



BASE SEATTLE CUTTERMAN'S DINING FACILITY

September 24, 2012 - September 30, 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 - 1230 | LUNCH NUTRITIONAL INFORMATION Serv. Calories/Fat/Carbs/Protein |
|-------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| M O N D A Y | Fresh Fruit Eggs To Order Breakfast Potatoes Bacon Buttermilk Pancakes Hot Syrup & Butter Asst Instant Hot Cereals Asst Sliced Breads And Bagels Juice, Milk And 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: Philly Cheese Steaks and Steak Fries Cream of Mushroom Soup Savory Baked Chicken Cheese and Broccoli Risotto Focaccia Bread Sautéed Vegetables Fresh Salad Bar, Asst Desserts Soda Milk Juice Coffee | - 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 - - |
| T U E S D A Y | Fresh Fruit Eggs To Order Breakfast Potatoes Sausage Links Breakfast Egg Muffins French Toast Hot Syrup & Butter Asst Instant Hot Cereals Asst Sliced Breads And Bagels Juice, Milk And 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: Grilled Ham and Cheese w/ Asst, Chips Tomato Soup Grilled Pork Shanks Bacon Mac & Cheese Buttered Biscuits Summer Garden Vegetables Fresh Salad Bar, Asst Desserts Soda Milk Juice Coffee | 1 ea 250/18g/20g/7g 5 oz 220/10g/15g/3g 1 cup 260/3g/15g/23g 8 oz 390/13g/43g/30g 4 oz 350/11g/24g/1g 5 oz 160/3g/17g/3g 1 ea 132/5/22g/0g - - |
| W E D N E S D A Y | Fresh Fruit Eggs To Order Breakfast Potatoes Sausage Patties Chorizo Burritos Buttermilk Waffles Hot Syrup & Butter Asst Instant Hot Cereals Asst Sliced Breads And Bagels Juice, Milk And 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 218/11g/25g/6g - - - - | TO-GO LUNCH ORDERS SPEEDLINE: Pork Carnitas and Taqitos Chicken Tortilla Soup Chicken Fajitas Refried Beans Spanish Rice Chuck wagon Vegetables Fresh Salad Bar, Asst Desserts Soda Milk Juice Coffee | 1 ea 340/20g/28g/14g 5 oz 316/26g/31g/8g 1 cup 230/10g/11g/8g 7 oz 325/8g/16g/33 1 cup 194/1.9g/26g/8g 5 oz 140/2g/17g/3g 1 ea 260/22g/12g/8g - - |
| T H U R S D A Y | Fresh Fruit Eggs To Order Breakfast Potatoes Grilled Spam Buttermilk Biscuits Sausage Gravy Chocolate Chip Pancakes Hot Syrup & Butter Asst Instant Hot Cereals Asst Sliced Breads And Bagels Juice, Milk And 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 Tenders and Waffle Fries Corn Chowder Marinated Tri-Tip Twice Baked Potatoes Herbed Garlic Bread Grilled Asparagus Fresh Salad Bar, Asst. Desserts Soda Milk Juice Coffee | 5ea 323/17g/22g/18g ½ cup 365/18g/26g/3g 1/2 cup 182/14g/24g/7g 1 ea 437/19g/5g/13g ½ cup 356/23g/28g/5g 1 cup 120/0g/24g/6g 1 ea 260/22g/12g/8g - - |
| F R I D A Y | Fresh Fruit Eggs To Order Breakfast Potatoes Corned Beef Hash French Toast Hot Syrup & Butter Asst Instant Hot Cereals Asst Sliced Breads And Bagels Juice, Milk And 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: Sloppy Joes and Tator Tots Egg Drop Soup Teriyaki Ahi Tuna Fried Rice/ White Rice Stir Fry Vegetables Egg Rolls Fresh Salad Bar, Asst. Desserts Soda Milk Juice Coffee | - - 1/2 cup 230/5g/16g/8g 6 oz 290/23g/14g/31g 6 oz 253/3g/24g/12g ¾ cup 230/0g/17g/1g 1 ea 160/12g/22g/2g - - |
| S A T U R D A Y | Fresh Fruit Eggs To Order Breakfast Potatoes Asst Breakfast Meats Assorted Fruit Pancakes Hot Syrup & Butter Asst Instant Hot Cereals Asst Sliced Breads And Bagels Juice, Milk And 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 Breakfast Potatoes Asst Breakfast Meats French Toast Hot Syrup & Butter Asst Instant Hot Cereals Asst Sliced Breads And Bagels Juice, Milk And 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 J. G. LaBarge Food Service Specialist | REVIEWED BY LCDR J. J. Pile Comptroller | REVIEWED BY FSCS N. M. Johnson Food Service Officer | APPROVED BY CAPT M. P. Lebeau Commanding Officer |

Disclaimer: Nutritional values are based on a 2000 calorie diet. The caloric values per item are just an average. Go NY Giants! Values may differ depending on your calorie needs and consumption.