

BASE SEATTLE CUTTERMAN'S DINING FACILITY

September 18 - September 24

	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
M O N D A Y	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	Tomato Bisque Roasted Herb Chicken Sautéed Kale with Sundried Tomatoes Fresh Dinner Rolls Fingerling Potatoes Pineapple Upside Down Cake Ice Cream Bar Fresh Garden Salad Soda/Milk/Juice/Coffee	1cup/97.7/0.7q/22.5/2.2q/ 1ea/240/14.5q/23q/10q/ 1ea/381/20.8/29.5q/16.5q/ 4oz/371.3/30.4q/23.1q/2.2q .5c/110/9q/42q/7q 1ea/190/4.5q/24q/2q 0.5c/340/1q/58q/3.8q Varies Varies
T U E S D A Y	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	Chicken Tortilla Soup Carne Asada with Chimmichurri Sauce Tequila Lime Chicken Slow Cooked Black Beans Saffron Rice Grilled Corn on the Cob with Roasted Red Pepper Butter Sauce Pickled Onions and Jalpenos Fried Ice Cream	Training Day
W E D N E S D A Y	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	Smoked Tomato Crab Bisque Beef Pot Roast Short Ribs with a Cabernet Sauce Goat Cheese Dutches Potato Roasted Brocollini with Lemon Confit Rosemary Foccacia Bread Ice Cream Bar Layered Chocolate Cake with Ganache Fresh Salad Bar	Training Day
T H U R S D A Y	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	Seafood Cioppino Catch of the Day Seafood Pouches Assorted Sushi Butternut Squash Ravioli Grilled Asparaqus Pumpkin Brulee Fresh Salad Bar Soda/Milk/Juice/Coffee	Training Day
F R I D A Y	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	See Attached Flyer!! Ice Cream Bar Fresh Salad Bar Soda/Milk/Juice/Coffee	Training Day
S A T U R D A Y	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 Varies	Made to Order 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	1 Ea / 355 1 Ea / 320 1 Servinq / 320 / 240 Varies Varies Varies Varies
S U N D A Y	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	Made to Order 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	1 Ea / 355 1 Ea / 320 1 Servinq / 320 / 240 Varies Varies Varies
	DRAFTED BY CS2 MARY CORREA FOOD SERVICE SPECIALIST	REVIEWED BY CWO3 JEFF NIBLETT 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.