thursday	Friday
HOT OATMEAL	HOT OATMEAL	HOT OATMEAL	HOT OATMEAL	HOT OATMEAL
HOMINY GRITS	HOMINY GRITS	HOMINY GRITS	HOMINY GRITS	HOMINY GRITS
OVEN FRIED BACON (PORK)	OVEN FRIED BACON (PORK)	OVEN FRIED BACON (PORK)	OVEN FRIED BACON (PORK)	OVEN FRIED BACON (PORK)
BAKED TURKEY LINK	TURKEY SAUSAGE PATTY	BAKED TURKEY LINK	TURKEY SAUSAGE PATTY	BAKED TURKEY LINK
CREAMED GROUND BEEF	CREAMED GROUND BEEF	CREAMED GROUND BEEF	CREAMED GROUND BEEF	CREAMED GROUND BEEF
SCRAMBLED EGGS	SCRAMBLED EGGS	SCRAMBLED EGGS	SCRAMBLED EGGS	SCRAMBLED EGGS
HARD BOILED EGG	HARD BOILED EGG	HARD BOILED EGG	HARD BOILED EGG	HARD BOILED EGG
OVEN ROASTED POTATOES	ROASTED SWEET POTATOES	OVEN BROWNED POTATOES	WHITE RICE	OVEN BROWN POTATOES
WHITE RICE	PEAS	WHITE RICE	ROASTED SWEET POTATOES	WHITE RICE
SPINACH	CORN	SPINACH	CAULIFLOWER	BROCCOLI
CARROTS	WHITE RICE	CARROTS	PEAS	CARROTS
PANCAKES	FRENCH TOAST	PANCAKES	FRENCH TOAST	PANCAKES
OMELET	OMELET	OMELET	OMELET	OMELET
CEREAL	CEREAL	CEREAL	CEREAL	CEREAL
MUFFINS	MUFFINS	MUFFINS	MUFFINS	MUFFINS

SHORT ORDERS

BAKED BEANS, GRILLED CHICKEN BREAST, FRENCH FRIES/SWEET POTATOE FRIES, BURGERS, HOT DOGS

Provided Daily

Fruit cup-ups
Yogurt
Breakfast Bars
Assorted Pastries
Assorted Juices

HOURS

MONDAY-FRIDAY
11:30-13:00

MEAL RATE

\$7.10
FREE for MEAL CARD HOLDERS



U.S. ARMY

LANCER BISTRO WR LUNCH MENU



JUNE 09	JUNE 10	JUNE 11	JUNE 12	JUNE 13
Monday	Tuesday	Wednesday	Thursday	Friday
TOMATO SOUP TOMATO GRAVY ASSORTED PASTA SAUCES DICED CHICKEN HOT ITALIAN SAUSAGE MEATBALLS SHRIMP SPAGHETTI ROTINI FETTUCCINE GNOCCHI BELL PEPPER, ONION, MUSHROOM, BROCCOLI, CHERRY TOMATO HOUSE SALAD BROWNIES VANILLA CAKE CHOCOLATE CAKE	CHICKPEA TORTILLA SOUP GUACAMOLE PORK CARNITAS SOUTHWESTERN SHRIMP CHIPOTLE CHICKEN SAUTEED PEPPERS & ONION MEXICAN CORN SWEET POTATO HOME FRIES CILANTRO LIME RICE JALAPENO CORN BREAD HOUSE SALAD BROWNIES VANILLA CAKE CHOCOLATE CAKE	SOY SAUCE TERIYAKI GROUND BEEF DICED CHICKEN BREAST SAUTEED GARLIC SHRIMP WHITE RICE LO MEIN NOODLES SAUTEED ASSORTED VEGETABLES PASTA SALAD HOUSE SALAD VANILLA CAKE BROWNIES CHOCOLATE CAKE	MINESTRONE SOUP CHICKEN GRAVY STEAK BBQ SPARERIBS CHICKEN BREAST GREEN BEANS BAKED BEANS CORN ON THE COB MAC SALAD PASTA SALAD VANILLA CAKE BROWNIES CHOCOLATE CAKE	VEGETABLE SOUP BROWN GRAVY RIBEYE STEAK Shrimp SPARERIBS BARBECUE CHICKEN RED BEANS AND RICE CANDIED SWEET POTATOES MACARONI AND CHEESE CORN ON THE COB PASTA SALAD HOUSE SALAD CORN BREAD VANILLA CAKE BROWNIES CHOCOLATE CAKE
SHORT ORDERS				
BAKED BEANS, GRILLED CHICKEN BREAST, FRENCH FRIES/SWEET POTATOE FRIES, BURGERS, HOT DOGS				

Provided Daily

Fruit cup-ups
Yogurt
Breakfast Bars
Assorted Pastries
Assorted Juices

HOURS

MONDAY-FRIDAY
11:30-13:00

MEAL RATE

\$7.10
FREE for MEAL CARD HOLDERS



LANCER BISTRO WR DINNER MENU



JUNE 09	JUNE 10	JUNE 11	JUNE 12	JUNE 13
Monday	Tuesday	Wednesday	Thursday	Friday
ONION SOUP Mushroom Gravy PENNE PASTA & CHICKEN BAKED ITALIAN SAUSAGE RICE w/ PARMESAN CHEESE O'BRIEN POTATOES Broccoli GREEN BEANS, CARROTS AND CELERY JELLIED FRUIT SALAD PASTA SALAD Vanilla Cake Brownies Chocolate Cake	Zesty Bean Soup Chicken Gravy SPICY BAKED FISH CHICKEN FAJITAS MEXICAN SPICED PORK CHOPS MEXICAN RICE Rosemary w Garlic Potatoes GRILLED ZUCCHINI STRIPS MEXICAN CORN Pasta Salad Jalapeno Corn Bread House Salad Chocolate Cake	CHICKEN EGG DROP SOUP Onion Gravy CHICKEN STIR FRY TOFU STIR FRY YAKISOBA FILIPINO WHITE RICE SESAME ROASTED SWEET POTATOES GLAZED GREEN BEANS HONEY GINGER CARROTS Pasta Salad House Salad Brownies	Creamy Tomato Soup Mushroom Gravy Meatloaf Herbed Chicken Blackened Fish Red Bean & Rice Mashed Potato Brussel Sprouts Carrots & walnuts Glazed Pasta Salad House Salad Vanilla Cake Brownies	Tomato & Rice Soup Brown Gravy Jamaican Curry Beef Bombay Chicken Caribbean Flounder LYONNAISE RICE BAKED POTATO HALVES PEAS AND CARROTS CAULIFLOWER Macaroni Salad Vanilla Cake Chocolate Cake Brownies

SHORT ORDERS

BAKED BEANS, GRILLED CHICKEN BREAST, FRENCH FRIES/SWEET POTATOE FRIES, BURGERS, HOT DOGS

Provided Daily

Fruit cup-ups
Yogurt
Breakfast Bars
Assorted Pastries
Assorted Juices

HOURS

MONDAY-FRIDAY
17:00-18:30

MEAL RATE

\$6.10
FREE for MEAL CARD HOLDERS



U.S. ARMY

LANCER BISTRO WR BRUNCH / SUPPER MENU



JUNE 14	JUNE 14	JUNE 15	JUNE 15
Saturday BRUNCH	Saturday SUPPER	Sunday BRUNCH	Sunday SUPPER
Minestrone Soup Creamed Ground Beef Gravy Oven Fried Bacon(Pork) Baked Turkey Links Roast Turkey Pineapple Chicken Beef Stew White Rice Browned Potato O'Brian Potato Brussel Sprout Peas & Carrots Corn Scrambled/Boiled Egg Omelet Biscuits Assorted Doughnuts	Cream Potato Soup Pan Gravy Cod Beef Roast Chicken Pot Pie Buttered Noodles Mashed Potato Green Bean Carrots Assorted Bread House Salad Brownies Chocolate Cake	Vegetable Soup Creamed Ground Beef Gravy Oven Fried Bacon(Pork) Sausage Patty Baked Ham Chicken Chow Mein Sweet & Sour Chicken Pork Fried Rice Baked Potato Rosemary Garlic Potato Cabbage Oriental Mixed Veggies Omelet Scrambled/Boiled Egg Waffles Biscuit Dry Cereal	Cream Mushroom Soup Brown Gravy Lemon Baked Fish Herb Baked Chicken Meatball Stroganoff Tossed Green Rice Parsley Buttered Potato SAUTEED ZUCCHINI AND SUMMER SQUASH Cauliflower/Peas & Carrots TOSSED LETTUCE, CUCUMBER & TOMATO SALAD Pasta Salad House Salad Brownies Vanilla Cake
SHORT ORDERS			

BAKED BEANS, GRILLED CHICKEN BREAST, FRENCH FRIES/FRIED ONION RINGS, BURGERS, HOT DOGS/CORN DOGS

Provided Daily

Fruit cup-ups
Yogurt
Breakfast Bars
Assorted Pastries
Assorted Juices

HOURS

SATURDAY-SUNDAY
*Brunch 09:30-13:00
*Supper 17:00-18:30

MEAL RATE

*Brunch \$7.90
*Supper \$9.60
FREE for MEAL CARD HOLDERS



LANCER BISTRO WR BREAKFAST MENU



JUNE 16	JUNE 17	JUNE 18	JUNE 19	JUNE 20
Monday	Tuesday	Wednesday	Thursday	Friday
Hot Oatmeal Hominy Grits Creamed Ground Beef Oven Fried Bacon (Pork) Baked Turkey Link. White Rice Oven Roasted Potatoes Spinach Carrots Scrambled Eggs Hard Boiled Egg Pancakes Omelet Cereal Muffins	Hot Oatmeal Hominy Grits Creamed Ground Beef Oven Fried Bacon (Pork) Turkey Sausage Patty White Rice Roasted Sweet Potatoes Peas Corn Scrambled Eggs Hard Boiled Egg French Toast Omelet Cereal Muffins	Hot Oatmeal Hominy Grits Creamed Ground Beef Oven Fried Bacon (Pork) Baked Turkey Link. White Rice Oven Roasted Potatoes Spinach Carrots Scrambled Eggs Hard Boiled Egg Pancakes Omelet Cereal Muffins	Hot Oatmeal Hominy Grits Creamed Ground Beef Oven Fried Bacon (Pork) Turkey Sausage Patty White Rice Roasted Sweet Potatoes Peas Corn Scrambled Eggs Hard Boiled Egg French Toast Omelet Cereal Muffins	Hot Oatmeal Hominy Grits Creamed Ground Beef Oven Fried Bacon (Pork) Baked Turkey Link. White Rice Oven Roasted Potatoes Spinach Carrots Scrambled Eggs Hard Boiled Egg Pancakes Omelet Cereal Muffins
<u>Provided Daily</u> Fruit cup-ups Yogurt Breakfast Bars Assorted Pastries Assorted Juices		<u>HOURS</u> MONDAY-FRIDAY 07:30-09:00		<u>MEAL RATE</u> \$4.40 FREE for MEAL CARD HOLDERS



U.S. ARMY

LANCER BISTRO WR LUNCH MENU



JUNE 16	JUNE 17	JUNE 18	JUNE 19	JUNE 20
Monday	Tuesday	Wednesday	Thursday	Friday
Creamy Tomato Soup Tomato Gravy Diced Chicken Italian Sausage Italian Meatballs Wheat Spaghetti Pasta Salad House Salad French Fried Potatoes Garlic Bread Brownie Chocolate Cake Vanilla Cake	Chickpea Tortilla Soup Chicken Gravy Pork Carnitas Southwestern Shrimp Chipotle Chicken Sauteed peppers & Onion Mexican Corn Sweet Potato Home Fries Cilantro Lime Rice Jalapeno Corn Bread House Salad Brownies Vanilla Cake Chocolate Cake	Minestrone Soup Chicken Gravy Italian Ground Beef Diced Chicken Breast Sauteed Garlic Shrimp French Fried Potatoes Steamed Spaghetti Mixed Vegetables White Rice Pasta Salad House Salad Vanilla Cake Brownies Chocolate Cake	Vegetable Soup Brown Gravy Ribeye Steak BBQ Chicken BBQ Spareribs Sweet Potatoes Mac & Cheese Collard Green Corn on the Cob Pasta Salad House Salad Corn Bread White Cake Chocolate Cupcake Cookies	Beef Stroganoff Soup CREAMED GROUND TURKEY CHICKEN CHOW MEIN SWEET AND SOUR CHICKEN Baked Ham Pork Fried Rice Baked Potato Rosemary Garlic Potato Cabbage Mixed Vegetables Pasta Salad House Salad Vanilla Cake Brownies Chocolate Cake
SHORT ORDERS				

BAKED BEANS, GRILLED CHICKEN BREAST, FRENCH FRIES/SWEET POTATOE FRIES, BURGERS, HOT DOGS

Provided Daily

Fruit cup-ups
 Yogurt
 Breakfast Bars
 Assorted Pastries
 Assorted Juices

HOURS

MONDAY-FRIDAY
 11:30-13:00

MEAL RATE

\$7.10
 FREE for MEAL CARD HOLDERS



LANCER BISTRO WR DINNER MENU



JUNE 16	JUNE 17	JUNE 18	JUNE 19	JUNE 20
Monday	Tuesday	Wednesday	Thursday	Friday
French Onion Soup Onion & Mushroom Gravy Herbed Chicken Fish Parmesan Spaghetti & Meatballs Spinach Lasagna Lyonnaise Rice Mashed Potato Cauliflower, Peas&Carrots Broccoli Chef's Salad Vanilla Cake Brownies Chocolate Cake	Cream Chicken & Mushroom Soup Chicken Gravy Chicken Fajita Chicken Enchilada Beef Taco Spanish Rice Baked Potato Green Bean/Lima Bean & Carrot Broccoli Jalapeno Corn Bread House Salad Chocolate Cake	Beef & Noodle Soup Onion Gravy Japanese Chicken Curry Beef Bulgogi Szechwan Shrimp Pork Fried Rice Garlic Soy Roasted Potatoes Japanese Vegetable Stir Fry Chow Mein Noodles Sauteed Cabbage Mixed Vegetables Pasta Salad House Salad Brownies	Chicken Gumbo Soup Chicken Gravy Barbecue Chicken Southern Fried Catfish Chili Mac Stuffed Bell Peppers Dirty Rice Potatoes Au gratin South Fried Okra Creole Summer Squash Pasta Salad House Salad Vanilla Cake Brownies	Minestrone Soup Cream Gravy Herb Chicken Lemon Fish Meatball Stroganoff Cauliflower/Peas & Carrots Zucchini & Summer Squash Tossed Green Rice Parsley Buttered Potatoes Greek Pasta Salad JELLIED FRUIT SALAD Brownies Apple Pie Sugar Chocolate Cake

SHORT ORDERS

BAKED BEANS, GRILLED CHICKEN BREAST, FRENCH FRIES/SWEET POTATOE FRIES, BURGERS, HOT DOGS

Provided Daily

Fruit cup-ups
Yogurt
Breakfast Bars
Assorted Pastries
Assorted Juices

HOURS

MONDAY-FRIDAY
17:00-18:30

MEAL RATE

\$6.10
FREE for MEAL CARD HOLDERS



LANCER BISTRO WR BRUNCH / SUPPER MENU



JUNE 21	JUNE 21	JUNE 22	JUNE 22
Saturday BRUNCH	Saturday SUPPER	Sunday BRUNCH	Sunday SUPPER
Turkey Lentil Chili Creamed Ground Beef Canadian Bacon Baked Turkey Links Roast Turkey Mustard Dill Cod Pepper Steak White Rice Paprika Buttered Potato Baked Sweet Potatoes Sauteed Cabbage Corn Asparagus Omelet Scrambled/Boiled Egg Pancake Biscuits Muffin Assorted Doughnuts	Onion Soup Chicken Gravy Herbed Chicken Yakisoba Chipper Fish Spinach Lasagna Elbow Macaroni Potato Halves Candied Sweet Potatoes Zucchini Carrots Assorted Bread House Salad Jellied Fruit Salad Brownies Chocolate Cake Vanilla Cake	Black Bean Soup Creamed Ground Beef Oven Fried Bacon(Pork) Sausage Link Chicken Cacciatore Beef Pot Roast Rice Pilaf Mashed Potato Buttery Browned Potato Wedge Broccoli Mixed Veggies Baked Squash Scrambled/Boiled Eggs Biscuit Omelet French Toast Dry Cereal	Chicken Noodle Soup Brown Gravy Roast Beef Bombay Chicken Stuffed Green Pepper(Beef) Fish Florentine Rice W/ Parm Cheese Mashed Potato Baked Potato Halves Corn Cauliflower Mixed Veggies Jellied Fruit Salad Pasta Salad Vanilla Cake Chocolate Cake Brownies
SHORT ORDERS			

BAKED BEANS, GRILLED CHICKEN BREAST, FRENCH FRIES/FRIED ONION RINGS, BURGERS, HOT DOGS/CORN DOGS

Provided Daily

Fruit cup-ups
Yogurt
Breakfast Bars
Assorted Pastries
Assorted Juices

HOURS

SATURDAY-SUNDAY
*Brunch 09:30-13:00
*Supper 17:00-18:30

MEAL RATE

*Brunch \$7.90
*Supper \$9.60
FREE for MEAL CARD HOLDERS



LANCER BISTRO WR SPECIALTY BAR LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday
PASTA BAR DICED SAUSAGE ITALIAN SEASONED GROUND BEEF GARLIC SHRIMP DICED CHICKEN PENNE TRI-COLOR PASTA STEAMED SPAGHETTI MARINARA SAUCE ALFREDO SAUCE PESTO SAUCE PARMESAN CHEESE GARLIC BREAD	CHIPOTLE BAR GROUND BEEF CHICKEN TACO SHELLS NACHO CHIPS SOUR CREAM DICED ONIONS DICED TOMATOES DICED JALAPENOS DICED BLACK OLIVES SHREDDED LETTUCE SHREDDED CHEESE.	YAKISOBA BAR DICED CHICKEN ITALIAN MEATBALL GRILLED ITALIAN SAUSAGE LO MEIN, EGG NOODLES, SPAGHETTI, WHITE RICE, BROWN RICE BROCCOLI, CABBAGE BEAN SPROUTS, CARROTS, GREEN ONION, ONION, SPAGHETTI, WHITE RICE, BROWN RICE SOY SAUCE, SEASME OIL, CHILI PEPPER, SIRACHA, SALT, PEPPER, GARLIC POWDER, TERIYAKI SAUCE, SEASME SEED	WING BAR SAUCES RANCH BARBECUE HOT SAUCE TERIYAKI HONEY MUSTARD SAUCE	PIZZA BAR PEPPERONI PIZZA CHEESE PIZZA SAUSAGE PIZZA VEGETABLE PIZZA AND MEAT PIZZA

HOURS
MONDAY-FRIDAY
11:30-13:00

MEAL RATE
\$7.10
FREE for MEAL CARD HOLDERS