

# BASE SEATTLE CUTTERMAN'S DINING FACILITY

*November 20th to the 26th*

	BREAKFAST MON - FRI 0600 - 0730 SAT, SUN, HOLIDAY 0730 - 0830	BREAKFAST NUTRITIONAL INFORMATION Serv/Calories/Fat/Carbs/Protein	LUNCH MON - FRI 1100 - 1230 SAT, SUN, HOLIDAY 1100 - 1230	LUNCH NUTRITIONAL INFORMATION Serv/Calories/Fat/Carbs/Protein
<b>M O N D A Y</b>	Eggs to Order (or) Hard Boiled Eggs Sausage or Bacon Home Fried Potatoes Buttermilk Pancakes Sausage Gravy & Biscuits Oatmeal Assorted Breakfast Cereals Assorted Breads/Bagels Juice/Milk/Coffee	2 Eggs / 143 2 Eggs / 125 2 SL / 140 / 80 1 Cup / 200 2 EA / 220 1 EA / 415 1 Cup / 150 Varies Varies Varies	Bacon Sweet Potato Soup Down Under Outback Chicken Roasted Red Potatoes Lemon Zested Crispy Zucchini Slices Molasses Dinner Rolls  Chocolate Chip Cookies Fresh Garden Salad Ice Cream Bar Soda/Milk/Juice/Coffee	1cup/97.7/0.7q/22.5/2.2q/ 6oz/340/14.5q/23q/10q 4oz/121/20.8/29.5q/16.5q/ 4oz/371.3/30.4q/23.1q/2.2q 4oz/110/7q/15/6q Varies Varies Varies Varies
<b>T U E S D A Y</b>	Eggs to Order (or) Hard Boiled Eggs Sausage or Bacon Home Fried Potatoes Traditional French Toast Breakfast Burritos Oatmeal Assorted Breakfast Cereals Assorted Breads/Bagels Juice/Milk/Coffee	2 Eggs / 143 2 Eggs / 125 2 SL / 140 / 80 1 Cup / 200 2 EA / 196 1 EA / 470 1 Cup / 150 Varies Varies Varies	Asian Chicken Noodle Soup Mongolian Beef Sticky White Rice Steamed Broccoli Veggie Lo Mein Noodles Pot Stickers / Egg Rolls  PB&J Coffee Cake Fresh Garden Salad Soda/Milk/Juice/Coffee	1cup/124/10q/8.6/5q 6oz/240/14.5q/23q/10q 4oz/221/20.8/29.5q/16.5q/ 4oz/121.3/10.4q/13.1q/2.2q 1ea/210/7q/15/6q  Varies Varies Varies
<b>W E D N E S D A Y</b>	Eggs to Order (or) Hard Boiled Eggs Sausage or Bacon Shredded Hashbrowns Buttermilk Pancakes Hawaiian Breakfast Corned Beef Hash Assorted Breakfast Cereals Assorted Breads/Bagels Juice/Milk/Coffee	2 Eggs / 143 2 Eggs / 125 2 SL / 140 / 80 1 Cup / 200 2 EA / 220 2 Piece / 210 1 cup/50 Varies Varies Varies	Autumn Vegetable Soup Smoked Rosemary Game Hens Brown Rice Pilaf Oven Roasted Parm Crusted Squash Garlic Herb Dinner Rolls  Classic Chocolate Iced Cupcakes Fresh Garden Salad Ice Cream Bar Soda/Milk/Juice/Coffee	1cup/124/12q/8.6/5q 6oz/240/14.5q/23q/10q 4oz/121.3/10.4q/13.1q/2.2q 2oz/121/20.8/29.5q/16.5q/ 1ea/210/11q/14q/1.2q  Varies Varies Varies Varies
<b>T H U R S D A Y</b>	Eggs to Order (or) Hard Boiled Eggs Sausage or Bacon Breakfast Potatoes "French Toast Of the Week" Sausage Gravy & Biscuits Oatmeal Assorted Breakfast Cereals Assorted Breads/Bagels Juice/Milk/Coffee	2 Eggs / 143 2 Eggs / 125 2 SL / 140 / 80 1 Cup / 200 Varies 1 EA / 415 1 Cup / 150 Varies Varies Varies	<b>Happy Thanksgiving!!!</b> Have a safe holiday!! *See Attached Menu*  Fresh Garden Salad Soda/Milk/Juice/Coffee	1cup/144/19q/8.3/5q Varies Varies Varies Varies Varies Varies Varies Varies
<b>F R I D A Y</b>	Eggs to Order (or) Hard Boiled Eggs Sausage or Bacon Potatoes O'Brien Freshly Made Waffles Breakfast Quiche Fresh Fruit Assorted Breakfast Cereals Assorted Breads/Bagels Juice/Milk/Coffee	2 Eggs / 143 2 Eggs / 125 2 SL / 140 / 80 1 Cup / 180 1 Waffle W. Topping / 500 1 Cup / 150 1 Cup / 150 Varies Varies Varies	Tomato Soup Club Sandwiches BLT Sandwiches French Fries Sautéed Spinach  Rocky Road Brownies Fresh Garden Salad Ice Cream Bar Soda/Milk/Juice/coffee	1cup/144/19q/8.3/5q 1ea/240/14.5q/23q/10q 1ea/321.3/10.4q/13.1q/2.2q 4oz/281/20.8/29.5q/16.5q/ 4oz/230/11q/14q/1.2q  Varies Varies Varies Varies
<b>S A T U R D A Y</b>	Eggs to Order Bacon or Sausage Hash Brown Patties Chef's Choice Pancakes, French Toast or Waffles  Fresh Fruit Assorted Breakfast Cereals Assorted Breads/Bagels Juice/Milk/Coffee	2 Eggs / 143 2 Eggs / 125 1 Ea / 140 Varies Varies Varies Varies	<b>Made to Order</b> Grilled Cheeseburger (or) Grilled Chicken Sandwich with French Fries or Onion Rings Chef's Choice "Wrap of the Day" Assorted Chips  Fresh Garden Salad Dessert of the Day Soda/Milk/Juice/coffee	6oz/210/12.5q/23q/10q 4oz/121/20.8/29.5q/16.5q/ 1ea/127.3/10.4q/13.1q/2.2q  Varies Varies Varies
<b>S U N D A Y</b>	Eggs to Order Bacon or Sausage Hash Brown Patties Chef's Choice Pancakes, French Toast or Waffles  Fresh Fruit Assorted Breakfast Cereals Assorted Breads/Bagels Juice/Milk/Coffee	2 Eggs / 143 2 Eggs / 125 1 Ea / 140 Varies Varies Varies Varies	<b>Made to Order</b> Grilled Cheeseburger (or) Grilled Chicken Sandwich with French Fries or Onion Rings Chef's Choice "Wrap of the Day" Assorted Chips  Fresh Garden Salad Dessert of the Day Soda/Milk/Juice/coffee	6oz/210/12.5q/23q/10q 4oz/121/20.8/29.5q/16.5q/ 1oz/127.3/10.4q/13.1q/2.2q 4oz/210/11q/14q/1.2q  Varies Varies Varies
	DRAFTED BY CS2 JESSICA TOUCHETTE FOOD SERVICE SPECIALIST	REVIEWED BY SKCM T. A. Minnick ACTING, COMPTROLLER	REVIEWED BY CSCS J. E. MCCARTHY FOOD SERVICE OFFICER	APPROVED BY CAPT S. T. Romanowicz 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\*

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

**The Galley offers a Dinner To-Go option, please inquire at the Galley NLT 1300. Phone & Email orders will not be accepted.**

# Thanksgiving Menu

- \*Oven Roasted Turkey
- \*Honey Glazed Baked Ham
- \*Green Bean Casserole
- \*Sweet Potato With Brown Sugar & Marshmallows
- \*Creamy Mashed Potato
- \*Cornbread Stuffing
- \*Turkey Gravy
- \*Fresh Dinner Rolls
- \*Homemade Cranberry Sauce
- \*Pumpkin Pie, Pecan Pie, Dutch Apple Pie
- \*Deviled Eggs