



Arctic Medic Dining Facility

Bassett Army Community Hospital

WEEK 1

Monday

Main Course

- Savory Baked Chicken
 - Meatballs
 - Penne Noodles
- Whole Grain Spaghetti
- Alfredo/Marina Sauce

Sides

- Mixed Vegetables
- Scalloped Potatoes
 - Spinach
- Garlic Bread

Soup Du Jour

- Tomato Soup

Specialty Items

- Philly Cheesesteak

Dessert

- Pecan Pie

Tuesday

Main Course

- Garlic Brown Sugar Salmon
- Braised Pork Chops

Sides

- Steamed Rice
- Roasted Sweet Potatoes
 - Collard Greens
- French Style Green Beans

Soup Du Jour

- Potato with Bacon

Specialty Items

- Chicken Wings
- Pizza

Dessert

- Brownies

Wednesday

Main Course

- BBQ Chicken Quarters
- Jambalaya

Sides

- Roasted Potatoes
- Corn on the Cob
- Brussel Sprouts
- Baby Carrots
- Cornbread

Soup Du Jour

- Corn Chowder

Specialty Items

- Chicken Tenders

Dessert

- Sugar Cookies

Thursday

Main Course

- Bruschetta Salmon
- Roast Pork Tenderloin

Sides

- Mashed Potatoes
- Black Beans
 - Gravy
- Succotash
- Asaragus

Soup Du Jour

- Chicken Noodle

Specialty Items

- Homemade Chili

Dessert

- Chocolate Chip Cookies

Friday

Main Course

- Veggie Stir Fry
- Chicken Adobo

Sides

- Steamed Rice
- Red Beans
- Italian Blend
- Broccoli

Soup Du Jour

- Potato Chowder
- Beef & Barley

Specialty Items

- Fried Cod

Dessert

- Varies

Daily From the Grill

- Hamburger
- Grilled Chicken
- Grilled Cheese
- Grilled Turkey & Cheese
- Cheeseburger
- Breaded Chicken
- Grilled Ham & Cheese
- French Fries



Arctic Medic Dining Facility

Bassett Army Community Hospital

WEEK 2

Monday

Main Course

- Pot Roast
- BBQ Pork Chop

Sides

- Roasted Butternut Squash
- Wild Rice
- Collard Greens
- Mixed Vegetables

Soup Du Jour

- Beef and Barley

Specialty Items

- Philly Cheesesteak

Dessert

- Pecan Pie

Tuesday

Main Course

- Tortellini Alfredo
- Jerk Chicken

Sides

- Red Beans
- Steamed Rice
- French Style Green Beans
- Peas and Carrots

Soup Du Jour

- Chicken Gumbo

Specialty Items

- Chicken Tenders

Dessert

- Brownies

Wednesday

Main Course

- Lasagna
- Chicken Ziti

Sides

- Oven Baked Red Potatoes
- Corn
- Broccoli
- Steamed Carrots
- Cornbread

Soup Du Jour

- Chicken Noodle

Specialty Items

- Homemade Chili

Dessert

- Sugar Cookies

Thursday

Main Course

- Chicken Chow Mein
- Veggie Stir Fry

Sides

- Vegetarian Egg Rolls
- Veggie Fried Rice
- Steamed Cabbage
- Succotash

Soup Du Jour

- Minestrone

Specialty Items

- Chicken Wings
- Pizza

Dessert

- Chocolate Chip Cookies

Friday

Main Course

- Savory Baked Chicken
- Parmesan Baked Cod

Sides

- Black Beans
- Steamed Rice
- Baby Carrots
- Asparagus

Soup Du Jour

- Chicken Tortilla

Specialty Items

- Fried Cod

Dessert

- Varies

Daily From the Grill

- Hamburger
- Grilled Chicken
- Grilled Cheese
- Grilled Turkey & Cheese
- Cheeseburger
- Breaded Chicken
- Grilled Ham & Cheese
- French Fries