CYCLE 2 Galley February 20-26 2017.docx

WK 2	MONDAY 2/20/17	TUESDAY 2/21/17	WED 2/22/17	THURSDAY 2/23/17	FRIDAY 2/24/17	SAT 2/25/17	SUNDAY 2/26/17
BREAKFAST	President's Day 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 cal Boiled Eggs 3ea 234 Cal **Sausage, Egg, and Cheese Biscuit** Hash Brown ½ cup 235 Cal Oven Fried Bacon 3 slices 131 Cal Turkey Sausage 2 ea 120 cal	Banana 1 med 105 cal Apple 1 Small 95 cal Cantaloupe and Mixed Fruit Cup 4 oz Cal Grits .25 cup 128 cal Scrambled Eggs ½ cup 299 cal Boiled Eggs 3ea 234 Cal Banana Pancakes with Whipped Topping 2 ea. 90 cal Hash Browns ½ cup 235 Cal Oven Fried Bacon 3 slices 131 Cal Turkey Sausage 2 ea 120 cal Biscuit1 ea 200 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 French Toast 2 ea 90 cal Hash Brown Patty1 ea 150 Cal Creamed Beef 2/3 cup 213 Cal Turkey Sausage 2 ea 84 cal Biscuit1 ea 200 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 Blueberry Pancakes 1 ea 84 cal Potato Pancakes 2 ea 220 Cal Pork Sausage Patty 4 oz 250 cal Turkey Bacon 2 ea 120 cal Biscuit1 ea 200 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 **Strawberry Crepes 1 ea 239 cal** French Toast Sticks Hash Brown patty 1 ea 150 Cal Grilled Ham 2oz 96 Cal Turkey Sausage 2 ea 84 cal Biscuit1 ea 200 cal	**Brunch** Banana 1 med 105 Cal Apple 1 Small 95 Cal Cantaloupe 3 slices 69 Cal Grits ¼ cup 128 Cal Scrambled Eggs ½ cup 299 Boiled Eggs 3 ea 234 Cal Biscuit1 ea 200 cal Choco Chip Pancakes 2 ea 90 cal Tater Tots 10 pcs 160 Cal Pork Sausage Patty 4 oz 250 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 **Chili Con Carne 1 cup 264 cal** Chicken Gravy 1 oz 20 cal **Buffalo Chicken Thighs 5 oz 318 cal** Sweet Potatoes Fries 4oz Whole Green Beans 4oz 20 cal Biscuits **Daily Vegetarian Special:** Breaded Mushrooms 6ea 190 cal	**Brunch** Apple 1 Small 95 Cal Pear 1 med 102 Cal Grapefruit 1/2 Oatmeal 1 cup 158 cal Scrambled Eggs ½ cup 299 Boiled Eggs 3 ea 234 Cal French Toast 2 ea 90 cal Hash Browns ½ cup 235 Cal Oven Fried Bacon 3 slices 131 Cal Turkey Sausage 2 ea 120 cal Biscuit1 ea 200 cal Grilled Chicken Breast 4oz 184 Cal Peanut Butter and Jelly 1 ea 343 Cal Hamburger/Cheeseburger with Bun 1 ea 329/379 cal Steak Fries 3 oz 110 Cal **Ham and Bean Vegetable Soup 1 cup 168 cal** Pork Gravy 1oz 20 cal **Smothered Pork Chop 5oz 215 cal** Sour Cream Mashed Potatoes ½ cup 125 cal Steamed Green Peas 3 oz 69 cal Fresh Rolls **Daily Vegetarian Special:** Stir Fry Vegetables 1ea 63 cal
LUNCH	**Meatball Tortellini Soup 1 cup cal** **Spaghetti and Meat Sauce 350 cal** Garlic Bread Italian Rice and Beans ¾ cup 143 cal Baked Zucchini 4oz 71 cal Brown Gravy 1oz 20 cal **Daily Vegetarian Special:** Quick Mandarin Cranberry Salad 1 cup 323.6 cal	**Beef and Cannellini Bean Minestrone 1cup 75 cal** Brown Gravy 1oz 20 cal **Sesame Beef 6oz 351 cal** Stir Fry Noodles and Vegetables 4oz 165 cal Japanese Vegetable Fried Rice 4 oz 142 cal Mixed Vegetables 3oz 54 cal Roasted Carrots 3oz 46 cal Fresh Rolls 2ea **Daily Vegetarian Special:** Ginger Veggie Stir Fry 4 oz 263 **Pineapple Upside Down Cake 1 slice 123 cal**	**Cabbage Fat Burning Soup 1 cup 90cal** Peppered Parmesan Cream Sauce 1 oz 40 cal **Chicken Cordon Bleu 5 oz 250 cal** Caramelized Onions Mashed Potatoes ½ cup 278 cal Wild Rice Pilaf Bake ¾ cup 219 cal Steamed Green Beans 3oz 44 cal Cauliflower and Cheese Sauce 4oz Cheddar and Garlic Biscuits 1 ea 160 ca **Daily Vegetarian Special:** Roasted Veggies & Pita ½ ea 309 cal Tzatziki Sauce (cucumber sauce).	**Chicken Bean and Spinach Soup 1 cup** Pork Gravy 1 oz 40 cal **Slow Cooked Pulled Pork BBQ** Brown Rice Pilaf 4oz 126 cal Three Cheese Macaroni 4oz Steamed Broccoli Brown Sugar Barbecue Baked Beans ½ Cup Sliced Kaiser Rolls 1ea **Maple Bourbon Banana Pudding Cake ½ cup 215 cal** **Daily Vegetarian Special:** Coleslaw ½ cup 145 cal	**February's Surf and Turf** Maryland Crab Soup 1 cup 123 cal (Choice of two meats) Cilantro-Lime Rubbed New York Strip 1 ea 435 cal Honey Ginger Shrimp 5 ea 253 cal Spicy Chicken Scarpariello 1ea 450 cal Oven Roasted Red Potatoes ½ cup 170 cal Linguine Lemon-Butter Sauce w/Chiles 1 cup 240 Herbed Green Beans and Carrots ½ cup 79.5 Oven Roasted Vegetables ½ cup 241 cal Asst. Breads **Daily Vegetarian Special:** Jalapeño Poppers 2 ea 180 cal		
SUPPER	**Soup of the Day/Crackers** Onion Gravy 1oz 90 cal **Herb- Marinated Pork Tenderloin 3 oz 199 cal** Steamed Rice 1cup 194 cal Ranch Mashed Potatoes ½ cup 170 cal Vegetable Medley 3oz 25 cal Peas and Mushrooms 3oz 69cal Fresh Rolls 1 ea 120 caL	**Soup of the Day/Crackers** Cream Gravy 1 oz 40 cal **Seasoned Fried Tilapia 5 oz 136 cal** Battered Fried Potato Wedges 3 oz 128 cal Citrus Rice Pilaf ¾ cup 284 Grilled Asparagus 3oz 33cal Steamed Yellow Squash3oz 30 cal Biscuit1 ea 200 cal	**Soup of the Day/Crackers** **Soup 1 cup 300 cal** Chicken Gravy 1 oz 20 cal **Paella with Shrimp, Chicken, and Chorizo** Steamed Brown Rice 1 cup 194 cal Lyonnais Potatoes Sweet Peas 3oz 50 cal Steamed Baby Carrots 3oz 30 cal Fresh Rolls 1ea 120 cal	**Soup of the Day/Crackers** Brown Gravy 1 oz 15 cal **Bourbon BBQ Meatballs 5pc 408cal** Rice Pilaf 4oz 366 cal Parmesan Roasted Potato Wedges 4oz 110 cal Steamed Broccoli and Carrots ½ cup 42 cal Grilled Zucchini 3oz 50 cal Garlic Bread 1 slice 150 cal	**Soup of the Day/Crackers** Onion Gravy 1oz 90 **Country Fried Steak 6 oz** Mashed Potatoes 4oz 82 Rice Pilaf with Vegetable 4oz 220 cal Corn Combo 4oz 98 cal Black-eyed Peas 4oz 92 cal Fresh Rolls 1 each 120 cal	**Soup of the Day/Crackers** Pork Gravy 1 oz 20 cal **Pork Chops Italiano 5 oz 290 cal** Steamed Rice 1cup 194 cal Parsley Boiled Potatoes 4 oz 170 cal Steamed Cabbage 3oz 36 cal Steamed Green Peas and Carrots 3oz 38 cal Fresh Roll 1 each 120 cal	**Soup of the Day/Crackers** Brown Gravy 1 oz 15 cal **Korean Roast Chicken 4oz 231 cal** Loaded Mashed Potatoes 4oz 110 cal Fried Rice 4oz 115 cal Chef Vegetables 4 oz 73 cal Roasted Cauliflower 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 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 **Supper Special:** Bacon Swiss Mushroom Cheeseburger 1 ea BB	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 4oz 212 cal American Cheese 1 slice 95cal Cheddar Cheese 1 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:** Chicken Nuggets **Supper Special:** Italian Sausage Sub with Grilled Onions and Peppers 1 ea 461 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 4oz 212 cal American Cheese 1 slice 95cal Cheddar Cheese 1 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:** Grilled Rueben 1 ea 535 cal **Supper Special:** Buffalo Popcorn Chicken 3oz 306 cal	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 4oz 212 cal American Cheese 1 slice 95cal Cheddar Cheese 1 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:** Hot Wings 5 each **Supper Special:** Grilled Bratwurst with Sauerkraut 1 ea 236 cal	***No Deli or Special during Lunch!** 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:** Turkey 4oz 118 cal Ham 4oz 186 cal Tuna 4oz 212 cal American Cheese 1 slice 95cal Cheddar Cheese 1 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:** NONE **Supper Special:** Grilled Cheese on Wheat 1 ea 320 cal	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 4oz 212 cal American Cheese 1 slice 95cal Cheddar Chesse1 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:** Chili Hot Dog on bun 1 ea 296 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 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 Dog 1 ea 280 cal

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. **Grilled Chicken Breasts will be served on Speed line and Main line.**