

WARRIORS' CAFÉ

Main Menu

Pork Sausage Link
Grilled Lean Hamburger
Vegetable Sausage Patties
Sauteed Vegetables
Scrambled Tofu
Scrambled Eggs
Omelets
Hard Boiled Eggs
Grits
Home Fried Potatoes
Waffles
Hot Oatmeal
Assorted Bread/Toast
Assorted Dry Cereal



Fitness Bar

Assorted Fruit
Assorted Yogurt
Butter Spread
Syrup
Jelly
Salsa
Cheese
Cottage Cheese
Can Fruit
Granola
Assorted Condiments

When: 11 July 2026

0730-0900 – Breakfast

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Chesapeake Bay Shrimp
Grilled Steak
Zesty Southwest Black Bean
Quesadilla
Cauliflower
Herb Broccoli
Roasted Zucchini
Caribbean Black Beans
Baked Potato
Gravy
Hot Bread/Rolls
Soup Of The Day



When: 11 July 2026

1130-1300 – Lunch

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Chocolate Pudding
Oatmeal Raisin Bars
Frozen Yogurt Cups
Fruit Parfait
Baked Sliced Apples

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Mexican Spiced Pork Chops
Beef & Bean Tostadas
Seared Tofu
Carrots
Sauteed Spinach
Herb Green Beans
Pinto Beans
Spanish Rice
Gravy
Hot Bread/Rolls
Soup of the Day

Short Order

Hamburger/Cheeseburger
Grilled Cheese
French Fries/Sweet Potato Fries
Italian Pepper Beef
Turkey Burgers
Bean Burritos



When: 11 July 2026

1700-1830 – Dinner

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Chocolate Pudding
Oatmeal Raisin Bars
Frozen Yogurt Cups
Fruit Parfait
Baked Sliced Apples

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Pork Bacon
Grilled Chicken breast
Vegetable Sausage Patties
Sauteed Vegetable
Scrambled Tofu
Scrambled Eggs
Hard Boiled Eggs
Omelets
Pancakes
Grits
Hot Oatmeal
Assorted Bread/Toast
Assorted Dry Cereal



Fitness Bar

Assorted Fruit
Assorted Yogurt
Butter Spread
Syrup
Jelly
Salsa
Cheese
Cottage Cheese
Can Fruit
Granola
Assorted Condiments

When: 12 July 2026

0730-0900 – Breakfast

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Mambo Mango Pork Roast
Savory Baked Chicken Breast
Tofu Stir Fry
California Blend
Sauteed Collard Greens w/
White Beans
Caribbean Style Baked Potato
Casserole
Islander's Rice
Lemon Herb Quinoa
Gravy
Hot Bread/Rolls
Soup Of The Day



When: 12 July 2026

1130-1300 – Lunch

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Marble Cake
Vanilla Pudding
Frozen Yogurt Cups

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Grilled Halibut
Chicken Breast Parmesan
Egg Plant Parmesan
Roasted Summer Squash
Broccoli
Peas
Angel Hair Whole Wheat Noodles
Italian Baked Beans
Gravy
Hot Bread/Rolls
Soup of the Day

Short Order

Hamburger/Cheeseburger
Grilled Cheese
French Fries/Sweet Potato Fries
Vegetable Pizza
BBQ Pork
Black Bean Burger



When: 12 July 2026

1700-1830 – Dinner

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Marble Cake
Vanilla Pudding
Frozen Yogurt Cups

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Pork Bacon
Grilled Chicken Breast
Vegetables Sausage Patties
Sauteed Vegetables
Scrambled Tofu
Scrambled Eggs
Hard Boiled Eggs
Cottage Fried Potatoes
French Toast Sticks
Hot Oatmeal
Assorted Bread/Toast
Assorted Dry Cereal



Fitness Bar

Assorted Fruit
Assorted Yogurt
Butter Spread
Syrup
Jelly
Salsa
Cheese
Cottage Cheese
Can Fruit
Granola
Assorted Condiments

When: 13 July 2026

0630-0830 – 1ST Breakfast

1045-1145 – 2nd Breakfast

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Caribbean Beef
Braised Pork Chop
Tofu Curry
Curry Roasted Cauliflower
Peas
Sauteed Collard Greens
Basmati Rice
Mashed Potatoes
Gravy
Hot Bread/Rolls
Soup Of The Day



When: 13 July 2026

1200-1330 – 1ST Lunch

1515-1650 – 2nd Lunch

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Pound Cake
Rice Krispy Treats
Frozen Yogurt Cups
Fruit Parfait
Baked Sliced Apples

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Braised Beef Cubes
Baked Ham
Italian Broccoli Pasta
Green Beans
Spanish Spinach w/ Chickpeas
Corn
Mashed Potatoes
Whole Grain Rotini
Gravy
Hot Bread/Rolls
Soup of the Day

Short Order

Hamburger/Cheeseburger
Grilled Cheese
French Fries/Sweet Potato Fries
Hot Dogs
Fishwich
Grilled Chicken Fillet



When: 13 July 2026

1700-1830 – 1ST Dinner

2030-2130 – 2nd Dinner

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

White Cake
Ginger Fruit Bars
Frozen Yogurt Cups
Mixed Fresh Fruit
Vanilla Pudding

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Grilled Lean Hamburger
Canadian Bacon
Vegetable Sausage Patties
Sauteed Vegetables
Scrambled Tofu
Scrambled Eggs
Hard Boiled Eggs
Southwest Quinoa Casserole
Waffles
Hot Oatmeal
Assorted Bread/Toast
Assorted Dry Cereal



Fitness Bar

Assorted Fruit
Assorted Yogurt
Butter Spread
Syrup
Jelly
Salsa
Cheese
Cottage Cheese
Can Fruit
Granola
Assorted Condiments

When: 14 July 2026

0630-0830 – 1ST Breakfast

1045-1145 – 2nd Breakfast

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Grilled Top Sirloin Steak
Hawaiian Turkey Burger
Veggie Burger
Carrots
Sesame Glazed Green Beans
Ginger Glazed Carrots
Garlic Roasted Potato Wedges
BBQ Style Pinto Beans
Gravy
Hot Bread/Rolls
Soup Of The Day



When: 14 July 2026

1200-1330 – 1ST Lunch

1515-1650 – 2nd Lunch

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

White Cake
Ginger Fruit Bars
Frozen Yogurt Cups
Mixed Fresh Fruit
Vanilla Pudding

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Shrimp Chow Mein
Beef Stir Fry
Tofu Stir Fry
Butternut Squash
Asparagus
Carrots
Angel Hair Noodles
Brown Rice
Gravy
Hot Bread/Rolls
Soup of the Day

Short Order

Hamburger/Cheeseburger
Grilled Cheese
French Fries/Sweet Potato Fries
Italian Pepper Beef
Turkey Burger
Black Bean Burger



When: 14 July 2026

1700-1830 – 1ST Dinner

2030-2130 – 2nd Dinner

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Pound Cake
Rice Krispy Treats
Frozen Yogurt Cups
Fruit Parfait
Baked Sliced Apples

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Pork Bacon
Grilled Chicken Breast
Vegetable Sausage Patties
Sauteed Vegetables
Scrambled Tofu
Scrambled Eggs
Hard Boiled Eggs
Roasted Sweet Potatoes
Pancakes
Hot Oatmeal
Assorted Bread/Toast
Assorted Dry Cereal



Fitness Bar

Assorted Fruit
Assorted Yogurt
Butter Spread
Syrup
Jelly
Salsa
Cheese
Cottage Cheese
Can Fruit
Granola
Assorted Condiments

When: 15 July 2026

0630-0830 – 1ST Breakfast

1045-1145 – 2nd Breakfast

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Beef Fajitas
Southwest Shrimp
Tofu Stir Fry
Butternut Squash
Sauteed Zucchini
Corn
Southwest Barley & Brown
Rice
Pinto Beans
Gravy
Hot Bread/rolls
Soup Of The Day



Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Yellow Cake
Rice Krispy Treats
Chocolate Chip Cookies
Frozen Yogurt Cups
Fruit Parfait

When: 15 July 2026

1200-1330 – 1ST Lunch

1515-1650 – 2nd Lunch

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Dijon Baked Pork Chops
Chicken Biryani
Cabbage, Bulgar & Chickpea Stew
Sugar Snap Peas
Summer Squash
Steamed Spinach
Basmati Rice
Quick Baked Potato Halves
Gravy
Hot Bread/Rolls
Soup of the Day

Short Order

Hamburger/Cheeseburger
Grilled Cheese
French Fries/Sweet Potato Fries
BBQ Pork
Vegetable Pizza
Fishwich



When: 15 July 2026

1700-1830 – 1ST Dinner

2030-2130 – 2nd Dinner

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Yellow Cake
Rice Krispy Treats
Chocolate Chip Cookies
Frozen Yogurt Cups
Fruit Parfait

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Turkey Bacon
Grilled Lean Hamburger
Vegetable Sausage Patties
Veggie Burrito
Sauteed Vegetables
Scrambled Tofu
Scrambled Eggs
Hard Boiled Eggs
Home Fried potatoes
French Toast Sticks
Hot Oatmeal
Assorted Bread/Toast
Assorted Dry Cereal



Fitness Bar

Assorted Fruit
Assorted Yogurt
Butter Spread
Syrup
Jelly
Salsa
Cheese
Cottage Cheese
Can Fruit
Granola
Assorted Condiments

When: 16 July 2026

0630-0830 – 1ST Breakfast

1045-1145 – 2nd Breakfast

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Spicy Italian Pork Chop
Chicken Breast Parmesan
Pasta Primavera
Squash & Carrot Medley
Steamed Brussel Sprouts
Peas
Pesto Pasta
Herb Potatoes
Gravy
Hot Bread/Rolls
Soup Of The Day



When: 16 July 2026

1200-1330 – 1ST Lunch

1515-1650 – 2nd Lunch

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Cranberry/Blueberry Cake
Apple Crisp
Rice Pudding
Baked Sliced Apples
Frozen Yogurt Cups

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Oven Roasted Turkey
Swedish Meatballs
Plant Based Meatballs
Sauteed Collard Greens w/White Beans
California Blend
Zatar Potatoes & Kale
Whole Grain Egg Noodles
Roasted Sweet Potatoes
Gravy
Hot Bread/Rolls
Soup of the Day

Short Order

Hamburger/Cheeseburger
Grilled Cheese
French Fries/Sweet Potato Fries
Cannonball Subs
Turkey Burger
Bean Burritos



When: 16 July 2026

1700-1830 – 1ST Dinner

2030-2130 – 2nd Dinner

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Cranberry/Blueberry Cake
Apple Crisp
Rice Pudding
Baked Sliced Apples
Frozen Yogurt Cups

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Grilled Salmon
Chicken Sausage
Vegetable Sausage Patties
Sauteed Vegetables
Scrambled Tofu
Scrambled Eggs
Hard Boiled Eggs
Baked Sweet Potato & Apples
Pancakes
Hot Oatmeal
Assorted Bread/Toast
Assorted Dry Cereal



Fitness Bar

Assorted Fruit
Assorted Yogurt
Butter Spread
Syrup
Jelly
Salsa
Cheese
Cottage Cheese
Can Fruit
Granola
Assorted Condiments

When: 17 July 2026

0630-0830 – 1ST Breakfast

1045-1145 – 2nd Breakfast

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Turkey Burger
Mexican Pepper Steak
Three Bean Taco
Roasted Carrots
South Of the Border Medley
Sauteed Onions & Peppers
Hacienda Potatoes
Brown Rice
Gravy
Hot Bread/Rolls
Soup Of The Day



When: 17 July 2026

1200-1330 – 1ST Lunch

1515-1650 – 2nd Lunch

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Yellow Cake
Brownies
Bread Pudding
Frozen Yogurt Cups
Fruit Parfait

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Trout w/ Mediterranean Salsa
Italian Rice & Turkey
Cheese Pizza
Herb Green Beans
Roasted Carrots
Curried Lentils
Pasta Bowties
Quinoa
Gravy
Hot Bread/Rolls
Soup of the Day

Short Order

Hamburger/Cheeseburger
Grilled Cheese
French Fries/Sweet Potato Fries
Pizza
Sloppy Joe
Hot Dogs



When: 17 July 2026

1700-1830 – 1ST Dinner

2030-2130 – 2nd Dinner

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Yellow Cake
Brownies
Bread Pudding
Frozen Yogurt Cups
Fruit Parfait

MENUS ARE SUBJECT TO CHANGE