Cycle Menu 4 GALLEY January 23-29, 2017

Week 4	MONDAY 1/23/2017	TUESDAY 1/24/2017	WED 1/25/2017	THUR 1/26/2017	FRI 1/27/2017	SATURDAY 1/28/2017	SUNDAY 1/29/2017
BREAKFAST	Banana 1 med 105 cal Apple 1 Small 95 cal Cantaloupe 3 slices 69 Cal Grits .25 cup 128 cal Scrambled Eggs ½ cup 299 cal Boiled Eggs 3ea 234 Cal Chocolate Chip Pancakes 2 ea Biscuit 1 ea 200 cal Hash Brown ½ cup 235 Cal Oven Fried Bacon 3 slices 131 Cal Turkey Sausage 2 ea 120 cal	Apple 1 Small 95 Cal Oranges 1 Small 45 Cal Honey Dew 3 slices 114 cal Oatmeal 1 cup 158 cal Scrambled Eggs ½ cup 299 Boiled Eggs 3 ea 234 Cal **Blueberry French Toast Bake 1 slice 297 cal** Biscuit 1 ea 200 cal Hash Brown Patty1 ea 150 Cal Pork Sausage Patty 4 oz 250 cal Turkey Bacon 2 ea 84 cal	Pear 1 med 102 Cal Grapes 1 cup 62 Cal Watermelon 2 slices 45 Cal Grits ¼ cup 128 Cal Scrambled Eggs ½ cup 299 Boiled Eggs 3 ea 234 Cal Pancakes 2 ea 90 cal Potato Pancakes 2 ea 220 Cal Creamed Beef 2/3 cup 213 Cal Turkey Sausage 2 ea 120 cal	Banana 1 med 105 Cal Oranges 1 Small 45 Cal Pineapple 1 slice 42 Cal Oatmeal 1 cup 158 cal Scrambled Eggs ½ cup 299 Boiled Eggs 3 ea 234 Cal French Toast Sticks 5 ea 254 cal Biscuit 1 ea 200 cal Hash Brown patty 1 ea 150 Cal Grilled Ham 2oz 96 Cal Turkey Bacon 2 ea 84 cal	Orange 1 Small 95 Cal Pear 1 Med 102 Cal Honey Dew 3 slices 114 Cal Grits ¼ cup 128 Cal Scrambled Eggs ½ cup 299 Boiled Eggs 3 ea 234 Cal Pancakes 2 ea 90 cal Biscuit 1 ea 200 cal Hash Browns ½ cup 235 Cal **Bacon Egg and Cheese Croissant 1 sandwich 413 Cal** Turkey Sausage 2 ea 120 cal	**Brunch** Banana 1 med 105 Cal Apple 1 Small 95 Cal Cantaloupe 3 slices 69 Cal Oatmeal 1 cup 158 cal Scrambled Eggs ½ cup 299 Boiled Eggs 3 ea 234 Cal Pancakes 2 ea 90 cal Biscuit 1 ea 200 cal Tater Tots 10 pcs 160 Cal Oven Fried Bacon 3 ea 131 Cal Turkey Bacon 2 ea 84 cal Grilled Chicken Breast Hot Dog w/ Bun 1ea 270 cal Peanut Butter and Jelly 1 ea 343 Cal French Fries 3 oz 110 Cal **Italian Wedding Day Soup 1 cup 139 cal** Chicken Gravy 1 oz 20 cal **Chicken Tenders** Loaded Mashed Potatoes 3/4 cup 293 cal Steamed Spinach 4oz 23 cal Biscuits **Daily Vegetarian Special:** Fried Mushrooms ½ cuo 160 cal	**Brunch** Apple 1 Small 95 Cal Pear 1 med 102 Cal Grapefruit 1/2 Grits ¼ cup 128 Cal Scrambled Eggs ½ cup 299 Boiled Eggs 3 ea 234 Cal French Toast 2 ea 90 cal Biscuit 1 ea 200 cal Hash Browns ½ cup 235 Cal Corned Beef Hash 1 cup 370 Cal Turkey Sausage 2 ea 120 cal Grilled Chicken Breast 4oz 184 Cal Hamburger/Cheeseburger with Bun 1 ea 329/379 cal Peanut Butter and Jelly 1 ea 343 Cal Steak Fries 3 oz 110 Cal **Spinach Tortellini Soup 1 cup cal** Beef Gravy 1oz 20 cal **Hamburger Steaks with onions** Vegetable Brown Rice Pilaf ½ cup 137 cal Steamed Green Peas 3 oz 69 cal Fresh Rolls 1 ea 120 **Daily Vegetarian Special:** Vegetable Lumpia 1ea 63 cal
LUNCH	**Italian Style Beef and Pepperoni 1 cup 147 cal** Chicken Gravy 1 oz 20 cal **Chicken Parmesan** Honey Roasted Potatoes 4 oz cal Spaghetti with Fresh Tomato-Basil Pasta 1 cup 400 Cal Steamed Italian Green Beans 3oz 44 cal Corn O'Brien 3oz cal Garlic Bread 1 ea cal Wheat and White Rolls 1 ea 120 cal **Daily Vegetarian Special:** Vegetable Lo Mein 1 cup 310 cal	**Chicken and Wild Rice Soup 1 cup 154 cup** Pork Gravy 1oz 20 cal **Slow Cooked Roast Pork Butt with Brown Sugar Glaze 6oz** Southern Coleslaw (1) Cup 205 cal Southern Potato Salad ½ cup 140 cal Spicy BBQ Baked Beans 3oz 29 cal Green Beans and Peppers Fresh Baked Roll 1ea **Apple Cobbler ½ cup 215 cal** **Daily Vegetarian Special:** Garlic Oil Sautéed Pasta with Broccoli 4oz 275	**Garden Minestrone Soup 1 cup 353.4 cal** Chicken Gravy 1 oz 20 cal **New York Buffalo Wings 5ea 364 cal** Vegetable Rice Pilaf 4oz Battered Fried Potatoes Steamed Whole Green Bean 3oz 44 cal Buffalo Cauliflower ½ cup 117 cal Fresh Rolls 1ea 120 **Daily Vegetarian Special:** Baked Sweet Potato 1 Med 103 cal	**Mushroom Veggie Chowder 1 cup 185 cal** Cracked Black Peppered Beef Gravy 1oz 24 cal **Onion and Lemon Baked Salmon** Lemon Rice Pilaf 4 oz. 164 Cal Red Skinned Mashed Potatoes 4 oz 142 cal Green Peas 4oz 59 cal Chef's Vegetables 3oz 48 cal Fresh Rolls 1 ea120 Hush Puppies 4 ea 296 cal **Vanilla Cupcakes with Toasted Coconut Frosting** **Daily Vegetarian Special:** Jamie's Cranberry Spinach Salad 1cup 338 cal	**January's Surf and Turf** **New England Clam Chowder 1 cup 310 cal** Chicken Gravy 1 oz 20 cal **Grilled T-Bone Steaks 6 oz-8 oz 292 cal** **SpitFire Shrimp and Scallops** Baked Honey Mustard Chicken Breast Roasted Fingering Potatoes 1 cup 267 cal Tasty Spicy Rice Pilaf Corn and Zucchini Melody Roasted Asparagus and Mushrooms **White Chocolate Blueberry Cheesecake 1 Slice 609 cal** **Daily Vegetarian Special:** Caesar Salad 1 cup		**Spinach Tortellini Soup 1 cup cal** Beef Gravy 1oz 20 cal **Hamburger Steaks with onions** Vegetable Brown Rice Pilaf ½ cup 137 cal Steamed Green Peas 3 oz 69 cal Fresh Rolls 1 ea 120 **Daily Vegetarian Special:** Vegetable Lumpia 1ea 63 cal
SUPPER	**Soup of the Day/Crackers** Brown Gravy 1oz 15 cal **Beef and Broccoli Stir Fry** Corn and Rice Medley 4 oz cal Seasoned Potato Wedges 4 oz 296 cal Key Largo Vegetables 4 oz 17 cal Whole Green Beans 3oz 44 cal Fresh Rolls 1ea 120 cal	**Soup of the Day/Crackers** Cream Gravy 1 oz 40 cal **Chicken Stroganoff** Brown Rice 4oz 126 cal Easy Creole Potatoes 4oz 224 cal Green Peas 3oz 33cal Roasted Glazed Baby Carrots 3oz 30 cal Biscuit 1 ea 200 cal	**Soup of the Day/Crackers** Onion Gravy1oz 90 cal **Spaghetti and Meat Sauce 6oz 408cal** Steamed Rice 4oz 157 cal Parmesan Roasted Potato Wedges 4oz 110 cal Baked Yellow Squash 3oz 30 cal Chef Vegetables 3oz 50 cal Fresh Rolls 1 ea 120 cal/Garlic Bread	**Soup of the Day/Crackers** Pork Gravy1oz 90 cal **Chipotle Lime Marinated Grilled Pork Chop 5oz 338cal** Steamed Rice 4oz 157 cal Coconut-Pecan Sweet Potatoes Corn and Peppers 3oz 25 cal Seasoned Red Beans 4oz 49cal Fresh Rolls 1 ea 120 cal	**Soup of the Day/Crackers** Onion Gravy 1oz 90 **Seasoned Fried Flounder 6oz** Citrus Rice Pilaf 4oz 220 cal Steamed Potatoes with Parsley Sauce Fried Okra 4oz 98 cal Cauliflower and Peas Medley 4oz 92 cal Fresh Rolls 1 ea 120 cal / Biscuit 1 each 200 cal	**Soup of the Day/Crackers** Pork Gravy **Illegal Oven BBQ Ribs** Steamed Brown Rice½ cup 210 cal Battered Potato Wedges 4 oz Sautéed Cabbage and Onions 4oz 71 cal Corn Combo 4oz 128 cal Wheat Rolls 1 ea 120 cal	**Soup of the Day/Crackers** Brown Gravy 1 oz 15 cal **Apricot Pork Chops 4 oz 231 cal** Country Mashed Potatoes 4oz 110 cal Rice Pilaf 4oz 110 cal Chef Vegetables 4 oz 73 cal Baked Zucchini 4oz 28 cal Fresh Rolls 1 ea 120
SPEEDLINE	Grilled Chicken Breast 5oz 230cal Hamburger/Cheeseburger with Bun 1 ea 329/379 cal Peanut Butter and Jelly 1 ea 343 Cal French Fries 3 oz 110 Cal **Sandwich Bar:** Turkey 4oz 118 cal Ham 4oz 186 cal Tuna Salad 4oz 212 cal American Cheese 1 slice 95cal Cheddar Cheese1 slice 113 cal Swiss 1 slice 106 cal Wheat Bread 2 slices 139 cal White Bread 2slices133 cal Sandwich Roll 1 ea 150 cal **Lunch Special:** Turkey BLT on Croissant **Supper Special:** BBQ Pork with Coleslaw on Bun 1 ea 385 cal	Grilled Chicken Breast 5oz 230cal Hot Dog w/ Bun 1ea 270 cal Peanut Butter and Jelly1 ea 343 Cal Onion Rings 6 ea 180 cal **Sandwich Bar:** Turkey 4oz 118 cal Ham 4oz 186 cal Tuna Salad 4oz 212 cal American Cheese 1 slice 95cal Cheddar Cheese1 slice 113 cal Swiss 1 slice 106 cal Wheat Bread 2 slices 139 cal White Bread 2slices 133 cal Sandwich Roll 1 ea 150 cal **Lunch Special:** Buffalo Chicken Sandwich with Blue Cheese Dressing **Supper Special:** Vegetable Egg Rolls 1ea 80 cal	Grilled Chicken Breast 5oz 230cal Hamburger/Cheeseburger with Bun 1 ea 329/379 cal Peanut Butter and Jelly 1 ea 343 Cal Seasoned Steak Fries 3oz 110 **Sandwich Bar:** Turkey 4oz 118 cal Ham 4oz 186 cal Tuna Salad 4oz 212 cal American Cheese 1 slice 95cal Cheddar Cheese1 slice 113 cal Swiss 1 slice 106 cal Wheat Bread 2 slices 139 cal White Bread 2slices 133 cal Sandwich Roll 1 ea 150 cal **Lunch Special:** Hawaiian Grilled Burger with Pineapple on Bun 1ea 420 cal **Supper Special:** Cheese Sticks	**No Deli Offered During Lunch!** Grilled Chicken Breast 5oz 230cal Hot Dog w/ Bun 1ea 270 cal Peanut Butter and Jelly 1 ea 343 Cal Tater Tots 10 pcs 160 Cal **Sandwich Bar:** Turkey 4oz 118 cal Ham 4oz 186 cal Tuna Salad 4oz 212 cal American Cheese 1 slice 95cal Cheddar Cheese1 slice 113 cal Swiss 1 slice 106 cal Wheat Bread 2 slices 139 cal White Bread 2slices 133 cal Sandwich Roll 1 ea 150 cal **Lunch Special:** **Build a Better Burger Bar!** **Chicken Breast, Tuna, and P and J Sandwiches Available** **Supper Special:** Grilled Cheese on Wheat	Grilled Chicken Breast 5oz 230cal Hamburger/Cheeseburger with Bun 1 ea 329/379 cal Peanut Butter and Jelly 1 ea 343 Cal Seasoned Fried Potatoes Wedges 3oz 128 cal **Sandwich Bar: (No Deli During Lunch)** Turkey 4oz 118 cal Ham 4oz 186 cal Tuna Salad 4oz 212 cal American Cheese 1 slice 95cal Cheddar Cheese1 slice 113 cal Swiss 1 slice 106 cal Wheat Bread 2 slices 139 cal White Bread 2slices 133 cal Sandwich Roll 1 ea 150 cal **Supper Special:** Bacon Cheeseburger	Grilled Chicken Breast 5oz 230cal Hot Dog w/ Bun 1ea 270 cal Peanut Butter and Jelly 1 ea 343 Cal French Fries 3 oz 110 cal **Sandwich Bar:** Turkey 4oz 118 cal Ham 4oz 186 cal Tuna Salad 4oz 212 cal American Cheese 1 slice 95cal Cheddar Cheese1 slice 113 cal Swiss 1 slice 106 cal Wheat Bread 2 slices 139 cal White Bread 2slices 133 cal Sandwich Roll 1 ea 150 cal **Supper Special:** Breaded Rock Fish with Tartar Sauce 3 pcs 431 cal	Grilled Chicken Breast 5oz 230cal Hamburger/Cheeseburger with Bun 1 ea 329/379 cal Peanut Butter and Jelly 1 ea 343 Cal Onion Rings 6 ea 180 cal **Sandwich Bar:** Turkey 4oz 118 cal Ham 4oz 186 cal Tuna Salad 4oz 212 cal American Cheese 1 slice 95cal Cheddar Cheese1 slice 113 cal Swiss 1 slice 106 cal Wheat Bread 2 slices 139 cal White Bread 2slices 133 cal Sandwich Roll 1 ea 150 cal **Supper Special:** Corn Dogs

Beverages for all Meals: Coffee, Hot Tea, Milk: Whole, Skim, Low Fat Chocolate, Soy Milk/ Vitamin Water /Assorted Carbonated and Non-Carbonated Beverages served at all meals