



U.S. ARMY

# COURAGE INN WR BREAKFAST MENU



June 16	June 17	June 18	June 19	June 20
Monday	Tuesday	Wednesday	Thursday	Friday
Hot Oatmeal Hominy Grits <b>Chicken Fillets</b> <b>Oven Fried Bacon</b> <b>Baked Turkey Sausage</b> Creamed Ground Beef Scrambled Eggs Hard Boiled Egg Oven Roasted Potatoes White Rice Broccoli Biscuits Pancake/French Toast Omelet Cereal Muffins	Hot Oatmeal Hominy Grits <b>Breakfast Steak</b> <b>Oven Fried Bacon</b> <b>Chicken Sausage Links</b> Creamed Ground Beef Scrambled Eggs Hard Boiled Egg Oven Roasted Potatoes White Rice Cauliflower Biscuits Waffles Omelet Cereal Muffins	Hot Oatmeal Hominy Grits <b>Chicken Fillets</b> <b>Oven Fried Bacon</b> <b>Corned Beef Hash</b> Creamed Ground Beef Scrambled Eggs Hard Boiled Egg Oven Roasted Potatoes Brown Rice Carrots Biscuits Pancake/French Toast Omelet Cereal Muffins	Hot Oatmeal Hominy Grits <b>Breakfast Steak</b> <b>Turkey Bacon</b> <b>Pork Sausage Patties</b> Creamed Ground Beef Scrambled Eggs Hard Boiled Egg Home Fried Potatoes Quinoa Peas w/ Mushrooms Biscuits Waffles Omelet Cereal Muffins	Hot Oatmeal Hominy Grits <b>Oven Fried Bacon</b> <b>Turkey Sausage</b> <b>Grilled Chicken Breast</b> Creamed Ground Beef Scrambled Eggs Hard Boiled Egg Home Fried Potatoes Brown 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 WEEK 2

June 16	June 17	June 18	June 19	June 20
Monday	Tuesday	Wednesday	Thursday	Friday
Minestrone Soup Tomato Gravy <b>Onion Lemon Baked Fish</b> <b>Sweet &amp; Sour Pork</b> <b>Honey Glazed Cornish Hen</b> Fried Rice Lyonnaise Potatoes Honey Ginger Carrots Vegetable Stir Fry Hot Rolls Tomato Salad French Apple Pie Marble Cake Chocolate Chip Cookies	Mexican Onion Corn Soup Chili Gravy <b>Beef Tamales</b> <b>Chicken Fajitas</b> <b>Fish Fiesta</b> Broccoli Mexican Corn Oven-Glo Potatoes Spanish Rice Jalapeno Corn Bread Frijole Salad Dutch Apple Pie Churros Chocolate Brownie Cookies	Chicken Gumbo Soup Brown Gravy <b>Grilled Ribeye Steak</b> <b>Barbecue Spareribs</b> <b>Simmered Pork Hocks</b> <b>Spiny Lobster Tail</b> <b>Southern Fried Chicken</b> <b>Oven Baked Chicken</b> <b>Baked Salmon</b> Asparagus Corn On the Cob Dirty Rice Scalloped Potatoes Southern Corn Bread Coleslaw Creamy Rice Pudding Carrot Cake	Cream Of Mushroom Brown Gravy <b>Southern Fried Chicken</b> <b>Barbecued Spareribs</b> <b>Blackened Catfish</b> Macaroni & Cheese Candied Yams Collard Greens Corn on The Cob Corn Bread Macaroni Salad Chocolate Chip Cookies Sweet Potato Pie Pound Cake	Chicken Noodle Soup Chicken Gravy <b>Boiled Lobster</b> <b>Grilled T-Bone Steak</b> <b>Savory Baked Chcikn</b> White Rice Mashed Potatoes Peas W/Carrots Corn O' Brien Dinner Rolls Macaroni Salad 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

**\$7.10**

**Free for Meal Card Holders**



U.S. ARMY

## COURAGE INN WR DINNER MENU WEEK 2



June 16	June 17	June 18	June 19	June 20
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Egg Drop Soup Chicken Gravy <b>Baked Salmon w/Garlic Butter</b> <b>Beef Stew</b> <b>Chicken Cordon Bleu</b> Potatoes Au Gratin Rice Pilaf Roasted Zucchini Squash Chinese Mixed Vegetable Hot Rolls Tomato Salad Oatmeal Nut Cookies Devil's Food Cake Chocolate Mouse Pie	Chicken Egg Drop Soup Chicken Gravy <b>Fish Fiesta</b> <b>Chicken Enchiladas</b> <b>Beef Fajitas</b> Mexican Rice Refried Beans Honey Ginger Carrots Summer Squash Hot Rolls Tomato Salad Peanut Butter Cookies Coconut Cream Pie Carrot Cake	Beef and Barley Soup Brown Gravy <b>Shrimp Scampi</b> <b>Braised Porkchops</b> <b>Baked Chicken &amp; Rice</b> Peas Seasoned Corn Buttered Egg Noodles Lyonnaise Potatoes Jalapeno Corn Bread Frijole Salad Spice Cake Vanilla Cookies	Chicken Noodle Soup Vegetable Gravy <b>Oven Baked Chicken</b> <b>Garlic Baked Salmon</b> <b>Jambalaya (Chicken &amp; Sausage)</b> 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 <b>Halibut W/Fresh Herb Sauce</b> <b>Caribbean Chicken Breast</b> <b>Roast Turkey</b> 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



June 21	June 21	June 22	June 22
Saturday	Saturday	Sunday	Sunday
Brown Gravy Grits Creamed Beef Gravy <b>Lemon Baked Fish</b> <b>Roast Beef</b> <b>Oven Fried Bacon</b> <b>Beef Yakisoba</b> <b>Baked Turkey Sausage</b> Scrambled Eggs Boiled Eggs Omelets Brown Rice Oven Glo Potatoes Corn O' Brien Roasted Zucchini Squash Biscuits Macaroni Salad Pumpkin Pie Chocolate Cake	Chicken Noodle Soup Brown Gravy <b>Oven Fried Fish</b> <b>Herbed Baked Chicken</b> <b>Roast Pork Loin</b> Lyonnaise Carrots Savory Summer Squash Buttered Egg Noodles Mashed Potatoes Hot Rolls Fruit Medley Salad Spice Cake Vanilla Cookies	Chicken Gravy Cream Of Mushroom Soup Hot Oatmeal <b>Oven Fried Turkey Bacon</b> <b>Chili Mac</b> <b>Fish Florentine</b> <b>Pork Sausage Links</b> <b>Roast Turkey</b> Scrambled Eggs Boiled Eggs Omelet's Rice Pilaf Potatoes Au Gratin Steamed Broccoli Roasted Summer Squash Biscuits Pasta Salad Lemon Cookies Washington Pie(Cherry)	Cream of Broccoli Soup Chicken Gravy <b>Pork Adobo</b> <b>Oven Fried Fish</b> <b>Chicken Cordon Bleu</b> Rice Pilaf Buttered Egg Noodles Carrots 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	Tuesday	Wednesday	Thursday	Friday
<b>Oriental Express Bar</b> <b>Orange Chicken</b> <b>Mongolian Beef</b> <b>Lumpia</b> Summer Squash Tofu Super Mixed Greens Asian Glazed Carrots White Rice Vegetable Fried Rice Chow Mein	<b>Chipotle Bar</b> <b>Carne Asada</b> <b>Chipotle Chicken</b> <b>Pulled Pork</b> Brown Rice Cilantro Rice Pinto Beans Black Benas Peppers/Onions Tortilla Chips	<b>Wing Bar</b> <b>SAUCES</b> Buffalo Sauce Honey BBQ Honey Sriracha Garlic Parmesan Lemon Pepper Sweet & Sour	<b>Fried Chicken Bar</b> Noodles Street Corn Mashed Potatoes Gravy Garlic Rice	<b>PIZZA BAR</b> 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***