



# LANCER BISTRO WR BREAKFAST MENU



JUNE 30 <sup>th</sup>	JULY 1 <sup>st</sup>	JULY 2 <sup>nd</sup>	JULY 3 <sup>rd</sup>	JULY 4 <sup>th</sup>
Monday	Tuesday	Wednesday	Thursday	Friday (Brunch)
Hot Oatmeal Hominy Grits Oven Fried Bacon (Pork) Baked Turkey Links Creamed Ground Beef Buttermilk Biscuits Scrambled Eggs Chorizo Scrambled Eggs Hard Cooked Egg Oven Browned Potatoes White Rice Spinach Carrots Pancakes Muffins Doughnuts	Hot Oatmeal Hominy Grits Oven Fried Bacon (Pork) Turkey Sausage Patty Creamed Ground Beef Buttermilk Biscuits Scrambled Eggs Chorizo Scrambled Eggs Hard Cooked Egg Roasted Sweet Potatoes White Rice Peas Corn French Toast Brownies Muffins	Hot Oatmeal Hominy Grits Oven Fried Bacon (Pork) Baked Turkey Links Creamed Ground Beef Buttermilk Biscuits Scrambled Eggs Chorizo Scrambled Eggs Hard Cooked Egg Oven Browned Potatoes White Rice Spinach Carrots Pancakes Muffins Doughnuts	Hot Oatmeal Hominy Grits Oven Fried Bacon (Pork) Turkey Sausage Patty Creamed Ground Beef Buttermilk Biscuits Scrambled Eggs Chorizo Scrambled Eggs Hard Cooked Egg Roasted Sweet Potatoes White Rice Spinach Corn French Toast Brownies Muffins	Hot Oatmeal Hominy Grits Tomato Soup Cream of Chicken and Mushroom Soup Oven Fried Bacon (Pork) Baked Turkey Links Roast Turkey Spicy Baked Fish Creamed Ground Beef Scrambled Eggs Hard Cooked Egg Mashed Potatoes Oven Browned Potatoes White Rice Green Beans Summer Squash Peas and Carrots Blueberry Pancakes Coffee Cake Muffins
Provided Daily Fruit cut-ups Yogurt Omelet Bar Assorted Pastries and Juices	HOURS MONDAY-FRIDAY: 0730-0900 BRUNCH HOURS: 0930-1300		MEAL RATE Breakfast: \$4.40 Brunch: \$7.90 MEAL CARD HOLDERS: FREE	



**U.S. ARMY**

# LANCER BISTRO WR LUNCH MENU



June 30 <sup>th</sup>	July 1 <sup>st</sup>	July 2 <sup>nd</sup>	July 3 <sup>rd</sup>	July 4 <sup>th</sup>
Monday	Tuesday	Wednesday	Thursday	Friday (Brunch)
CREAMY TOMATO SOUP TOMATO GRAVY <b>THOR 3 DICED CHICKEN BREAST</b> <b>ITALIAN MEATBALLS</b> <b>GRILLED HOT ITALIAN SAUSAGE</b> THOR 3 PASTA BAR WHOLE WHEAT SPAGHETTI TOASTED GARLIC BREAD BROCCOLI CAULIFLOWER POTATO CHIPS CHOCOLATE AND WHITE CAKE BROWNIES	CHICKPEA TORTILLA SOUP GUACAMOLE <b>PORK CARNITAS</b> <b>SOUTHWESTERN SHRIMP</b> <b>CHIPOTLE CHICKEN</b> SAUTEED PEPPERS & ONION MEXICAN RICE CILANTRO LIME RICE SWEET POTATO HOME FRIES THOR 3 SEASONED BEANS MEXICAN CORN JALAPENO CORN BREAD BROWNIES VANILLA CAKE CHOCOLATE CAKE	CREAM OF MUSHROOM SOUP BROWN GRAVY <b>ITALIAN GROUND BEEF DICED CHICKEN BREAST</b> <b>SAUTEED GARLIC SHRIMP</b> FRENCH FRIED POTATOES STEAMED SPAGHETTI MIXED VEGETABLES WHITE RICE PASTA SALAD HOUSE SALAD VANILLA CAKE BROWNIES CHOCOLATE CAKE	CHICKEN GUMBO SOUP BROWN PAN GRAVY <b>CAJUN CHICKEN QUARTER</b> <b>GRILLED STRIP LOIN STEAK</b> <b>BLACKENED SHRIMP</b> <b>SPINY LOBSTER TAIL</b> SWEET POTATOES DIRTY RICE BAKED MACARONI AND CHEESE COLLARD GREEN CORN ON THE COB VANILLA CAKE CORNBREAD BROWNIES CHOCOLATE CAKE	Tomato Soup Cream of Chicken and Mushroom Soup <b>Oven Fried Bacon (Pork)</b> <b>Baked Turkey Links</b> <b>Roast Turkey</b> <b>Spicy Baked Fish</b> Creamed Ground Beef Scrambled Eggs Hard Cooked Egg Mashed Potatoes Oven Browned Potatoes White Rice Green Beans Summer Squash Peas and Carrots Blueberry Pancakes Coffee Cake 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: 1130-1300  
 BRUNCH: 0930-1300

### MEAL RATE

Lunch \$7.10  
 Brunch \$7.90  
 MEAL CARD HOLDERS: FREE



# LANCER BISTRO WR DINNER MENU



June 30 <sup>th</sup>	July 1 <sup>st</sup>	July 2 <sup>nd</sup>	July 3 <sup>rd</sup>	July 4 <sup>th</sup>
Monday (Supper)	Tuesday	Wednesday	Thursday	Friday (Supper)
Cream of Broccoli Soup Mushroom Gravy <b>Penne Pasta Chicken</b> <b>Baked Italian Sausage</b> Rice with Parmesan Parsley Buttered Potatoes Broccoli Parmesan Medley of Green Beans Sandwich Bar Potato Chips Brownies Chocolate Cake	Vegetable Soup Brown Pan Gravy <b>Mexican Baked Chicken</b> <b>Taco Beef</b> Roasted Potatoes Spanish Rice Vegetable Stuffed Peppers Green Beans Fitness Bar Jalapeno Corn Bread House Salad Chocolate Cake	Knickerbocker Soup Cream Onion Gravy <b>Shrimp Chow Mein</b> <b>Beef Pepper Steak</b> <b>Sweet &amp; Sour Chicken</b> Chow Mein Noodles Summer Squash Japanese Vegetable French Fried Potato Pasta Salad House Salad Brownies Vanilla Cake	Creamy Tomato Soup Quick Onion Gravy <b>Beef Stew</b> <b>Barbecue Chicken</b> <b>Blackened Fish</b> Mashed Potatoes Garden Vegetable Rice Green Bean Southern Style Carrots House Salad Corn Muffin Brownies	Minestrone Soup Instant Gravy <b>Szechwan Chicken</b> <b>Chili Macaroni</b> <b>Baked Stuffed Flounder</b> Brown Rice Parsley Buttered Potatoes Ratatouille Broccoli Combo 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: 1700-1830  
SUPPER: 1700-1830

### MEAL RATE

DINNER: \$6.10  
SUPPER: \$9.60  
MEAL CARD HOLDERS: FREE



# LANCER BISTRO WR BRUNCH / SUPPER MENU



July 4 <sup>th</sup>	July 4 <sup>th</sup>	July 5 <sup>th</sup>	July 5 <sup>th</sup>
Friday (Brunch)	Friday (Supper)	Saturday (Brunch)	Saturday (Supper)
Tomato Soup Cream of Chicken and Mushroom Soup Oven Fried Bacon (Pork) Baked Turkey Links Roast Turkey Spicy Baked Fish Creamed Ground Beef Scrambled Eggs Hard Cooked Egg Mashed Potatoes Oven Browned Potatoes White Rice Green Beans Summer Squash Peas and Carrots Blueberry Pancakes Coffee Cake Muffins	Cream of Broccoli Soup Mushroom Gravy Penne Pasta Chicken Baked Italian Sausage Rice with Parmesan Parsley Buttered Potatoes Broccoli Parmesan Medley of Green Beans Sandwich Bar Potato Chips Brownies Chocolate Cake	Vegetable Soup Vegetable Gravy Oven Fried Bacon(Pork) Sausage Links Roast Beef Chicken Pot Pie Mustard Dill Cod Creamy Ground Beef Biscuits Buttered Potatoes Brown Rice Peas Summer Squash Scrambled Eggs Creamy Ground Beef Biscuits Muffins Doughnuts	Chicken Noodle Soup Brown Gravy Roast Turkey Veal Parmesan Cajun Spiced Baked Cod White Rice Mashed Potatoes Tofu Stir Fry Broccoli Parmesan Pasta Salad Bread Pudding with Raisins Brownies

## SHORT ORDERS

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

### Provided Daily

Fruit cut-ups  
Yogurt  
Omelet Bar  
Assorted Pastries and Juices

### HOURS

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

### MEAL RATE

Brunch \$7.90  
Supper \$9.60  
MEAL CARD HOLDERS: FREE



U.S. ARMY

# LANCER BISTRO WR BRUNCH / SUPPER MENU



July 6 <sup>th</sup>	July 6 <sup>th</sup>	July 7 <sup>th</sup>	July 7 <sup>th</sup>
Sunday (Brunch)	Sunday (Supper)	Monday (Brunch)	Monday (Supper)
Minestrone Soup Cream Onion Gravy <b>Oven Fried Bacon (Pork)</b> <b>Baked Turkey Links</b> <b>Pineapple Chicken</b> <b>Beef Stew</b> <b>Roast Turkey</b> Creamed Ground Beef Scrambled Eggs Hard Cooked Egg Oven Browned Potatoes White Rice Corn Brussels Sprouts Parmesan Pancakes Coffee Cake Muffins	Vegetable Soup Mushroom Gravy <b>Chicken Pot Pie</b> <b>Roast Beef</b> <b>Baked Cod</b> Buttered Egg Noodles Mashed Potatoes Herbed Green Beans Carrots Pasta Salad Sandwich Bar Potato Chips Brownies Vanilla Cake	Vegetable Soup Vegetable Gravy <b>Oven Fried Bacon(Pork)</b> <b>Sausage Patties</b> <b>Sweet and Sour Chicken</b> <b>Baked Ham</b> Creamy Ground Beef Biscuits Rosemary Potatoes Pork Fried Rice Scrambled Eggs Mixed Vegetables Cabbage Muffins Doughnuts	Minestrone Soup Brown Gravy <b>Herbed Baked Chicken</b> <b>Meatball Stroganoff</b> <b>Lemon Baked Fish</b> Tossed Green Rice Mashed Potatoes Medley of Cauliflower Sauteed Zucchini and Summer Squash Pasta Salad Bread Pudding with Raisins Brownies

## SHORT ORDERS

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

### Provided Daily

Fruit cut-ups  
 Yogurt  
 Omelet Bar  
 Assorted Pastries and Juices

### HOURS

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

### MEAL RATE

Brunch \$7.90  
 Supper \$9.60  
 MEAL CARD HOLDERS: FREE



# LANCER BISTRO WR BREAKFAST MENU



July 7 <sup>th</sup>	JULY 8 <sup>th</sup>	JULY 9 <sup>th</sup>	JULY 10 <sup>th</sup>	JULY 11 <sup>th</sup>
Monday (Brunch)	Tuesday	Wednesday	Thursday	Friday
Vegetable Soup Vegetable Gravy Oven Fried Bacon(Pork) Sausage Patties Sweet and Sour Chicken Baked Ham Creamy Ground Beef Biscuits Rosemary Potatoes Pork Fried Rice Scrambled Eggs Mixed Vegetables Cabbage Muffins Doughnuts	Hot Oatmeal Hominy Grits Oven Fried Bacon (Pork) Baked Turkey Patty Creamed Ground Beef Buttermilk Biscuits Scrambled Eggs Chorizo Scrambled Eggs Hard Cooked Egg Roasted Sweet Potatoes White Rice Peas Corn Pancakes Muffins Doughnuts	Hot Oatmeal Hominy Grits Oven Fried Bacon (Pork) Turkey Sausage Links Creamed Ground Beef Buttermilk Biscuits Scrambled Eggs Chorizo Scrambled Eggs Hard Cooked Egg Oven Browned Potatoes White Rice Spinach Carrots French Toast Brownies Muffins	Hot Oatmeal Hominy Grits Oven Fried Bacon (Pork) Baked Turkey Patty Creamed Ground Beef Buttermilk Biscuits Scrambled Eggs Chorizo Scrambled Eggs Hard Cooked Egg Roasted Sweet Potatoes White Rice Spinach Mixed Vegetables Corn Pancakes Muffins Doughnuts	Hot Oatmeal Hominy Grits Oven Fried Bacon (Pork) Turkey Sausage Links Creamed Ground Beef Buttermilk Biscuits Scrambled Eggs Chorizo Scrambled Eggs Hard Cooked Egg Roasted Sweet Potatoes White Rice Spinach Corn French Toast Brownies Muffins

**Provided Daily**

Fruit cut-ups  
Yogurt  
Omelet Bar  
Assorted Pastries and Juices

**HOURS**

MONDAY-FRIDAY: 0730-0900  
BRUNCH: 0930-1300

**MEAL RATE**

Breakfast: \$4.40  
Brunch: \$7.90  
MEAL CARD HOLDERS: FREE



**U.S. ARMY**

# LANCER BISTRO WR LUNCH MENU



July 7 <sup>th</sup>	July 8 <sup>th</sup>	July 9 <sup>th</sup>	July 10 <sup>th</sup>	July 11 <sup>th</sup>
Monday (Brunch)	Tuesday	Wednesday	Thursday	Friday
Tomato Soup Cream of Chicken and Mushroom Soup <b>Oven Fried Bacon (Pork)</b> <b>Baked Turkey Links</b> <b>Roast Turkey</b> <b>Spicy Baked Fish</b> Creamed Ground Beef Scrambled Eggs Hard Cooked Egg Mashed Potatoes Oven Browned Potatoes White Rice Green Beans Summer Squash Peas and Carrots Blueberry Pancakes Coffee Cake Muffins	CHICKPEA TORTILLA SOUP GUACAMOLE <b>PORK CARNITAS</b> <b>SOUTHWESTERN SHRIMP</b> <b>CHIPOTLE CHICKEN</b> SAUTEED PEPPERS & ONION MEXICAN RICE CILANTRO LIME RICE SWEET POTATO HOME FRIES THOR 3 SEASONED BEANS MEXICAN CORN JALAPENO CORN BREAD BROWNIES VANILLA CAKE CHOCOLATE CAKE	CREAM OF MUSHROOM SOUP BROWN GRAVY <b>ITALIAN GROUND BEEF DICED</b> <b>CHICKEN BREAST</b> <b>SAUTEED GARLIC SHRIMP</b> FRENCH FRIED POTATOES STEAMED SPAGHETTI MIXED VEGETABLES WHITE RICE PASTA SALAD HOUSE SALAD VANILLA CAKE BROWNIES CHOCOLATE CAKE	CHICKEN GUMBO SOUP BROWN PAN GRAVY <b>CAJUN CHICKEN QUARTER</b> <b>SOUTHERN FRIED CATFISH</b> <b>BBQ SPARERIBS</b> <b>JAMBALAYA</b> SWEET POTATOES DIRTY RICE BAKED MACARONI AND CHEESE COLLARD GREEN CORN ON THE COB VANILLA CAKE CORNBREAD BROWNIES VANILLA CAKE	CHICKEN NOODLE SOUP BROWN PAN GRAVY <b>CARIBBEAN BEEF CURRY</b> <b>CARIBBEAN CHICKEN BREAST</b> <b>CARIBBEAN SPICED COD</b> CARIBBEAN STYLE POTATO CASSEROLE MASHED POTATOES WILD RICE SAUTEED CABBAGE MEDLEY OF CAULIFLOWER 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: 1130-1300  
 BRUNCH: 0930-1300

### MEAL RATE

Lunch: \$7.10  
 Brunch: \$7.90  
 MEAL CARD HOLDERS: FREE





U.S. ARMY

# LANCER BISTRO WR DINNER MENU



July 7 <sup>th</sup>	July 8 <sup>th</sup>	July 9 <sup>th</sup>	July 10 <sup>th</sup>	July 11 <sup>th</sup>
Monday (Supper)	Tuesday	Wednesday	Thursday	Friday
Minestrone Soup Brown Gravy <b>Herbed Baked Chicken</b> <b>Meatball Stroganoff</b> <b>Lemon Baked Fish</b> Tossed Green Rice Mashed Potatoes Medley of Cauliflower Sautéed Zucchini and Summer Squash Pasta Salad Bread Pudding with Raisins Brownies	Zesty Bean Soup Chicken Gravy <b>Chicken Fajitas</b> <b>Mexican Spiced Pork Chops</b> <b>Spicy Baked Fish</b> Rosemary Garlic Potatoes Spanish Rice Vegetable Stuffed Peppers Grilled Zucchini Strips French Bread House Salad Chocolate Cake	Egg Drop Noodle Soup Cream Onion Gravy <b>Yakisoba</b> <b>Chicken Stir Fry</b> Tofu Stir Fry Sesame Glazed Green Beans Sesame Roasted Potatoes Garlic White Rice French Fried Potato Pasta Salad House Salad Brownies	Chicken with Rice Soup Chicken Gravy <b>Meatloaf</b> <b>Herbed Baked Chicken</b> <b>Blackened Fish</b> Red Beans Rice Mashed Potatoes Brussels Sprouts Thor 3 Carrots Pasta Salad House Salad Vanilla Cake Brownies	Minestrone Soup Onion Mushroom Gravy <b>Bombay Chicken</b> <b>Jamaican Beef Curry</b> <b>Caribbean Flounder</b> Peas With Carrots Simmered Cauliflower Quick Baked Potato Halves Lyonnaise Rice 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: 1700-1830  
 Supper: 1700-1830

### MEAL RATE

Dinner \$6.10  
 Supper \$9.60  
 MEAL CARD HOLDERS: FREE





U.S. ARMY

# LANCER BISTRO WR BRUNCH / SUPPER MENU



July 12 <sup>th</sup>	July 12 <sup>th</sup>	July 13 <sup>th</sup>	July 14 <sup>th</sup>
Saturday (Brunch)	Saturday (Supper)	Sunday (Brunch)	Sunday (Supper)
Tomato Soup Cream Onion Soup <b>Oven Fried Bacon (Pork)</b> <b>Baked Turkey Links</b> <b>Beef Stew</b> <b>8 Piece Pineapple Chicken</b> <b>Roast Turkey</b> Creamed Ground Beef Scrambled Eggs Hard Cooked Egg Mashed Potatoes Oven Browned Potatoes White Rice Corn Peas and Carrots Pancakes Coffee Cake Muffins	Vegetable Soup Instant Gravy Soup <b>Chicken Pot Pie</b> <b>Roast Beef</b> <b>Baked Cod</b> Buttered Egg Noodles Mashed Potatoes Brown Rice Herbed Green Beans Carrots Assorted Breads House Salad Potato Chips Brownies Chocolate Cake	Tomato Soup Cream of Chicken Soup <b>Oven Fried Bacon (Pork)</b> <b>Baked Turkey Patties</b> <b>Sweet and Sour Chicken</b> <b>Baked Ham</b> Creamed Ground Beef Scrambled Eggs Hard Cooked Egg Mashed Potatoes Oven Browned Potatoes Pork Fried Rice Cabbage Chinese Mixed Vegetables Waffles Coffee Cake Muffins	Minestrone Soup Cream of Mushroom Soup <b>Herbed Baked Chicken</b> <b>Meatball Stroganoff</b> <b>Lemon Baked Fish</b> Parsley Potatoes Tossed Green Rice Medley of Cauliflower Sautéed Zucchini and Summer Squash Greek Pasta Salad Fitness Bar House Salad Potato Chips Chocolate Cake 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

Brunch 0930-1300  
 Supper 1700-1830

### MEAL RATE

Brunch \$7.90  
 Supper \$9.60  
 MEAL CARD HOLDERS: FREE



# LANCER BISTRO WR SPECIALTY BAR LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<u>PASTA BAR</u>	<u>CHIPOTLE BAR</u>	<u>YAKISOBA BAR</u>	<u>WING BAR</u>	<u>PIZZA BAR</u>
DICED SAUSAGE ITALIAN SEASONED GROUND BEEF GARLIC SHRIMP DICED CHICKEN PENNE PASTA TRI-COLOR PASTA STEAMED SPAGHETTI MARINARA SAUCE ALFREDO SAUCE PESTO SAUCE PARMESAN CHEESE GARLIC BREAD	GROUND BEEF CHIPOTLE LINE CHICKEN CAJUN SHRIMP CILANTRO LIME RICE MEXICAN RICE OVEN FRIED POTATOES GUACAMOLE HOMEMADE SALSA SOUR CREAM TACO SHELLS DICED ONIONS DICED TOMATOES DICED JALAPENOS DICED BLACK OLIVES SHREDDED LETTUCE SHREDDED CHEESE	DICED CHICKEN ITALIAN MEATBAALS GRILLED ITALIAN SAUSAGE YAKISOBA NOODLES, WHITE RICE AND BROWN RICE TOPPINGS: GREEN ONIONS, ONIONS BROCCOLI, CABBAGE, BEAN SPROUTS, AND CARROTS SAUCE: CHILI GARLIC OIL, SESAMI OIL, TERIYAKI SAUCE, SOY SAUCE	MILD WINGS LEMON PEPPER WINGS PARMESAN WINGS BARBEQUE WINGS HONEY HOT WINGS	PEPPERONI PIZZA CHEESE PIZZA SAUSAGE PIZZA VEGETABLE PIZZA LEMON PEPPER WINGS

HOURS  
MONDAY-FRIDAY  
11:30-13:00

MEAL RATE  
\$7.10  
FREE for MEAL CARD HOLDERS