



U.S. ARMY



COURAGE INN WR BREAKFAST MENU

July 8	July 9	June 10	July 11
Tuesday	Wednesday	Thursday	Friday
Hot Oatmeal Hominy Grits Oven Fried Bacon Turkey Sausage Links Chicken Sausage Links Creamed Ground Beef Scrambled Eggs Hard Boiled Egg Oven Roasted Potatoes White Rice Cauliflower Biscuits Waffles Omelet Cereal Muffins	Hot Oatmeal Hominy Grits Chicken Fillets Oven Fried Bacon Corned Beef Hash Creamed Ground Beef Scrambled Eggs Hard Boiled Egg Hone Fried Potatoes Brown Rice Sauteed Broccoli Biscuits Pancake/French Toast Omelet Cereal Muffins	Hot Oatmeal Hominy Grits Chicken Sausage Links Turkey Bacon Oven Fried Bacon Creamed Ground Beef Scrambled Eggs Hard Boiled Egg Oven Browned Potatoes Quinoa Peas w/ Mushrooms Biscuits Waffles Omelet Cereal Muffins	Hot Oatmeal Hominy Grits Oven Fried Bacon Turkey Sausage Chicken Fillets Creamed Ground Beef Scrambled Eggs Hard Boiled Egg Home Fried Potatoes White Rice Zucchini Strips Biscuits Pancake/French Toast Omelet Cereal Muffins

BREAKFAST HOURS

MONDAY- FRIDAY

0730-0900

HOURS

MONDAY - FRIDAY

0730-0900

Meal Rate

\$4.40

Free for Meal Card Holders 1

Provided Daily
Fruit Cut-ups
Yogurts
Breakfast Bars
Assorted Pastries
Assorted Drinks



U.S. ARMY



COURAGE INN WR LUNCH MENU

July 8	July 9	July 10	July 11
Tuesday	Wednesday	Thursday	Friday
Mexican Onion Corn Soup Chili Gravy Beef Burrito Chicken Fajitas Spicy Baked Fish Broccoli Mexican Street Corn Refried Beans with Cheese Spanish Rice Jalapeno Corn Bread Guacamole Frijole Salad Dutch Apple Pie Churros Chocolate Brownie Cookies	Minestrone Soup Tomato Gravy Parmesan Fish Chicken Broccoli Alfredo Chicken Marsala Lyonnaise Green Beans Mixed Vegetables Buttered Egg Noodles Italian Roasted Potatoes Toasted Garlic Bread Zesty Rotini Salad Tomato Salad Sugar Cookies Creamy Coconut Pie	Cream of Mushroom Soup Brown Gravy Barbecue Chicken Blackened Catfish Spareribs with BBQ Sauce Corn on the Cob Collard Greens Baked Macaroni and Cheese Candied Sweet Potatoes Cornbread Potato Salad Pound Cake Sweet Potato Pie	Chicken Noodle Soup Chicken Gravy Baked Salmon Grilled Caribbean Chicken Breast Pineapple Marinated Pork Chops Roasted Broccoli Roasted Summer Squash Caribbean Black Beans Caribbean Chicken and Cilantro Pineapple Rice Hot Rolls Macaroni Salad Pineapple Cream Pie

Short Orders

Baked Bean, Grilled Chicken Breast, French Fries or Sweet Potato Fries, Burgers, Hot Dogs

Provided Daily
 Fruit Cut-ups
 Yogurts
 Breakfast Bars
 Assorted Pastries
 Assorted Drinks

HOURS
MONDAY - FRIDAY
 1700-1830

Meal Rate
\$7.10
Free for Meal Card Holders



U.S. ARMY



COURAGE INN WR DINNER MENU WEEK 2

July 8	July 9	July 10	July 11
Tuesday	Wednesday	Thursday	Friday
Chicken Egg Drop Soup Chicken Gravy Creole Fish Mexican Baked Chicken Beef Fajitas Mexican Rice Parsley Buttered Potatoes Hacienda Green Beans Calico Corn Hot Rolls Tomato Salad Peanut Butter Cookies Coconut Cream Pie Carrot Cake	Vegetable Soup Brown Gravy Shrimp Scampi Lasagna Herb Baked Chicken Cauliflower Mixed Vegetables Garden Vegetable Rice Parmesan Garlic Mashed Potatoes Garlic Toast Frijole Salad Spice Cake Vanilla Cookies	Chicken Noodle Soup Vegetable Gravy Spaghetti with Meatballs Garlic Baked Salmon Jambalaya (Chicken & Sausage) Potatoes Au Gratin White Rice Parmesan Oregano Zucchini Mixed Vegetables Cheddar Biscuit Chef's Salad Creamy Rice Pudding Carrot Cake	Cream Of Potato Soup Brown Gravy Halibut W/Fresh Herb Sauce Five Spice Chicken Teriyaki Beef Strips White Rice Oven Glo-Potatoes Succotash Steamed Broccoli Rolls Cole Slaw Yellow Cupcakes Coconut Cake

Short Orders

Baked Bean, Grilled Chicken Breast, French Fries or Sweet Potato Fries, Burgers, Hot Dogs

Provided Daily
 Fruit Cut-ups
 Yogurts
 Breakfast Bars
 Assorted Pastries
 Assorted Drinks

HOURS
MONDAY - FRIDAY
 1700-1830

Meal Rate
\$6.10
Free for Meal Card Holders



U.S. ARMY

COURAGE INN WR BRUNCH/SUPPER MENU



July 12	July 12	July 13	July 13
Saturday	Saturday	Sunday	Sunday
Beef Noodle Soup Cream of Potato Soup Onion and Mushroom Gravy Creole Fish Roast Beef Oven Fried Bacon Chicken Fried Rice Baked Turkey Sausage Scrambled Eggs Boiled Eggs Omelets Brown Rice Oven Glo Potatoes Lyonnaise Green Beans Honey Ginger Carrots Biscuits Macaroni Salad Pumpkin Pie Chocolate Cake	Chicken Noodle Soup Brown Gravy Oven Fried Fish Hot and Spicy Chicken Roast Pork Loin Honey Glazed Carrots Grilled Zucchini Strips Lyonnaise Rice Mashed Potatoes Hot Rolls Cucumber and Onion Salad Spice Cake Vanilla Cookies	Chicken Gravy Cream of Broccoli Soup Hot Oatmeal Oven Fried Bacon Chicken Sausage Link Top Sirloin Steak Shrimp and Broccoli Alfredo Fried Shrimp Herbed Baked Chicken Scrambled Eggs Boiled Eggs Omelet's White Pilaf Mashed Potatoes Sautéed Green Beans Asparagus Biscuits Pasta Salad Lemon Cookies Washington Pie(Cherry)	Cream of Broccoli Soup Chicken Gravy Baked Ziti Oven Fried Fish Herbed Baked Chicken Rice Pilaf Mashed Potatoes Broccoli Steamed Corn Hot Rolls Three Bean Salad Angel Food Cake Shortbread Cookies

Short Orders

Baked Bean, Grilled Chicken Breast, French Fries or Sweet Potato Fries, Burgers, Hot Dogs

Provided Daily

Fruit Cut-ups

Yogurts

Breakfast Bars

Assorted Pastries

Assorted Drinks

HOURS

Saturday-Sunday

0930-1300 & 1700-1830

Meal Rate

BRN \$7.90 and SUP \$9.60

Free for Meal Card Holders



U.S. ARMY



COURAGE INN WR SPECIALITY BAR LUNCH MENU

Monday

Oriental Express Bar

Orange Chicken

Mongolian Beef

Lumpia

Summer Squash Tofu

Super Mixed Greens

Asian Glazed Carrots

White Rice

Vegetable Fried Rice

Chow Mein

Tuesday

Chipotle Bar

Carne Asada

Chipotle Chicken

Pulled Pork

Brown Rice

Cilantro Rice

Pinto Beans

Black Beans

Peppers/Onions

Tortilla Chips

Wednesday

Wing Bar

SAUCES

Buffalo Sauce

Honey BBQ

Honey Sriracha

Garlic Parmesan

Lemon Pepper

Sweet & Sour

Thursday

Fried Chicken Bar

Noodles

Street Corn

Mashed Potatoes

Gravy

Garlic Rice

Friday

PIZZA BAR

PEPPERONI PIZZA

CHEESE PIZZA

SAUSAGE PIZZA

VEGETABLE PIZZA AND

MEAT PIZZA

HOURS

MONDAY - FRIDAY

1130-1300

Meal Rate

\$7.10

Free for Meal Card Holders