



## **CYCLE DAY 1**

### **BREAKFAST**

PANCAKES  
GRILLED BACON  
CREAMED GROUND BEEF  
HASH BROWNS  
BOILED EGGS  
SCRAMBLED EGG WHITES  
OMELET BAR  
YOGURT & SMOOTHIES  
FRUIT BAR  
CEREAL BAR

### **LUNCH**

SPINACH LASAGNA  
MEAT LASAGNA  
HERBED BAKED CHICKEN  
SPICY BROWN RICE PILAF  
GLAZED BABY CARROTS  
ZUCCHINI W/ BASIL  
TOSCANO SOUP  
TOASTED GARLIC BREAD  
GRILLED CHEESEBURGER  
GRILLED TURKEY BURGER  
FRENCH FRIES  
FRUIT BAR  
SALAD BAR  
MARBLE CAKE  
SUGAR COOKIES  
FRUIT JELLO

### **DINNER**

MEXICAN BAKED CHICKEN  
GRILLED CHEESE  
GRILLED HAM & CHEESE  
SPANISH RICE  
ROASTED BROCCOLI  
STEAMED CORN  
TOMATO SOUP  
FRUIT BAR  
SALAD BAR  
MARBLE CAKE  
SUGAR COOKIES  
FRUIT JELLO



## **CYCLE DAY 2**

### **BREAKFAST**

GRILLED BACON  
GRILLED HAM STEAK  
FRENCH TOAST  
O'BRIEN POTATOES  
HOT OATMEAL  
BOILED EGGS  
SCRAMBLED EGG WHITES  
OMELET BAR  
YOGURT & SMOOTHIES  
FRUIT BAR  
CEREAL BAR

### **LUNCH**

TACOS  
CHALUPA  
TOSSED GREEN RICE  
REFRIED BEANS  
MEXICAN CORN  
SOUTH OF THE BORDER MEDLY  
ASPARAGUS CON QUESO  
CALIENTE  
CORN MUFFINS  
BEEF QUESADILLA  
CHICKEN QUESADILLA  
FRUIT BAR  
SALAD BAR  
PINEAPPLE UPSIDE DOWN CAKE  
SNICKERDOODLE COOKIES  
FRUIT JELLO

### **DINNER**

TURKEY DIVAN  
MEATLOAF  
SEASONED EGG NOODLES  
GARLIC MASHED POTATOES  
BROWN GRAVY  
CORN ON THE COB  
HERBED GREEN BEANS  
ASPARAGUS CON QUESO  
CALIENTE  
CORN MUFFINS  
FRUIT BAR  
SALAD BAR  
PINEAPPLE UPSIDE DOWN CAKE  
SNICKERDOODLE COOKIES  
FRUIT JELLO



## **CYCLE DAY 3**

### **BREAKFAST**

CORNED BEEF HASH  
GRILLED SAUSAGE PATTIES  
WAFFLES  
COTTAGE FRIED POTATOES  
HOT OATMEAL  
BOILED EGGS  
SCRAMBLED EGG WHITES  
OMELET BAR  
YOGURT & SMOOTHIES  
FRUIT BAR  
CEREAL BAR

### **LUNCH**

HONEY GLAZED CHICKEN  
CHUCK WAGON STEW  
LENTIL CHILI  
BROWN RICE  
FRIED CABBAGE  
PEAS & CARROTS  
CHICKEN RICE SOUP  
HOT ROLLS  
GRILLED CHEESEBURGER  
GRILLED TURKEY BURGER  
TATER TOTS  
FRUIT BAR  
SALAD BAR  
OATMEAL CHOC. CHIP COOKIES  
CHOCOLATE CAKE  
FRUIT JELLO

### **DINNER**

ITALIAN RICE & BEEF  
CHICKEN CACCIATORE  
DEVILED OVEN FRIES  
BROWN RICE  
ZUCCHINI W/ BASIL  
STEAMED CAULIFLOWER  
CHICKEN RICE SOUP  
HOT ROLLS  
FRUIT BAR  
SALAD BAR  
CHOCOLATE CAKE  
OATMEAL CHOC. CHIP COOKIES  
FRUIT JELLO



## **CYCLE DAY 4**

### **BREAKFAST**

GRILLED TURKEY LINKS  
SAUSAGE GRAVY W/ BISCUIT  
  
FRENCH TOAST  
  
HOME FRIED POTATOES  
  
HOT OATMEAL  
  
BOILED EGGS  
  
SCRAMBLED EGG WHITES  
  
OMELET BAR  
  
YOGURT & SMOOTHIES  
  
FRUIT BAR  
  
CEREAL BAR

### **LUNCH**

CREOLE MAC  
  
BAKED CHICKEN W/  
MUSHROOM GRAVY  
  
SICILIAN BROWN RICE &  
VEGETABLES  
  
HERBED BROCCOLI  
  
ITALIAN VEG MEDLEY  
  
ZUPPA TUSCANY  
  
GARLIC BREAD STICKS  
  
CHICKEN QUESADILLA  
  
BEEF QUESADILLA  
  
FRUIT BAR  
  
SALAD BAR  
  
CARROT CAKE  
  
BROWNIES  
  
CHOCOLATE CHIP COOKIES  
  
FRUIT JELLO

### **DINNER**

GRILLED CHICKEN SANDWICH  
  
CAJUN ROAST BEEF  
  
MASHED POTATOES  
  
BROWN GRAVY  
  
GREEN BEANS  
  
CAULIFLOWER COMBO  
  
ZUPPA TOSCANO  
  
FRUIT BAR  
  
SALAD BAR  
  
CARROT CAKE  
  
BROWNIES  
  
CHOCOLATE CHIP COOKIES  
  
FRUIT JELLO



## **CYCLE DAY 5**

### **BREAKFAST**

GRILLED HAM STEAK  
MINCED BEEF  
BLUEBERRY PANCAKES  
CHEESY DICED POTATOES  
HOMINY GRITS  
BOILED EGGS  
SCRAMBLED EGG WHITES  
OMELET BAR  
YOGURT & SMOOTHIES  
FRUIT BAR  
CEREAL BAR

### **LUNCH**

BLACKENED CHICKEN  
PIZZA CASSEROLE  
ROSEMARY POTATO WEDGES  
CALICO CORN  
CLUB SPINACH  
CHICKEN CORN CHOWDER  
CLOVERLEAF ROLLS  
GRILLED CHEESEBURGER  
GRILLED TURKEY BURGER  
FRENCH FRIES  
FRUIT BAR  
SALAD BAR  
VANILLA CAKE  
SUGAR COOKIES  
BLONDIES  
FRUIT JELLO

### **DINNER**

ROAST PORK  
SHEPHERDS PIE  
ITALIAN ROASTED POTATOES  
SAVORY SUMMER SQUASH  
FRESH CARROTS  
CHICKEN CORN CHOWDER  
CLOVERLEAF ROLLS  
FRUIT BAR  
SALAD BAR  
VANILLA CAKE  
SUGAR COOKIES  
BLONDIES  
FRUIT JELLO



## **CYCLE DAY 6**

### **BREAKFAST**

TEXAS HASH  
GRILLED BACON  
FRENCH TOAST  
HOME FRIED POTATOES  
HOT FARINA  
BOILED EGGS  
SCRAMBLED EGG WHITES  
OMELET BAR  
YOGURT & SMOOTHIES  
FRUIT BAR  
CEREAL BAR

### **LUNCH**

SAVORY BAKED CHICKEN  
TUNA TETRAZZINI  
GRILLED BACON  
FRENCH TOAST  
HOME FRIED POTATOES  
BROWN RICE  
ROASTED CAULIFLOWER  
CHICKEN W/ WHITE & WILD  
RICE SOUP  
BOILED EGGS  
SCRAMBLED EGG WHITES  
OMELET BAR  
YOGURT & SMOOTHIES  
FRUIT BAR  
SALAD BAR  
CEREAL BAR  
BREAD PUDDING  
FRUIT JELLO

### **DINNER**

BAKED PENNE W/ MEAT SAUCE  
BBQ CHICKEN  
BROWN RICE  
BROCCOLI COMBO  
CARROTS AMANDINE  
CHICKEN W/ WHITE & WILD  
RICE SOUP  
FRUIT BAR  
SALAD BAR  
BREAD PUDDING  
FRUIT JELLO



## **CYCLE DAY 7**

### **BREAKFAST**

CORNED BEEF HASH  
GRILLED HAM STEAK  
WAFFLES  
COTTAGE FRIED POTATOES  
HOT OATMEAL  
BOILED EGGS  
SCRAMBLED EGG WHITES  
OMELET BAR  
YOGURT & SMOOTHIES  
FRUIT BAR  
CEREAL BAR

### **LUNCH**

CORNED BEEF HASH  
CREOLE CHICKEN  
GRILLED HAM & CHEESE  
GRILLED CHEESE  
RICE PILAF  
WAFFLES  
COTTAGE FRIED POTATOES  
HOT OATMEAL  
BOILED EGGS  
SCRAMBLED EGG WHITES  
OMELET BAR  
YOGURT & SMOOTHIES  
TOMATO SOUP  
FRUIT BAR  
SALAD BAR  
CEREAL BAR  
BREAD PUDDING  
FRUIT JELLO

### **DINNER**

CHILI MAC  
PINEAPPLE CHICKEN  
LYONNAISE POTATOES  
HERBED GREEN BEANS  
FRESH CARROTS  
TOMATO SOUP  
FRUIT BAR  
SALAD BAR  
BREAD PUDDING  
FRUIT JELLO



## **CYCLE DAY 8**

### **BREAKFAST**

GRILLED TURKEY LINKS  
GRILLED BACON  
PANCAKES  
O'BRIEN POTATOES  
HOMINY GRITS  
BOILED EGGS  
SCRAMBLED EGG WHITES  
OMELET BAR  
YOGURT & SMOOTHIES  
FRUIT BAR  
CEREAL BAR

### **LUNCH**

CHILI CONQUISTADOR  
FRIED CHICKEN  
SPICY BROWN RICE PILAF  
BAKED MAC & CHEESE  
ANTIGUA BLEND  
CORN O'BRIEN  
CHICKEN SAUSAGE GUMBO  
CORN MUFFINS  
GRILLED CHEESEBURGER  
GRILLED TURKEY BURGER  
FRENCH FRIES  
FRUIT BAR  
SALAD BAR  
MARBLE CAKE  
SUGAR COOKIES  
FRUIT JELLO

### **DINNER**

BEEF STROGANOFF  
ROSEMARY TURKEY ROAST  
EGG NOODLES  
MASHED POTATOES  
CHICKEN GRAVY  
LYONNAISE CARROTS  
ROASTED BROCCOLI  
CHICKEN SAUSAGE GUMBO  
CORN MUFFINS  
FRUIT BAR  
SALAD BAR  
MARBLE CAKE  
SUGAR COOKIES  
FRUIT JELLO





## **CYCLE DAY 9**

### **BREAKFAST**

MINCED BEEF  
GRILLED SAUSAGE PATTIES  
FRENCH TOAST  
BREAKFAST RICE  
HOT FARINA  
BOILED EGGS  
SCRAMBLED EGG WHITES  
OMELET BAR  
YOGURT & SMOOTHIES  
FRUIT BAR  
CEREAL BAR

### **LUNCH**

CHICKEN ENCHILIDAS  
BEEF ENCHILIDAS  
SPANISH RICE  
SIMMERED BLACK BEANS  
MEXICAN CORN  
SOUTH OF THE BORDER  
BROCCOLI  
TEXAS TORTILLA SOUP  
JALAPENO CORNBREAD  
BEEF QUESADILLA  
CHICKEN QUESADILLA  
FRUIT BAR  
SALAD BAR  
PINEAPPLE UPSIDE DOWN CAKE  
SNICKERDOODLE COOKIES  
FRUIT JELLO

### **DINNER**

SPAGHETTI W/ MEAT SAUCE  
CHICKEN ADOBO  
BROWN RICE  
PEAS & CARROTS  
CORN ON THE COB  
TEXAS TORTILLA SOUP  
FRUIT BAR  
SALAD BAR  
PINEAPPLE UPSIDE DOWN CAKE  
SNICKERDOODLE COOKIES  
FRUIT JELLO



## **CYCLE DAY 10**

### **BREAKFAST**

CORNERED BEEF HASH  
GRILLED BACON  
WAFFLES  
HASH BROWNS  
HOMINY GRITS  
BOILED EGGS  
SCRAMBLED EGG WHITES  
OMELET BAR  
YOGURT & SMOOTHIES  
FRUIT BAR  
CEREAL BAR

### **LUNCH**

CHINESE 5 SPICE CHICKEN  
PIZZA  
BROWN RICE  
CLUB SPINACH  
SQUASH & CARROT MEDLEY  
CALIFORNIA MEDLEY SOUP  
TOASTED GARLIC BREAD  
GRILLED CHEESEBURGER  
GRILLED TURKEY BURGER  
FRENCH FRIES  
FRUIT BAR  
SALAD BAR  
CHOCOLATE CAKE  
OATMEAL CHOC. CHIP COOKIE  
CHEESECAKE  
FRUIT JELLO

### **DINNER**

SWEDISH MEATBALLS  
HERBED BAKED CHICKEN  
GARLIC POTATO WEDGES  
EGG NOODLES  
SAVORY SUMMER SQUASH  
ROASTED CAULIFLOWER  
CALIFORNIA MEDLEY SOUP  
FRUIT BAR  
SALAD BAR  
CHOCOLATE CAKE  
OATMEAL CHOC. CHIP COOKIE  
CHEESECAKE  
FRUIT JELLO



## **CYCLE DAY 11**

### **BREAKFAST**

GRILLED TURKEY LINKS  
GRILLED SAUSAGE PATTIES  
BLUEBERRY PANCAKES  
O'BRIEN POTATOES  
  
HOT OATMEAL  
BOILED EGGS  
SCRAMBLED EGG WHITES  
OMELET BAR  
YOGURT & SMOOTHIES  
FRUIT BAR  
CEREAL BAR

### **LUNCH**

YANKEE POT ROAST  
CHICKEN & VEGETABLE ALFREDO  
BOILED PASTA  
GARLIC MASHED POTATOES W/  
GRAVY  
  
FRESH CARROTS  
CALIFORNIA VEGETABLE MEDLEY  
CREAM OF MUSHROOMS SOUP  
TOASTED GARLIC BREAD  
BEEF QUESADILLA  
CHICKEN QUESADILLA  
FRUIT BAR  
SALAD BAR  
CARROT CAKE  
BROWNIES  
CHOC. CHIP COOKIES  
FRUIT JELLO

### **DINNER**

PORK ADOBO  
TERIYAKI CHICKEN  
BROWN RICE  
ROASTED PEPPER POTATOES  
  
FRESH BROCCOLI  
SUMMER SQUASH  
CREAM OF MUSHROOM SOUP  
TOASTED GARLIC BREAD  
FRUIT BAR  
SALAD BAR  
CARROT CAKE  
CHOC. CHIP COOKIES  
BROWNIES  
FRUIT JELLO



## **CYCLE DAY 12**

### **BREAKFAST**

TEXAS HASH  
GRILLED BACON  
FRENCH TOAST  
O'BRIEN POTATOES  
HOMINY GRITS  
BOILED EGGS  
SCRAMBLED EGG WHITES  
OMELET BAR  
YOGURT & SMOOTHIES  
FRUIT BAR  
CEREAL BAR

### **LUNCH**

HONEY LEMON CHICKEN  
HAMBURGER YAKISOBA  
BROWN RICE  
CORN COMBO  
SOUTHERN STYLE GREENS  
BROCCOLI CHEESE SOUP  
HOT ROLLS  
GRILLED CHEESEBURGER  
GRILLED TURKEY BURGER  
FRENCH FRIES  
FRUIT BAR  
SALAD BAR  
VANILLA CAKE  
SUGAR COOKIES  
BLONDIES  
FRUIT JELLO

### **DINNER**

SLOPPY JOE  
GRILLED CHICKEN BREAST  
ISLANDERS RICE  
CAULIFLOWER AU GRATIN  
ANTIGUA VEG BLEND  
FRUIT BAR  
SALAD BAR  
VANILLA CAKE  
SUGAR COOKIES  
BLONDIES  
FRUIT JELLO



## **CYCLE DAY 13**

### **BREAKFAST**

CREAMED GROUND TURKEY

GRILLED HAM STEAK

FRENCH TOAST

COTTAGE FRIED POTATOES

HOT FARINA

BOILED EGGS

SCRAMBLED EGG WHITES

OMELET BAR

YOGURT & SMOOTHIES

FRUIT BAR

CEREAL BAR

### **LUNCH**

GRILLED HAM STEAK

CHICKEN SCALLOPINI

ROAST PORK SANDWICH

GARLIC LEMON POTATO WEDGES

FRENCH TOAST

HOT FARINA

BOILED EGGS

SCRAMBLED EGG WHITES

OMELET BAR

YOGURT & SMOOTHIES

BROCCOLI

CARROTS

CHICKEN RICE SOUP

FRUIT BAR

SALAD BAR

LEMON POUND CAKE

FRUIT JELLO

### **DINNER**

CREOLE MAC

BAKED CHICKEN W/ MUSHROOM  
GRAVY

GARLIC POTATO WEDGES

COLLARD GREENS

MIXED VEGETABLES

CHICKEN RICE SOUP

FRUIT BAR

SALAD BAR

LEMON POUND CAKE

FRUIT JELLO



## **CYCLE DAY 14**

### **BREAKFAST**

SAUSAGE GRAVY W/ BISCUITS

GRILLED BACON

WAFFLES

HOME FRIED POTATOES

HOMINY GRITS

BOILED EGGS

SCRAMBLED EGG WHITES

OMELET BAR

YOGURT & SMOOTHIES

FRUIT BAR

CEREAL BAR

### **LUNCH**

CREOLE CHICKEN

GRILLED CHEESE

GRILLED HAM & CHEESE

SAUSAGE GRAVY W/ BISCUIT

WAFFLES

HOME FRIED POTATOES

HERBED BROCCOLI

MONACO VEG BLEND

TOMATO SOUP

BOILED EGGS

SCRAMBLED EGG WHITES

OMELET BAR

YOGURT & SMOOTHIES

FRUIT BAR

SALAD ABR

CEREAL BAR

LEMON POUND CAKE

FRUIT JELLO

### **DINNER**

ITALIAN RICE & BEEF

SAVORY BAKED CHICKEN

PAPRIKA BUTTERED POTATOES

BEAN COMBO

FRENCH GREEN BEANS

TOMATO SOUP

FRUIT BAR

SALAD BAR

LEMON POUND CAKE

FRUIT JELLO



## **CYCLE DAY 15**

### **BREAKFAST**

MINCED BEEF  
GRILLED BACON  
PANCAKES  
CHEESY DICED POTATOES  
HOT FARINA  
BOILED EGGS  
SCRAMBLED EGG WHITES  
OMELET BAR  
YOGURT & SMOOTHIES  
FRUIT BAR  
CEREAL BAR

### **LUNCH**

BBQ PULLED PORK  
TURKEY A LA KING  
EGG NOODLES  
CAULIFLOWER AU GRATIN  
GREEN BEAN COMBO  
NEW ENGLAND CLAM  
CHOWDER  
HOT ROLLS  
GRILLED CHEESEBURGER  
GRILLED TURKEY BURGER  
FRENCH FRIES  
FRUIT BAR  
SALAD BAR  
MARBLE CAKE  
SUGAR COOKIES  
FRUIT JELLO

### **DINNER**

MEAT LOAF  
CHEDDAR CHICKEN & BROCCOLI  
MASHED POTATOES  
LYONNAISE POTATOES  
BROWN GRAVY  
OKRA MELANGE  
CORN  
NEW ENGLAND CLAM  
CHOWDER  
FRUIT BAR  
SALAD BAR  
MARBLE CAKE  
SUGAR COOKIES  
FRUIT JELLO



## **CYCLE DAY 16**

### **BREAKFAST**

GRILLED BACON  
GRILLED TURKEY LINKS  
FRENCH TOAST  
O'BRIEN POTATOES  
HOT OATMEAL  
BOILED EGGS  
SCRAMBLED EGG WHITES  
OMELET BAR  
YOGURT & SMOOTHIES  
FRUIT BAR  
CEREAL BAR

### **LUNCH**

TACOS  
CHALUPA  
SIMMERED PINTO BEANS  
SPANISH RICE  
SOUTH OF THE BORDER  
BROCCOLI  
HACIENDA BLACK BEANS &  
CORN  
POTATO & ROASTED PEPPER  
SOUP  
CORN MUFFINS  
BEEF QUESADILLA  
CHICKEN QUESADILLA  
FRUIT BAR  
SALAD BAR  
PINEAPPLE UPSIDE DOWN  
CAKE  
SNICKERDOODLE COOKIES  
FRUIT JELLO

### **DINNER**

CHILI MAC  
TURKEY POLYNESIAN  
STEAMED RICE  
CAULIFLOWER COMBO  
SWEET SOUR GREENS  
POTATO & ROASTED PEPPER  
SOUP  
CORN MUFFINS  
FRUIT BAR  
SALAD BAR  
PINEAPPLE UPSIDE DOWN  
CAKE  
SNICKERDOODLE COOKIES  
FRUIT JELLO





## **CYCLE DAY 17**

### **BREAKFAST**

TEXAS HASH  
GRILLED SAUSAGE PATTIES  
WAFFLES  
HASH BROWNS  
HOT FARINA  
BOILED EGGS  
SCRAMBLED EGG WHITES  
OMELET BAR  
YOGURT & SMOOTHIES  
FRUIT BAR  
CEREAL BAR

### **LUNCH**

BEEF & BROCCOLI  
SWEET & SOUR CHICKEN  
PANCIT  
JASMINE RICE  
ORIENTAL VEG. STIR FRY  
SAVORY SUMMER SQUASH  
EGG DROP SOUP  
GRILLED CHEESEBURGER  
GRILLED TURKEY BURGER  
TATER TOTS  
FRUIT BAR  
SALAD BAR  
OATMEAL CHOC CHIP COOKIES  
CHEESECAKE  
CHOCOLATE CAKE  
FRUIT JELLO

### **DINNER**

PIZZA  
HONEY LEMON CHICKEN  
GARLIC POTATO WEDGES  
JOLLOFF RICE  
CALICO CABBAGE  
BLACK EYED PEAS & CARROTS  
CHICKEN GRAVY  
EGG DROP SOUP  
FRUIT BAR  
SALAD BAR  
FRUIT BAR  
SALAD BAR  
OATMEAL CHOC CHIP COOKIES  
CHEESECAKE  
CHOCOLATE CAKE  
FRUIT JELLO



## **DAY 18**

### **BREAKFAST**

CORNERED BEEF HASH  
GRILLED BACON  
PANCAKES  
BREAKFAST RICE  
HOMINY GRITS  
BOILED EGGS  
SCRAMBLED EGG WHITES  
OMELET BAR  
YOGURT & SMOOTHIES  
FRUIT BAR  
CEREAL BAR

### **LUNCH**

CHILI CONQUISTADOR  
BOMBAY CHICKEN  
ROASTED PEPPER POTATOES  
RICE PILAF  
BLACK EYED PEAS &  
CARROTS  
SCANDINAVIAN VEG BLEND  
TORTELLINI SOUP  
BAKING POWDER BISCUITS  
CHICKEN QUESADILLA  
BEEF QUESADILLA  
FRUIT BAR  
SALAD BAR  
CARROT CAKE  
BROWNIES  
CHOC. CHIP COOKIES  
FRUIT JELLO

### **DINNER**

BBQ CHICKEN  
BEEF PORCUPINES  
RED BEANS & RICE  
BAKED MAC & CHEESE  
FRIED CABBAGE  
GREEN BEANS  
TORTELLINI SOUP  
BAKING POWDER BISCUITS  
FRUIT BAR  
SALAD BAR  
CARROT CAKE  
BROWNIES  
CHOC. CHIP COOKIES  
FRUIT JELLO



## **CYCLE DAY 19**

### **BREAKFAST**

SAUSAGE GRAVY & BISCUITS

MINCED BEEF

FRENCH TOAST

HOME FRIED POTATOES

HOT OATMEAL

BOILED EGGS

SCRAMBLED EGG WHITES

OMELET BAR

YOGURT & SMOOTHIES

FRUIT BAR

CEREAL BAR

### **LUNCH**

GRILLED PORK CHOPS

CHICKEN ADOBO

GARLIC POTATO WEDGES

JASMINE RICE

BROCCOLI PARMESAN

SIMMERED SQUASH

BROWN GRAVY

MINESTRONE SOUP

HOT ROLLS

GRILLED CHEESEBURGER

GRILLED TURKEY BURGER

FRENCH FRIES

FRUIT BAR

SALAD BAR

VANILLA CAKE

SUGAR COOKIES

BLONDIES

FRUIT JELLO

### **DINNER**

SWEDISH MEATBALLS

HERBED BAKED CHICKEN

GARLIC LEMON POTATO WEDGES

SPANISH RICE

HACIENDA GREEN BEANS

PEAS & CARROTS

MINESTRONE SOUP

HOT ROLLS

FRUIT BAR

SALAD BAR

VANILLA CAKE

SUGAR COOKIES

BLONDIES

FRUIT JELLO



## **CYCLE DAY 20**

### **BREAKFAST**

GRILLED BACON  
GRILLED SAUSAGE PATTIES  
FRENCH TOAST  
HACIENDA POTATOES  
HOT FARINA  
BOILED EGGS  
SCRAMBLED EGG WHITES  
OMELET BAR  
YOGURT & SMOOTHIES  
FRUIT BAR  
CEREAL BAR

### **LUNCH**

GREEN CHILI  
GRILLED SAUSAGE PATTIES  
FRENCH TOAST  
HACIENDA POTATOES  
GARLIC RICE  
CALICO CORN  
SESAME GLAZED GREEN BEANS  
ZESTY BLACK BEAN SOUP  
BOILED EGGS  
SCRAMBLED EGG WHITES  
OMELET BAR  
YOGURT & SMOOTHIES  
FRUIT BAR  
CEREAL BAR  
BROWNIES  
FRUIT JELLO

### **DINNER**

PINEAPPLE CHICKEN  
BAKED PENNE W/ MEAT SAUCE  
BROWN RICE  
GLAZED CARROTS  
SESAME GLAZED GREEN BEANS  
ZEESTY BLACK BEAN SOUP  
FRUIT BAR  
SALAD BAR  
BROWNIES  
FRUIT JELLO



## **CYCLE DAY 21**

### **BREAKFAST**

GRILLED SAUSAGE LINKS  
GRILLED SAUSAGE PATTIES  
PANCAKES  
O'BRIEN POTATOES  
HOT OATMEAL  
BOILED EGGS  
SCRAMBLED EGG WHITES  
OMELET BAR  
YOGURT & SMOOTHIES  
FRUIT BAR  
CEREAL BAR

### **LUNCH**

TURKEY POT PIT  
SLOPPY JOE  
GRILLED SAUSAGE PATTIES  
PANCAKES  
ROSEMARY POTATO WEDGES  
GREEN BEAN PARISIENNE  
STEAMED CARROTS  
MINESTRONE SOUP  
BOILED EGGS  
SCRAMBLED EGG WHITES  
OMELET BAR  
YOGURT & SMOOTHIES  
FRUIT BAR  
SALAD BAR  
CEREAL BAR  
BROWNIES  
FRUIT JELLO

### **DINNER**

BRAISED BEEF & NOODLES  
PALAVER CHICKEN  
LONG GRAIN & WILD RICE  
ASPARAGUS  
FRESH CARROTS  
MINESTRONE SOUP  
FRUIT BAR  
SALAD BAR  
BROWNIES  
FRUIT JELLO



GALLEY IS OPEN FOR ACTIVE AND RESERVE COMPONENTS.

MENU ITEMS ARE SUBJECT TO CHANGE.

A SPECIAL MEAL IS HELD EVERY 3<sup>RD</sup> WEDNESDAY OF THE MONTH WITH THE EXCEPTION OF THANKSGIVING AND CHRISTMAS. DURING SPECIAL MEALS THE GALLEY IS OPEN IS ALL HANDS INCLUDING DOD EMPLOYEES AND RETIREES.

	DISCOUNT RATE	SURCHARGE	FULL RATE
BREAKFAST	\$3.25	\$1.15	\$4.40
LUNCH	\$5.40	\$1.70	\$7.10
DINNER	\$4.65	\$1.45	\$6.10
HOLIDAY	\$8.55	\$3.00	\$11.55