

# BASE SEATTLE CUTTERMAN'S DINING FACILITY

**25th of June 1st of July 2018**

	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	Cajun Potato Soup Chicken & Andouille Gumbo Dirty Rice Cajun Style Zucchini Buttered Cornbread Squares King Cake  Fresh Garden Salad Ice Cream Bar Soda/Milk/Juice/Coffee	1cup/144/19q/8.3/5q 6oz/210/12.5q/23q/10q 4oz/121/20.8/29.5q/16.5q/ 4oz/121.3/10.4q/13.1q/2.2q 1cup/110/7q/15/6q 4oz/127.3/10.4q/13.1q/2.2q 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	Black Bean Stew Pork Carnita Caramelized Onions & Peppers Refried Beans Stewed Tomatoes Chips & Assorted Toppings Horchata Cake  Fresh Garden Salad Soda/Milk/Juice/Coffee	1cup/124/10q/8.6/5q 6oz/240/14.5q/23q/10q 2oz/121/20.8/29.5q/16.5q/ 4oz/121.3/10.4q/13.1q/2.2q 1ea/210/7q/15/6q 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	Tom Kha Gai Soup Beef & Broccoli Stir Fry Sticky Rice Steamed Edamame Pot Stickers Crab Ragoon Coconut Macaroons Fresh Garden Salad Ice Cream Bar 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/210/7q/15/6q 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	Italian Wedding Soup Chicken Parm Linguini with Pesto Butter Sauce Roasted Asparagus Rosemary & Olive Oil Focaccia Red Velvet Cupcakes with Cream Cheese Icing  Fresh Garden Salad Soda/Milk/Juice/Coffee	1cup/144/19q/8.3/5q 6oz/210/12.5q/23q/10q 4oz/121/20.8/29.5q/16.5q/ 4oz/127.3/10.4q/13.1q/2.2q 1ea/110/7q/15/6q 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 Bisque Baked Rainbow Trout with Lemon Balsamic Glaze Grilled Ham & Cheese Sandwiches Roasted Red Potatoes Sauteed Broccoli French Fries Ice Cream Bar Fresh Salad Bar Soda/Milk/Juice/Coffee	1cup/144/19q/8.3/5q 6oz/210/12.5q/23q/10q 4oz/121/20.8/29.5q/16.5q/ 4oz/121.3/10.4q/13.1q/2.2q 1cup/110/7q/15/6q 4oz/127.3/10.4q/13.1q/2.2q 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  Fresh Garden Salad Dessert of the Day Soda/Milk/Juice/Coffee	1 Ea / 355 1 Ea / 320 1 Serving / 320 / 240 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  Fresh Garden Salad Dessert of the Day Soda/Milk/Juice/coffee	1 Ea / 355 1 Ea / 320 1 Serving / 320 / 240 Varies Varies Varies
	DRAFTED BY CS2 JESSICA TOUCHETTE FOOD SERVICE SPECIALIST	REVIEWED BY LCDR J.L.Zike COMPTROLLER	REVIEWED BY CS1 E.C. CHARLTON (ACTING) 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.**