

**NUTRITION CARE DIVISION  
FT CARSON MEDDAC – 2**

<b>SUNDAY</b> 24 Oct 2004	<b>MONDAY</b> 25 Oct 2004	<b>TUESDAY</b> 26 Oct 2004	<b>WEDNESDAY</b> 27 Oct 2004	<b>THURSDAY</b> 28 Oct 2004	<b>FRIDAY</b> 29 Oct 2004	<b>SATURDAY</b> 30 Oct 2004
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**BREAKFAST:** Fruit♥, juice, hot/cold cereal♥, toast♥, english muffins♥, bagels♥, biscuits, assorted pastries, scrambled eggs, boiled eggs, eggs to order, omelets to order, hash browns, pancakes or french toast, cream cheese, peanut butter, jelly, bacon, sausage, cream beef, country fried steak.

**LUNCH:**

**HALLOWEEN LUNCH**

Soup de Jour Roast Turkey♥ Grilled Ham Mashed Potatoes Sweet Potatoes♥ Turkey Gravy Green Beans♥  Cakes, Pies, & Cookies	Chicken Noodle Soup Chicken Tortilla Soup Chicken Fajitas♥ Roast Beef Brown Gravy Mashed Potatoes Spanish Rice♥ Mexican Corn Carrots♥ Dinner Rolls♥ Cakes, Pies, & Cookies Pasta Bar Chef Salad	Garden Vegetable Soup Baked Potato Chowder Beef Bulgogi Baked Fish♥ Fried Fish Fried Rice Oven Brown Potatoes♥ Egg Rolls Oriental Vegetables♥ Spinach♥ Hot Rolls♥ Cakes, Pies, & Cookies Potato & Gyro Bar Hot Wings Chicken Caesar Salad	Tomato Florentine Soup Chicken & Dumpling Soup Teriyaki Chicken♥ Fried Chicken Corn Beef & Cabbage Boiled Potatoes Steamed Rice♥ Cabbage Carrots Broccoli♥ Dinner Roll♥ Cakes, Pies, & Cookies Pasta Bar Oriental Chicken Salad	Chicken Noodle Soup Black Bean Soup Chicken with Pasta♥ Meatloaf Grilled Reuben Sandwich Mushroom Gravy Mashed Potatoes Green Peas Garden Vegetable Blend♥ Breadsticks♥ Cakes, Pies, & Cookies Taco / Nacho Bar Hot Wings Greek Salad	Clam Chowder Minestrone Soup Baked Chicken♥ Fried Fish Beef Stew Mashed Potatoes♥ Buttered Noodles Carrot Coins Broccoli♥ Breadsticks Chocolate Cake Halloween Cookies Chicken Fingers & Hot Wings Bar Chef's Salad	Soup de Jour Roast Beef♥ Fried Chicken Gravy Mashed Potatoes♥ Glazed Carrots♥ Peas & Onions Hot Rolls♥  Cakes, Pies, & Cookies
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**LUNCH:** Salad Bar **Weekdays Short Order:** Hamburgers, Cheeseburgers, Hot Dogs, Chili Dogs, Grilled Cheese, Grilled Ham and Cheese, Philly Steak Sandwich, Pizza, BLT, Boca Burgers, Grilled Chicken Sandwich, French Fries, Assorted Chips and Bread, Fruit♥, Ice Cream Novelties

**Weekends & Dinner Meal Short Order:** Hamburgers, Cheeseburgers, Grilled Cheese, Grilled Ham and Cheese, French Fries, and Grilled Chicken Sandwich♥

**DINNER:**

\*\*MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO AVAILABILITY OF MENU ITEMS.\*\*

Soup de Jour Grilled Chicken Sandwich♥ Beef Burgundy Buttered Noodles Vegetable Medley♥ (Broccoli, Cauliflower, Carrots) Cakes, Pies, & Cookies	Chicken Noodle Soup Tuna Noodle Casserole Baked Chicken♥ Parsley Rice♥ Summer Squash♥  Cakes, Pies, & Cookies	Garden Vegetable Soup Roast Turkey♥ Turkey Gravy Bread Dressing Mashed Potatoes♥ Green Beans♥ Cakes, Pies, & Cookies	Chicken & Dumpling Soup Oriental Beef♥ Steamed Rice♥ Carrot Coins Oriental Vegetables♥ Cakes, Pies, & Cookies	Chicken Noodle Soup Grilled Pork Chop♥ Oven Browned Potatoes♥ Vegetable Medley♥ Cakes, Pies, & Cookies	New England Clam Chowder Baked Chicken♥ Tamale Pie Steamed Rice♥ Spanish Rice Broccoli♥ Cakes, Pies, & Cookies	Soup de Jour Veal Parmesan Grilled Chicken Sandwich♥ Ziti Pasta w/Marinara Sauce♥ Zucchini♥ Garlic Bread Cakes, Pies, & Cookies
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**HOURS:**

**BREAKFAST:**

Weekdays: 0600-0830  
Weekends/Holidays 0630-0830

**LUNCH:**

*Weekdays:* Full Menu  
Self Service/  
Short Order

**DINNER:**

Full Menu 1600-1730

MELANIE J. CRAIG, LTC, SP, Chief, Nutrition Care Division

*Weekends:* 1130 – 1300

