



At Eagle's Peak Bar and Grill,
brunch is served every
Saturday and Sunday
8 a.m.—2 p.m.

St. Patrick's Day Champagne Brunch Helmsman Complex Sunday, March 15 11 a.m. - 1 p.m.



Menu includes: Corned beef brisket, broiled lemon pepper fish, whole new potatoes, cabbage, baby carrots, garden peas, scrambled eggs, bacon, sausage, country gravy, grits, biscuits, rolls, soup and salad bar, dessert bar, orange juice, coffee, tea, sodas and champagne
(must be 21 yrs. to be served).

Adults: \$11.50 ♦ Children 5 - 10: \$6.50
Children 4 and under free

PLEASE NOTE:

Effective March 31, 2020
The Helmsman Complex
Club Calendar will no longer
be mailed.

This publication will be
available only
inside The Helmsman Complex
and Eagle's Peak Bar and Grill
or online at:
www.navymwrmaidsouth.com



now hiring

Applications accepted by:
Email: MILL_NSA_MWR_Recruiting@navy.mil
Fax: (901) 874-5482
(must include the job posting number)

Visit www.navymwrmaidsouth.com
to view our employment opportunities

Mobile App is available for both Apple and Android devices.



HOW ARE WE DOING?

Please take 5 minutes to complete
our customer satisfaction survey at

www.NavyMWRMidSouth.com/feedback



Join our
mailing list

1) go to ...www.navymwrmaidsouth.com
2) click on "join our mailing list" button
- Or -
send email to mwrwizard@gmail.com

MARCH 2020



Navy MWR Mid-South Food and Beverage Highlights

Helmsman Complex
7611 Singleton Ave. Millington, TN 38054
Phone: (901) 874-5131

Eagle's Peak Bar and Grill
Glen Eagle Golf Course
6168 Attu St. Millington, TN 38054
Phone: 901-874-5415



More information available on our website

www.navymwrmaidsouth.com

Mobile APP is available for both Apple and Android devices.



Drop the Mic! Comedy Night!

Friday, March 13
Free Admission

Dinner Specials 5—6 p.m.
Show starts at 6:30 p.m.
Helmsman Complex

Cash bar, food and beverage specials!

Must be at least 18 years of age to attend.



Wing Day!
Every Thursday at
Eagle's Peak Bar and Grill!

Helmsman Complex Daily Lunch Specials				
Helmsman Complex 7611 Singleton Ave. Millington, TN 38054 Phone: 901-874-5131				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED	3 CLOSED	4 Southern fried chicken Liver and onions	5 Fried pork chops Lemon pepper chicken	6 CATFISH HUSH PUPPIES & TARTAR SAUCE DAILY SPECIAL \$8.50 FRENCH FRIES AND A DRINK.
9 CLOSED	10 CLOSED	11 Southern fried chicken Smoked sausage with peppers and onions	12 Carved roast beef Tennessee sugar cured ham	13 20 27
16 CLOSED	17 CLOSED	18 Southern fried chicken Spaghetti with meat sauce	19 Country fried steak Chicken and dumplings	
23 CLOSED	24 CLOSED	25 Southern fried chicken Beef tips with rice	26 Carved roast beef Tennessee sugar cured ham	
30 CLOSED	31 CLOSED	Please note: All specials are subject to change without notice depending on availability of item.		

Eagle's Peak Bar and Grill Daily Lunch Specials				
Glen Eagle Golf Course 6168 Attu St. Millington, TN 38054 Phone: 901-874-5415				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 House made chili with crackers	3 Maple buffalo dipped tenders with choice of side	4 Fried green tomato shrimp po-boy with choice of side	5 WING DAY! BONE IN OR BONE OUT CHOICE OF SAUCE & SIDE	6 CATFISH AND A CHOICE OF WHITE BEANS OR COLE SLAW SERVED WITH FRENCH FRIES & HUSH PUPPIES AND TARTAR SAUCE
9 Meatball subs with choice of side	10 BBQ chicken tostadas with Spanish rice	11 Shrimp basket with choice of side	12 19 26	13 20 27
16 Philly sandwich on Texas toast with choice of side	17 Taco salad with refried beans	18 Chicken alfredo with side salad		
23 Shrimp po-boy with choice of side	24 Smoked chicken, creamed potatoes and a vegetable	25 Chili dogs with a choice of side		
30 House made egg salad sandwich with chips	31 Taco salad with Spanish rice	EAGLE'S PEAK HOURS OF OPERATION: MONDAY—FRIDAY 7 a.m.-1:30p.m. SATURDAY & SUNDAY—7 a.m.-2 p.m.		

www.navymwrmidsouth.com Mobile APP is available for both Apple and Android

