

**HELMSMAN COMPLEX LUNCH BUFFET MENU**  
 The Helmsman Complex Singleton Ave. & Intrepid St. NSA Mid-South  
 Millington, TN... call 874-5132 for more information

Monday	Tuesday	Wednesday	Thursday	Friday
				Oct 1 Fried Catfish Spaghetti with Meat Sauce Home Fried Potatoes Northern Beans
Oct 4	Oct 5	Oct 6	Oct 7	Oct 8
Famous Navy Lake BBQ Chicken & BBQ Pork Baked Beans Cole Slaw	Country Fried Steak Green Pepper Steak Steamed Rice Mashed Potatoes w/Gravy Yellow Squash	Southern Fried Chicken Liver and Onions Whipped Potatoes Broccoli w/ cheese sauce Black Eyed Peas	Roast Beef Pit Smoked Ham Mashed Potatoes Pinto Beans Steamed Cabbage	Lasagna Chicken Quarters Italian Green Beans Sadie Potatoes Garlic Bread
Oct 11	Oct 12	Oct 13	Oct 14	Oct 15
Closed enjoy the Holiday!	Country Fried Steak Green Pepper Steak Steamed Rice Mashed Potatoes w/Gravy Yellow Squash	Southern Fried Chicken Beef Tips w/Wine Sauce Steamed White Rice Pinto Beans	Roast Beef Pit Smoked Ham Mashed Potatoes Candied Yams Fried Cauliflower	Fried Catfish Smoked Sausage w/ Peppers, Onions, Potatoes Mac-n-Cheese Green Beans
Oct 18	Oct 19	Oct 20	Oct 21	Oct 22
Famous Navy Lake BBQ Chicken & BBQ Pork Baked Beans Cole Slaw	Oven Baked Meatloaf Oven Roasted Chicken Mashed Potatoes Pinto Beans	Southern Fried Chicken Liver and Onions Whipped Potatoes Broccoli w/ cheese sauce Black Eyed Peas	Roast Beef Pit Smoked Ham Mashed Potatoes Candied Yams Turnip Greens Corn O'Brian	(Mexican) Taco Bar with Fixin's Chili Rellenos Refried Beans Mexican Rice
Oct 25	Oct 26	Oct 27	Oct 28	Oct 29
Famous Navy Lake BBQ Chicken & BBQ Pork Baked Beans Cole Slaw	Roasted Tom Turkey Beef Stroganoff Cornbread Dressing Cranberry Sauce Garden Peas	Fried Chicken Spaghetti with Meat Sauce Mashed Potatoes w/Gravy Turnip Greens	Roast Beef Pit Smoked Ham Candied Yams Turnip Greens Corn O'Brian	Fried Catfish Beef Tips w/Wine Sauce Steamed Rice Home Fried Potatoes Pinto Beans

**Daily Lunch Specials**

Monday	Soup and Salad Bar
Tuesday	Chicken taco salad
Wednesday	Chicken Caesar salad
Thursday	Tuna fish sandwich with cup of soup Du Jour
Friday	Buffalo chicken salad - Buffalo chicken on

**Lunch Special of the Month**

Sauteed Onion and Mushroom Burger -  
 Served with your choice of french fries or on trip  
 to the salad bar. For you low carbers, order it bunless.