



# BASE SEATTLE CUTTERMAN'S DINING FACILITY

May 28, 2012 - June 3, 2012



:: All meal hours are final unless specified otherwise::

	BREAKFAST MON - FRI 0600 - 0730 SAT, SUN, HOLIDAY 0730-0830	BREAKFAST NUTRITIONAL INFORMATION Calories/Fat/Carbs/Protein	LUNCH MON - FRI 1100 - 1230 SAT, SUN, HOLIDAY 1100 - 1300	LUNCH NUTRITIONAL INFORMATION Serv. Calories/Fat/Carbs/Protein
M O N D A Y	Fresh Fruit Eggs To Order Breakfast Potatoes Bacon Buttermilk Pancakes Hot Syrup & Butter Asst Instant Hot Cereals Asst Sliced Breads And Bagels Juice, Milk And Coffee	1/2 cup 79/0g/20g/1g 2 ea 184/14g/1g/13g 1/2 cup 128/5g/19g/2g 2 ea 92/8g/1g/6g 2 ea 172/7g/22g/5g - - -	TO-GO LUNCH ORDERS SPEEDLINE: Chicken Ceaser wraps, Asst. Deep Fried Pickles French Onion Soup Grilled Flank Steak W/ Mushroom Demi, Potatoes Au Gratin Grilled Asparagus Fresh Salad Bar, Asst Dessert, soda Milk Juice Coffee	1 ea 330/34g/43g/29g 4 pcs 335/19g/36g/4g 1 cup 160/12g/12g/2g 1 ea 513/27g/40g/17g 5 oz 188/6g/30g/3g 5 oz 130/0g/5g/18 1 ea 180/4g/27g/4g - -
T U E S D A Y	Fresh Fruit Eggs To Order Breakfast Potatoes Sausage Links Canadian Bacon, Egg, and Cheese Muffins French Toast Hot Syrup & Butter Asst Instant Hot Cereals Asst Sliced Breads And Bagels Juice, Milk And Coffee	1/2 cup 79/0g/20g/1g 2 ea 184/14g/1g/13g 1/2 cup 50/0g/12g/1g 2 ea 218/20g/2g/8g 1 ea 360/16g/34g/18g 1 ea 149/7g/16g/5g - - - -	TO-GO LUNCH ORDERS SPEEDLINE: California Burgers Waffle fries Beef and Barley Soup Greek style chicken Rosemary Garlic potatoes Cauliflower w/béchalme Parmasean Bread sticks Fresh Salad Bar Asst Desserts Soda Milk Juice Coffee	1 ea 350/16g/30g/27g 4 oz 380/19g/35g/5g 1 cup 260/3g/20g/13g 8 oz 390/13g/43g/30g 4 oz 350/11g/24g/1g 5 oz 60/3g/12g/3g 1 ea 132/5/22g/0g - -
W E D N E S D A Y	Fresh Fruit Eggs To Order Breakfast Potatoes Sausage Patties Breakfast Burritos Buttermilk Waffles Hot Syrup & Butter Asst Instant Hot Cereals Asst Sliced Breads And Bagels Juice, Milk And Coffee	1/2 cup 79/0g/20g/1g 2 ea 184/14g/1g/13g 1/2 cup 204/13g/22g/2g 2 ea 240/23g/2g/9g 1 ea 360/17g/36g/18g 1 ea 218/11g/25g/6g - - -	TO-GO LUNCH ORDERS SPEEDLINE: Chicken Pesto Sandwichs Hot and Sour Soup Sichuan beef Pork Fried Rice, White rice Tempura Vegetables, Egg Rolls Fresh Salad Bar, Asst Desserts Soda Milk Juice Coffee	1 ea 375/25g/27g/17g - 1 cup 194/1.9g/26g/8g 8 oz 364/13g/15g/2g 1 ea 560/18g/36g/23g 1/2 cup 228/7g/34g/7g 1 ea 132/5/22g/0g -
T H U R S D A Y	Fresh Fruit Eggs To Order Breakfast Potatoes Grilled Spam Buttermilk Biscuits Sausage Gravy Pancakes Hot Syrup & Butter Asst Instant Hot Cereals Asst Sliced Breads And Bagels Juice, Milk And Coffee	1/2 cup 79/0g/20g/1g 2 ea 184/14g/1g/13g 1/2 cup 50/0g/12g/1g 2 ea 182/16g/1g/7g 1 ea 260/12g/33g/5g 1/2 cup 100/6g/8g/3g 1 ea 136/5g/22g/3g - - -	TO-GO LUNCH ORDERS SPEEDLINE: Muffeletta's Pita Chips Green Chile Chicken Soup Pork Mole Spanish Rice Mixed Vegetables Jalepeno Cheese Cornbread Fresh Salad Bar, Asst. Desserts Soda Milk Juice Coffee	1 ea 323/7g/32g/18g 1/2 cup 265/18g/26g/3g 1/2 cup 182/14g/24g/7g 1 ea 437/19g/5g/13g 1/2 cup 156/3g/28g/5g 1 cup 120/0g/24g/6g 1 ea 160/12g/22g/2g -
F R I D A Y	Fresh Fruit Eggs To Order Breakfast Potatoes Corned Beef Hash French Toast Hot Syrup & Butter Asst Instant Hot Cereals Asst Sliced Breads And Bagels Juice, Milk And Coffee	1/2 cup 79/0g/20g/1g 2 ea 184/14g/1g/13g 1/2 cup 128/5g/19g/2g 2 ea 92/8g/1g/6g 1 ea 149/7g/16g/5g - - -	TO-GO LUNCH ORDERS SPEEDLINE: Carolina Barbeque Sandwich's Coleslaw, Sweet Potato Fries Soup Manhattan Clam Chowder Sockeye Salmon Wild Rice Pilaf Mixed Vegetables Pepper Jack Garlic Bread Fresh Salad Bar, Asst. Desserts Soda Milk Juice Coffee	1 ea 429/25g/34g/20g 1/2 cup 380/19g/50g/5g 1 cup 130/5g/16g/8g 6 oz 390/23g/14g/31g 6 oz 253/0g/4g/22g 3/4 cup 230/0g/17g/1g 1 ea 160/5g/12g/3g 4 oz 120/0g/7/0g -
S A T U R D A Y	Fresh Fruit Eggs To Order Breakfast Potatoes Asst Breakfast Meats Assorted Fruit Pancakes Hot Syrup & Butter Asst Instant Hot Cereals Asst Sliced Breads And Bagels Juice, Milk And Coffee	1/2 cup 79/0g/20g/1g 2 ea 184/14g/1g/13g 1/2 cup 50/0g/12g/1g 2 ea 92/8g/1g/6g 1 ea 136/5g/22g/3g - - -	MEAL TO ORDER Hamburger Cheeseburger Turkey Burger Philly Cheese Steaks Chicken Cheese Steaks Chicken Sandwich Hot Dog	- 1 ea 340/20g/28g/14g 1 ea 416/26g/28g/18g 1 ea 429/25g/34g/20g 1 ea 521/19g/55g/36g 1 ea 520/20g/52g/37g 1 ea 430/17g/39g/31g 1 ea 464/21g/50g/16g -
S U N D A Y	Fresh Fruit Eggs To Order Breakfast Potatoes Asst Breakfast Meats French Toast Hot Syrup & Butter Asst Instant Hot Cereals Asst Sliced Breads And Bagels Juice, Milk And Coffee	1/2 cup 79/0g/20g/1g 2 ea 184/14g/1g/13g 1/2 cup 128/5g/19g/2g 2 ea 92/8g/1g/6g 1 ea 149/7g/16g/5g - - -	MEAL TO ORDER Hamburger Cheeseburger Turkey Burger Philly Cheese Steaks Chicken Cheese Steaks Chicken Sandwich Hot Dog	- 1 ea 340/20g/28g/14g 1 ea 416/26g/28g/18g 1 ea 429/25g/34g/20g 1 ea 521/19g/55g/36g 1 ea 520/20g/52g/37g 1 ea 430/17g/39g/31g 1 ea 464/21g/50g/16g -
	DRAFTED BY FS2 A. S. Hummel Food Service Specialist	REVIEWED BY LCDR J.J. Pile Comptroller	REVIEWED BY FSCS N. M. Johnson Food Service Officer	APPROVED BY CAPT M. P. Lebeau Commanding Officer

Disclaimer: Nutritional values are based on a 2000 calorie diet. The caloric values per item are just an average. Values may differ depending on your calorie needs and consumption.