



BASE SEATTLE CUTTERMAN'S DINING FACILITY

January 09th, 2012 - January 15th, 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 Grilled Home Fries Bacon Buttermilk Pancakes Asst Instant Hot Cereals Asst Sliced Breads And Bagels Juice, Milk And Gourmet Coffee	½ cup 79/0g/20g/1g 2 ea 184/14g/1g/13g ½ cup 128/5g/19g/2g 2 ea 92/8g/1g/6g 2 ea 172/7g/22g/5g - - -	TO-GO LUNCH ORDERS SPEEDLINE: BLT Sandwich w/ Onion Rings Cream of Vegetable / Chili Beef Burritos Spanish Rice / Corn Refried Beans Jalapeno Corn Bread Fresh Salad Bar Asst. Desserts 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 Shredded Hash Browns Sausage Links Bacon, Egg, and Cheese Muffins French Toast Asst Instant Hot Cereals Asst Sliced Breads And Bagels Juice, Milk And Gourmet Coffee	½ cup 79/0g/20g/1g 2 ea 184/14g/1g/13g ½ 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: Burgers w/ French Fries Beef and Barley Soup / Chili Cajun Pork Roast Brown Gravy/ Mashed potatoes Mixed vegetables Dinner Rolls 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 Potatoes O'Brien Sausage Patties Breakfast Burritos Buttermilk Waffles Asst Instant Hot Cereals Asst Sliced Breads And Bagels Juice, Milk And Gourmet Coffee	½ cup 79/0g/20g/1g 2 ea 184/14g/1g/13g ½ 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: Grilled Ham n Cheese w/ Asst. Chips Minestrone Soup / Chili Chicken Parmesan - Spaghetti Normandy Blend Veggies French Bread 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 ½ cup 228/7g/34g/7g 1 ea 132/5/22g/0g - - -
T H U R S D A Y	Fresh Fruit Eggs To Order Shredded Hash Browns Grilled Spam Buttermilk Biscuits Sausage Gravy Pancakes Asst Instant Hot Cereals Asst Sliced Breads And Bagels Juice, Milk And Gourmet Coffee	½ cup 79/0g/20g/1g 2 ea 184/14g/1g/13g ½ cup 50/0g/12g/1g 2 ea 182/16g/1g/7g 1 ea 260/12g/33g/5g ½ cup 100/6g/8g/3g 1 ea 136/5g/22g/3g - - -	TO-GO LUNCH ORDERS SPEEDLINE: Chicken Wrap w/ Sweet Potato Fries Cream of Mushroom / Chili Meatloaf Mixed Veggies Roasted Red Potatoes Hot Rolls Fresh Salad Bar Asst Desserts Soda Milk Juice Coffee	1 ea 323/7g/32g/18g ½ cup 265/18g/26g/3g 1/2 cup 182/14g/24g/7g ¾ cup 237/19g/5g/13g ½ 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 Grilled Home Fries Little Smokey's French Toast Asst Instant Hot Cereals Asst Sliced Breads And Bagels Juice, Milk And Gourmet Coffee	½ cup 79/0g/20g/1g 2 ea 184/14g/1g/13g ½ cup 128/5g/19g/2g 2 ea 92/8g/1g/6g 1 ea 149/7g/16g/5g - - -	TO-GO LUNCH ORDERS SPEEDLINE: Corn Dogs w/ Tator Tots Egg Drop Soup / Chili Lemon Pepper Cod Wild Rice Stir Fry Vegetables Hot Rolls Fresh Salad Bar Asst Desserts Soda Milk Juice Coffee	1 ea 429/25g/34g/20g ½ cup 380/19g/50g/5g 1 cup 130/5g/16g/8g 6 oz 390/23g/14g/31g 6 oz 253/0g/4g/22g ¾ 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 Shredded Hash Browns Asst Breakfast Meats Assorted Fruit Pancakes Asst Instant Hot Cereals Asst Sliced Breads And Bagels Juice, Milk And Gourmet Coffee	½ cup 79/0g/20g/1g 2 ea 184/14g/1g/13g ½ 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 Grilled Home Fries Asst Breakfast Meats French Toast Asst Instant Hot Cereals Asst Sliced Breads And Bagels Juice, Milk And Gourmet Coffee	½ cup 79/0g/20g/1g 2 ea 184/14g/1g/13g ½ 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 S.D. Dull Food Service Specialist	REVIEWED BY LCDR J.J. Pile Comptroller	REVIEWED BY FSCS N. M. Johnson Food Service Officer	APPROVED BY CAPT R. J. Klapproth 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 caloric needs and consumption