

**Dolphin Inn (MAIN BASE) and CZ Hall (NMAWC)**

***"Winners of the CNIC 5-Star Accreditation for Food Service Excellence  
11 years running!"***



**MEAL RATES**

	Discounted	Surcharge	Full Rate
Breakfast:	\$2.10	\$0.35	\$2.45
Lunch:	\$3.90	\$0.65	\$4.55
Dinner:	\$3.90	\$0.65	\$4.55

**MEAL HOURS**

***MONDAY - FRIDAY***

Breakfast	Lunch	Dinner
0630 - 0730	1100 - 1230	1630 - 1800

***Saturday - Sunday - Holidays***

Breakfast	Lunch	Dinner
0730 - 0830	1100 - 1230	1630 - 1730

The Food Service Officer is authorized to make changes to this menu when, due to unforeseen circumstances, it may be necessary to provide substitutions for items not in stock or to permit timely use of perishable items.

\*\*\* Consuming Chicken skin adds a minimum of 12 grams of fat per serving

**Standard fare:**

**Breakfast**

- Orange Juice
- Chilled Fruit Juices
- Assorted Dry Cereal
- Hard Boiled Eggs
- Assorted Doughnuts
- Assorted Breads & Butter
- Assorted Jams and Jellies
- Syrup
- Coffee, Tea, Milk (1%)
- Chilled Fresh Fruits
- Assorted Yogurt

**Lunch and Dinner**

- Crackers
- Salad Bar
- Assorted Salad Dressings
- Assorted Breads and Butter
- Peanut Butter & Assorted Jams and Jellies
- Soft Serve Ice Cream
- W/ Assorted Toppings
- Coffee, Tea, Milk (1%)
- Assorted Soft Drinks
- Dessert Bar



Questions or comments, please contact:  
 - MAIN BASE Galley: (619) 553-7544  
 - NMAWC Galley: (619) 524-0025

# NAVY REGION SOUTHWEST CYCLE 1

	<b>BREAKFAST</b>	<b>C A L</b>	<b>P R O</b>	<b>F A T</b>	<b>C A R B</b>	<b>LUNCH</b>	<b>C A L</b>	<b>P R O</b>	<b>F A T</b>	<b>C A R B</b>	<b>DINNER</b>	<b>C A L</b>	<b>P R O</b>	<b>F A T</b>	<b>C A R B</b>
<b>M O N D A Y</b>	HOT HOMINY GRITS	84	2	1	16	MANHATTAN CLAM CHOWDER	80	3	1	17	CHICKEN RICE SOUP	73	4	2	9
	GRILLED EGGS TO ORDER	149	12	10	1	FRIED CATFISH	250	21	13	10	BAKED STUFFED PORK CHOPS	342	41	19	10
	OMELETS TO ORDER	VAR	-	-	-	SWEDISH MEATBALLS	424	20	34	12	GRILLED CHICKEN BREAST	179	32	4	0
	OVEN FRIED BACON	88	5	8	0	LONG GRAIN WILD RICE	168	7	1	34	MUSHROOM GRAVY	77	1	6	6
	MINUTE STEAK	250	30	14	0	DEVILED OVEN FRIES	113	2	1	24	COTTAGE FRIED POTATOES	175	2	6	28
	HASH BROWN POTATOES	175	2	6	28	CARROTS AMANDINE	76	2	4	9	RICE PILAF	201	4	4	37
	PANCAKES	253	7	6	41	HERBED GREEN BEANS	36	2	0	8	PEAS & MUSHROOMS	126	7	2	21
					HOT DINNER ROLLS	325	9	7	56	SEASONED CAULIFLOWER	26	2	0	5	
										HOT DINNER ROLLS	325	9	7	56	
<b>T U E S D A Y</b>	HOT OATMEAL	106	5	2	18	TEXAS TORTILLA SOUP	135	6	4	22	BEEF NOODLE SOUP	55	4	2	6
	GRILLED EGGS TO ORDER	149	12	10	1	BEEF ENCHILADAS	412	32	16	34	ST. LOUIS STYLE BBQ RIBS	580	61	34	3
	OMELETS TO ORDER	VAR	-	-	-	CHICKEN FAJITAS	445	26	8	8	BAKED FISH W/ GARLIC BUTTER	178	26	8	0
	OVEN FRIED BACON	88	5	8	0	MEXICAN RICE	193	3	5	34	TARTAR SAUCE	103	0	9	6
	TOCINO	239	33	11	0	REFRIED BEANS	107	6	2	17	OVEN BROWN POTATOES	126	2	4	22
	GARLIC RICE	148	3	1	32	SEASONED BROCCOLI	38	4	0	7	STEAMED RICE	148	3	1	32
	TATER TOTS	206	9	6	29	MEXICAN CORN	117	4	2	25	CAPRI BLEND VEGETABLES	77	2	4	10
					HOT JALAPEÑO CORNBREAD	224	5	9	30	CLUB SPINACH	163	9	8	14	
										HOT DINNER ROLLS	325	9	7	56	
<b>W E D N E S D A Y</b>	HOT FARINA	104	3	0	22	CREAM OF BROCCOLI SOUP	128	6	6	14	FRENCH ONION SOUP	163	3	11	13
	GRILLED EGGS TO ORDER	149	12	10	1	ASIAN BARBECUE CHICKEN	184	34	2	6	VEAL PARMESAN	416	28	26	17
	OMELETS TO ORDER	VAR	-	-	-	SHRIMP SCAMPI	216	26	8	8	SPAGHETTI WITH MEAT SAUCE	441	26	10	63
	OVEN FRIED BACON	88	5	8	0	STEAMED RICE	148	3	1	32	MARINARA SAUCE	93	4	1	21
	TURKEY SAUSAGE LINKS	132	15	7	0	SPAGHETTI NOODLES	207	7	1	41	SPAGHETTI NOODLES	207	7	1	41
	HASH BROWN PATTIES	121	2	7	14	SEASONED MIXED VEGETABLES	78	4	1	16	STEAMED GREEN BEANS	36	2	0	8
	WAFFLES	176	4	6	27	SPICED BEETS	129	2	2	28	CALICO CORN	114	4	2	24
					HOT DINNER ROLLS	325	9	7	56	TOASTED GARLIC BREAD	259	5	13	31	
<b>T H U R S D A Y</b>	HOT HOMINY GRITS	84	2	1	16	ASIAN STIR FRY SOUP	112	7	5	10	VEGETABLE SOUP	57	3	1	10
	GRILLED EGGS TO ORDER	149	12	10	1	SWEET AND SOUR PORK	348	29	13	28	COUNTRY FRIED STEAK	393	39	19	14
	OMELETS TO ORDER	VAR	-	-	-	PHILIPPINE EGG ROLLS	133	7	8	8	PASTA PRIMAVERA	288	12	4	54
	OVEN FRIED BACON	88	5	8	0	SWEET & SOUR SAUCE	94	0	0	25	CREAM GRAVY	53	2	3	5
	CREAMED BEEF	214	21	10	9	PANCIT	493	40	10	18	MASHED POTATOES	105	2	2	20
	HASH BROWN POTATOES	175	2	6	28	STEAMED RICE	148	3	1	32	SEASONED CAULIFLOWER	26	2	0	5
	PANCAKES	253	7	6	41	STIR FRIED VEGETABLES	54	1	3	6	CAPRI BLEND VEGETABLES	77	2	4	10
					CHOW MEIN NOODLES	200	8	1	39	HOT DINNER ROLLS	325	9	7	56	
					HOT DINNER ROLLS	325	9	7	56						
<b>F R I D A Y</b>	HOT OATMEAL	106	5	2	18	NEW ENGLAND CLAM CHOWDER	128	4	6	15	SHRIMP GUMBO	115	5	5	14
	GRILLED EGGS TO ORDER	149	12	10	1	CAJUN FISH	163	26	6	1	BOMBAY CHICKEN	368	39	10	31
	OMELETS TO ORDER	VAR	-	-	-	ROAST PORK LOIN	300	33	18	0	MEATLOAF	343	33	18	11
	OVEN FRIED BACON	88	5	8	0	BROWN ONION GRAVY	84	1	6	6	MUSHROOM GRAVY	77	1	6	6
	GRILLED LONGANISA	678	12	69	0	WHIPPED POTATOES	105	2	2	20	MASHED POTATOES	105	2	2	20
	GARLIC RICE	148	3	1	32	SEASONED CARROTS	59	1	0	14	STEAMED RICE	148	3	1	32
	HOME FRIED POTATOES	175	2	6	28	CLUB SPINACH	163	9	8	14	SEASONED BRUSSELS SPROUTS	57	5	0	11
					HOT DINNER ROLLS	325	9	7	56	CORN O'BRIEN	136	4	4	26	
										HOT DINNER ROLLS	325	9	7	56	
<b>S A T U R D A Y</b>	HOT FARINA	104	3	0	22	TOMATO SOUP	96	2	2	19	KNICKERBOCKER SOUP	143	8	1	26
	GRILLED EGGS TO ORDER	149	12	10	1	BAKED FISH PORTIONS	278	16	12	24	ROAST TURKEY	172	27	7	0
	OMELETS TO ORDER	VAR	-	-	-	GRILLED HAM AND CHEESE	391	21	22	25	SHRIMP JAMBALAYA	352	25	6	49
	OVEN FRIED BACON	88	5	8	0	GRILLED CHEESE	411	17	27	26	TURKEY GRAVY	47	1	3	3
	BREAKFAST BURRITO	400	28	31	51	FRENCH FRIES	288	4	14	39	CRANBERRY SAUCE	151	0	0	39
	HASH BROWN PATTIES	121	2	7	14	MACARONI AND CHEESE	359	17	16	37	CORN BREAD DRESSING	142	4	3	24
	WAFFLES	176	4	6	27	CAULIFLOWER PARMESAN	67	5	2	8	WHIPPED POTATOES	105	2	2	20
					MIXED VEGETABLES	78	4	1	16	GLAZED CARROTS	73	1	2	14	
					HOT DINNER ROLLS	325	9	7	56	SIMMERED BROCCOLI	38	4	0	7	
										HOT DINNER ROLLS	325	9	7	56	
<b>S U N D A Y</b>	HOT HOMINY GRITS	84	2	1	16	<b>BRUNCH</b>					FRENCH ONION SOUP	163	3	11	13
	GRILLED EGGS TO ORDER	149	12	10	1	CORN CHOWDER	136	5	3	25	OVEN ROAST	276	39	12	0
	OMELETS TO ORDER	VAR	-	-	-	SLOPPY JOE	352	24	12	36	SALMON FILLET	162	26	6	0
	OVEN FRIED BACON	88	5	8	0	GRILLED CHICKEN BREAST	363	36	12	26	BROWN GRAVY	75	1	5	5
	CREAMED GRD TURKEY	160	18	6	10	GRILLED EGGS TO ORDER	149	12	10	1	TARTAR SAUCE	103	0	9	6
	W/BISCUITS	148	4	4	24	ASSORTED OMELETS	VAR	-	-	-	WHIPPED POTATOES	105	2	2	20
	HASH BROWN POTATOES	175	2	6	28	OVEN FRIED BACON	88	5	8	0	LONG GRAIN & WILD RICE	37	1	0	8
					HASH BROWN POTATOES	214	3	9	32	CAPRI BLEND VEGETABLES	77	2	4	10	
					PANCAKES	253	7	6	41	HOT DINNER ROLLS	325	9	7	56	
					SEASONED GREEN BEANS	36	2	0	8						

# NAVY REGION SOUTHWEST CYCLE 2

	BREAKFAST	C A L	P R O	F A T	C A R B	LUNCH	C A L	P R O	F A T	C A R B	DINNER	C A L	P R O	F A T	C A R B
M O N D A Y	HOT OATMEAL	106	5	2	18	NAVY BEAN SOUP	122	8	0	23	CREAM OF BROCCOLI SOUP	128	6	6	14
	GRILLED EGGS TO ORDER	149	12	10	1	SOUTHERN FRIED CHICKEN	496	46	27	14	CHICKEN CORDON BLEU	413	31	24	18
	ASST OMELETS TO ORDER	VAR	-	-	-	BARBECUE PORK LOIN	247	27	14	0	ROAST BEEF	296	39	14	0
	OVEN FRIED BACON	88	5	8	0	CHICKEN GRAVY	47	1	3	3	BEEF GRAVY	73	1	5	5
	CORNED BEEF HASH	258	12	20	6	RED BEANS AND RICE	225	10	3	41	STEAMED RICE	148	3	1	32
	HASH BROWN PATTIES	121	2	7	14	MASHED POTATOES	105	2	2	20	GARLIC ROASTED POTATOES	146	3	0	34
	FRENCH TOAST	206	9	6	29	STEAMED CAULIFLOWER	26	2	0	5	SIMMERED ASPARAGUS	23	2	0	4
T U E S D A Y	HOT FARINA	104	3	0	22	MINISTRONE SOUP	75	3	1	14	CHICKEN RICE SOUP	73	4	2	9
	GRILLED EGGS TO ORDER	149	12	10	1	BAKED BEEF LASAGNA	312	21	13	27	HOT AND SPICY CHICKEN	430	45	11	35
	ASST OMELETS TO ORDER	VAR	-	-	-	BAKED SPINACH LASAGNA	292	22	7	38	ROAST PORK LOIN	300	33	18	0
	OVEN FRIED BACON	88	5	8	0	CLAM SAUCE	178	19	6	10	BROWN GRAVY	73	1	5	5
	MINUTE STEAK	250	30	14	0	SPAGHETTI NOODLES	207	7	1	41	RICE PILAF	201	4	4	37
	TATER TOTS	121	2	7	14	STEAMED BROCCOLI	38	4	0	7	GARLIC CHEESE POTATOES	121	4	2	23
	WAFFLES	176	4	6	27	WAX BEANS	30	2	0	7	STEAMED CORN	108	4	1	26
W E D N E S D A Y	HOT HOMINY GRITS	84	2	1	16	TOASTED GARLIC BREAD	259	5	13	31	CAPRI BLEND VEGETABLES	77	2	4	10
	GRILLED EGGS TO ORDER	149	12	10	1	SPLIT PEA SOUP	200	11	5	30	CREAM OF MUSHROOM SOUP	153	5	8	14
	ASST OMELETS TO ORDER	VAR	-	-	-	CAJUN MEATLOAF	403	35	19	23	GRILLED CHICKEN BREAST	179	32	4	0
	OVEN FRIED BACON	88	5	8	0	TURKEY POT PIE	368	28	10	40	FISH & CHIPS	701	27	35	70
	GRILLED TOCINO	239	33	11	0	BROWN GRAVY	73	1	5	5	ISLANDER RICE	149	5	1	31
	GARLIC RICE	148	3	1	32	MASHED POTATOES	105	2	2	20	WAX BEANS	30	2	0	7
	HASH BROWN POTATOES	175	2	6	28	STEAMED RICE	148	3	1	32	CLUB SPINACH	163	9	8	14
PANCAKES	253	7	6	41	BROCCOLI COMBO	77	2	4	10	HOT DINNER ROLLS	325	9	7	56	
T H U R S D A Y	HOT OATMEAL	106	5	2	18	SIMMERED BEETS	50	1	0	12	HOT DINNER ROLLS	325	9	7	56
	GRILLED EGGS TO ORDER	149	12	10	1	HOT DINNER ROLLS	325	9	7	56	CREOLE SOUP	69	3	2	10
	ASST OMELETS TO ORDER	VAR	-	-	-	TEXAS TORTILLA SOUP	135	6	4	22	SALMON FILLET	178	24	8	0
	OVEN FRIED BACON	88	5	8	0	BEEF FAJITAS	458	27	13	59	SALISBURY STEAKS	327	31	16	12
	TURKEY SAUSAGE LINKS	132	15	7	0	TAMALES	300	17	17	21	MUSHROOM GRAVY	77	1	6	6
	HASH BROWN PATTIES	121	2	7	14	SPANISH RICE	153	4	2	31	OVEN BROWNED POTATOES	126	2	4	22
	FRENCH TOAST	206	9	6	29	MEXICAN CORN	117	4	2	25	NOODLES JEFFERSON	241	10	9	29
F R I D A Y	HOT FARINA	104	3	0	22	STEAMED BROCCOLI	40	4	0	7	SIMMERED CARROTS	59	1	0	14
	GRILLED EGGS TO ORDER	149	12	10	1	REFRIED BEANS	107	6	2	17	SEASONED PEAS & MUSHROOM	126	7	2	21
	ASST OMELETS TO ORDER	VAR	-	-	-	HOT JALAPEÑO CORN BREAD	224	5	9	30	HOT DINNER ROLLS	325	9	7	56
	OVEN FRIED BACON	88	5	8	0	NEW ENGLAND CLAM CHOWDER	128	4	6	15	EGG DROP SOUP	51	3	1	7
	CREAMED GRD BEEF	214	21	10	9	BLACKENED FISH	156	30	2	3	SPICY ITALIAN PORK CHOPS	471	30	35	9
	HOME FRIED POTATOES	175	2	6	28	HONEY CORNISH GAME HEN	342	25	21	12	BEEF STEW	286	25	11	22
	WAFFLES	176	4	6	27	CHICKEN GRAVY	47	1	3	3	BROWN GRAVY	73	1	5	5
S A T U R D A Y	HOT HOMINY GRITS	84	2	1	16	STEAMED RICE	148	3	1	32	BOILED EGG NOODLES	207	7	1	41
	GRILLED EGGS TO ORDER	149	12	10	1	O'BRIEN POTATOES	175	3	6	29	GARLIC ROASTED POTATOES	105	2	1	23
	ASST OMELETS TO ORDER	VAR	-	-	-	STEWED TOMATOES	23	1	0	5	SIMMERED GREEN BEANS	36	2	0	8
	OVEN FRIED BACON	88	5	8	0	SEASONED ASPARAGUS	23	2	0	4	CAULIFLOWER COMBO	93	4	4	13
	GRILLED LONGANISA	687	12	69	0	HOT CORNBREAD	212	5	8	30	BAKING POWDER BISCUITS	148	4	4	24
	GARLIC RICE	148	3	1	32	BEEF BARLEY SOUP	86	6	2	12	NAVY BEAN SOUP	122	8	0	23
	HASH BROWN POTATOES	175	2	6	28	CHICKEN CAESAR ROLL-UPS	316	26	6	41	BAKED HAM	172	22	9	0
PANCAKES	253	7	6	41	GRILLED CHEESEBURGERS	400	25	23	22	ROAST TURKEY	172	27	7	0	
S U N D A Y	HOT OATMEAL	106	5	2	18	FRENCH FRIES	288	4	14	39	TURKEY GRAVY	47	1	3	3
	GRILLED EGGS TO ORDER	149	12	10	1	STEAMED BROCCOLI	38	4	0	7	SWEET POTATOES	191	3	0	44
	ASST OMELETS TO ORDER	VAR	-	-	-	SIMMERED CORN	108	4	1	26	WHIPPED POTATOES	105	2	2	20
	OVEN FRIED BACON	88	5	8	0	CHICKEN GUMBO	117	5	5	14	SEASONED PEAS W/ CELERY	111	6	2	18
	BREAKFAST BURRITO	400	28	31	51	YANKEE POT ROAST	419	36	26	9	PARMESAN CAULIFLOWER	67	5	2	8
	HASH BROWN PATTIES	121	2	7	14	BAKED FISH W/ DION SAUCE	178	26	8	0	HOT DINNER ROLLS	325	9	7	56
	FRENCH TOAST	206	9	6	29	ASSORTED OMELETS	VAR	-	-	-	NATURAL GRAVY	3	0	0	0
					OVEN FRIED BACON	88	5	8	0	PARSLEY BUTTERED POTATO	170	3	4	32	
					COUNTRY STYLE STEAK	393	39	19	14	SEASON COLLARD GREENS	88	7	1	17	
					HOT WINGS	355	35	9	3	CALICO CORN	114	4	2	24	
					CREAMED GRAVY	53	2	3	5	HOT DINNER ROLLS	325	9	11	56	
					WHIPPED POTATOES	105	2	2	20						
					SEASONED CARROTS	59	1	0	14						
					FRENCH TOAST	206	9	6	29						
					HOT DINNER ROLLS	325	9	7	56						

# NAVY REGION SOUTHWEST CYCLE 3

	<b>BREAKFAST</b>	<b>C A L</b>	<b>P R O</b>	<b>F A T</b>	<b>C A R B</b>	<b>LUNCH</b>	<b>C A L</b>	<b>P R O</b>	<b>F A T</b>	<b>C A R B</b>	<b>DINNER</b>	<b>C A L</b>	<b>P R O</b>	<b>F A T</b>	<b>C A R B</b>
<b>M O N D A Y</b>	HOT FARINA GRILLED EGGS TO ORDER ASST OMELETS TO ORDER OVEN FRIED BACON CREAMED GRD TURKEY HASH BROWN PATTIES WAFFLES	104 149 VAR 88 160 121 176	3 12 - 5 18 2 4	0 10 - 8 6 7 6	22 1 - 0 10 14 27	CHICKEN NOODLE SOUP SANTA FE GLAZED CHICKEN  STUFFED BELL PEPPERS TOSSED GREEN RICE PAPRIKA BUTTERED POTATOES BROCCOLI COMBO HOT DINNER ROLLS	62 262 342 163 170 106 325	4 33 27 3 3 4 9	2 5 15 2 4 4 7	6 21 24 33 32 17 56	CORN CHOWDER STEAK RANCHERO HUNTER STYLE TURKEY STEW STEAMED RICE LYONNAISE POTATOES SIMMERED MIXED VEGETABLES BRUSSELS SPROUTS BAKING POWDER BISCUITS	136 296 269 148 204 78 57 148	5 37 37 3 3 4 5 4	3 10 5 1 6 1 0 4	25 12 18 32 35 16 11 24
<b>T U E S D A Y</b>	HOT HOMINY GRITS GRILLED EGGS TO ORDER ASST OMELETS TO ORDER OVEN FRIED BACON CORNEED BEEF HASH TATER TOTS PANCAKES	84 149 VAR 88 258 253	2 12 - 5 12 7	1 10 - 8 20 6 6	16 1 - 0 6 41	BEEF NOODLE SOUP SHORT RIBS CARIBBEAN FISH LONG GRAIN RICE OVEN BROWN POTATOES BROWN GRAVY SEASONED PEAS  VEGETABLE STIR FRY HOT DINNER ROLLS	55 440 192 37 126 73 103 121 325	4 16 27 1 2 1 7 3 9	2 41 5 0 4 5 0 4 7 56	6 0 9 8 22 19 19 15	MANHATTAN CLAM CHOWDER GRILLED ITALIAN SAUSAGE W/PEPPERS/ONIONS SOUTHWESTERN SHRIMP W/ PENNE O'BRIEN POTATOES SEASONED GREEN BEANS GLAZED CARROTS HOT DINNER ROLLS	80 201 - 290 175 36 73 325	3 12 - 24 3 2 1 9	1 16 - 5 6 0 2 7	17 1 - 36 29 8 14 56
<b>W E D N E S D A Y</b>	HOT OATMEAL GRILLED EGGS TO ORDER ASST OMELETS TO ORDER OVEN FRIED BACON GRILLED MINUTE STEAK HASH BROWN POTATOES FRENCH TOAST	106 149 VAR 88 250 175 206	5 12 - 5 30 2 9	2 10 - 8 14 6 6	18 1 - 0 0 28 29	OLD FASHIONED BEAN SOUP NEW ENGLAND BOILED DINNER PINEAPPLE CHICKEN PARSLEY BUTTERED POTATOES RICE PILAF MUSTARD SAUCE BOILED CABBAGE SIMMERED CARROTS JALAPENO CORNBREAD	130 626 338 170 201 19 33 59 212	8 36 40 3 4 0 2 1 5	0 33 10 4 37 1 0 0 8	25 26 40 20 26 3 7 14 30	BEEF BARLEY SOUP MUSTARD DILL BAKED FISH BEEF SAUERBRATEN NATURAL PAN GRAVY GRILLED POTATO PATTIES STEAMED RICE SEASONED CAULIFLOWER SEASONED MIXED VEGETABLES HOT DINNER ROLLS	80 168 467 3 124 148 26 78 325	4 26 36 0 3 3 2 4 9	2 6 27 0 2 1 0 7	13 2 19 23 32 5 16 56
<b>T H U R S D A Y</b>	HOT FARINA GRILLED EGGS TO ORDER ASST OMELETS TO ORDER OVEN FRIED BACON GRILLED TOCINO GARLIC RICE HASH BROWN PATTIES WAFFLES	104 149 VAR 88 239 148 121 176	3 12 - 5 33 3 2 4	0 10 - 0 11 1 7 27	22 1 - 0 0 32 14 27	EGG DROP SOUP CHICKEN ADOBO TERIYAKI BEEF EGG ROLLS LO MEIN STEAMED RICE VEGETABLE STIR FRY SWEET & SOUR SAUCE HOT DINNER ROLLS	51 321 213 133 200 148 55 94 325	3 41 26 7 9 3 1 0 9	1 11 8 8 7 1 4 0 7 56	7 14 8 10 10 32 25 6	VEGETABLE SOUP BEEF STROGANOFF MAMBO PORK ROAST RICE PILAF BOILED EGG NOODLES SEASONED ASPARAGUS STEAMED CARROTS HOT DINNER ROLLS	57 250 358 201 207 23 59 325	3 31 29 4 7 2 1 9	1 9 15 4 1 0 4 7	10 8 26 37 41 14 4 56
<b>F R I D A Y</b>	HOT HOMINY GRITS GRILLED EGGS TO ORDER ASST OMELETS TO ORDER OVEN FRIED BACON TURKEY SAUSAGE LINKS HOME FRIED POTATOES PANCAKES	84 149 VAR 88 132 175 253	2 12 - 5 15 2 7	1 10 - 0 0 28 41	16 1 - 0 0 28 41	NEW ENGLAND CLAM CHOWDER PARMESAN BAKED FISH COUNTRY STYLE STEAK LYONNAISE POTATOES ISLANDER RICE CREAM GRAVY CARROTS AMANDINE SEASONED BROCCOLI HOT DINNER ROLLS	128 212 393 204 149 73 76 48 325	4 32 8 6 5 1 2 4 9	6 8 19 35 31 5 9 7 56	15 14 1 31 35 9 5 7	MINISTRONE SOUP CHICKEN ALFREDO CRAB CAKES FRANCONIA POTATOES PENNE PASTA NOODLES VEGETABLE STIR FRY SEASONED WAX BEANS HOT DINNER ROLLS	96 271 404 126 207 121 26 325	5 21 20 2 7 3 1 9	3 7 14 22 41 19 6 56	
<b>S A T U R D A Y</b>	HOT OATMEAL GRILLED EGGS TO ORDER ASST OMELETS TO ORDER OVEN FRIED BACON CREAMED GRD BEEF HASH BROWN POTATOES FRENCH TOAST	106 149 VAR 88 214 175 206	5 12 - 5 21 2 9	2 10 - 8 10 6 6	18 1 - 0 9 28 29	TOMATO SOUP BEEF TACOS GRILLED HAM & CHEESE ONION RINGS MEXICAN RICE MIXED VEGETABLES REFRIED BEANS	96 443 391 333 193 78 107	4 32 21 4 3 4 6	3 26 22 20 5 1 2	15 21 25 35 34 16 17	ZESTY BEAN SOUP HOT & SPICY CHICKEN BARBECUE SPARERIBS HOPPING JOHN GLAZED SWEET POTATOES CORN COMBO STEAMED CAULIFLOWER HOT DINNER ROLLS	127 430 594 177 176 107 26 325	8 45 40 8 1 3 2 9	1 11 16 30 34 18 5 56	
<b>S U N D A Y</b>	HOT FARINA GRILLED EGGS TO ORDER ASST OMELETS TO ORDER OVEN FRIED BACON GRILLED LONGANISA GARLIC RICE HASH BROWN PATTIES WAFFLES	104 149 VAR 88 678 148 121 176	3 12 - 5 12 3 2 4	0 10 - 0 0 32 14 27	22 1 - 0 0 32 14 27	<b>BRUNCH</b> CREAM OF BROCCOLI SOUP GRILLED EGGS TO ORDER ASST OMELETS TO ORDER OVEN FRIED BACON CHICKEN FAJITA PITA CHILI MACARONI DEVILED OVEN FRIES MIXED VEGETABLES WAFFLES HOT DINNER ROLLS	128 149 VAR 88 293 330 113 78 253 325	6 12 - 5 29 22 2 4 7 9	6 10 - 8 4 9 1 1 6 7 7	14 1 - 0 33 42 24 16 41 56	PEPPER POT SOUP GINGER POT ROAST LEMON BAKED FISH WHIPPED POTATOES STEAMED RICE BROWN GRAVY SCALLOPED CORN GLAZED CARROTS HOT DINNER ROLLS	97 415 154 105 148 73 125 73 325	3 36 26 2 3 1 3 1 9	5 26 5 20 32 5 21 14 7	11 8 0 20 5 5 21 14 56