NUTRITION CARE DIVISION
FT CARSON MEDDAC – 1

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:

SUNDAY 17 Oct 04	MONDAY 18 Oct 04	TUESDAY 19 Oct 04	WEDNESDAY 20 Oct 04	THURSDAY 21 Oct 04	FRIDAY 22 OCT 04	SATURDAY 23 OCT 04
Soup de Jour Baked Chicken ♥ Country Fried Steak Mashed Potatoes ♥ Noodles Jefferson Cream Gravy Green Beans ♥ Corn Cakes, Pies, & Cookies	California MedleySoup Homestyle 7 Bean Soup Grilled Pork Chop ♥ Salisbury Steak Baked Chicken Steamed Rice ♥ Glazed Sweet Potatoes Mushroom Gravy Broccoli ♥ Fried Cabbage Dinner Rolls Pasta Bar Cakes, Pies, & Cookies Chef Salad	Chicken Noodle Soup Baked Potato Chowder French Dip Sandwich Baked Herbed Chicken ♥ Grilled Liver & Onions Steamed Rice ♥ Cheese Stuffed Baked Potato Au Jus Gravy Capri Blend Spinach ♥ Hot Rolls ♥ Potato & Gyro Bar Hot Wings Cakes, Pies, & Cookies Chicken Caesar Salad	Spicy Black Bean Soup Chicken & Dumpling Soup Baked Fish ♥ Fried Catfish Steak Fajitas Chicken Chimichanga Spanish Rice Refried Beans Potato Wedges ♥ Seasoned Greens Summer Squash ♥ Cornbread Pasta Bar Cakes, Pies, & Cookies Oriental Chicken Salad	Garden Vegetable Soup Chicken Tortilla Soup Roast Turkey ♥ Turkey Gravy Lasagna Vegetarian Lasagna Mashed Potatoes ♥ Bread Dressing Broccoli ♥ Cauliflower Parmesan Hot Rolls ♥ Garlic Bread Cranberry Sauce Taco/Nacho Bar Hot Wings Cakes, Pies, & Cookies Greek Salad	Clam Chowder Italian Wedding Soup Steamship Round Au Jus Baked Fish ♥ Fried Fish Macaroni & Cheese Rice Pilaf ♥ Stewed Tomato Green Beans ♥ Cornbread Chicken Strips & Hot Wing Cakes, Pies, & Cookies Chef's Salad	Soup de Jour Baked Chicken ♥ Fried Chicken Beef Stew Chicken Gravy Parsley Rice Mashed Potatoes ♥ Carrot Coins ♥ Rancho Fiesta Blend Veggies Hot Rolls ♥ Cakes, Pies, & Cookies

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, Grilled Chicken Sandwich♥ and French Fries

DINNER:

"MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO AVAILABILITY OF MENU ITEMS."

Soup de Jour Lemon Pepper Chicken ♥ Meatloaf Mashed Potatoes ♥ Mixed Vegetables Spinach ♥ Cakes, Pies, & Cookies	Homestyle 7 Bean Soup Chicken Fajita ♥ Spanish Rice ♥ Summer Squash ♥ Fiesta Corn Cakes, Pies, & Cookies	Chicken Noodle Soup Rigatoni with Meatsauce Roast Turkey ♥ Bread Dressing Oven Browned Potatoes ♥ Gravy Vegetable Medley ♥ Cranberry Sauce Cakes, Pies, & Cookies	Spicy Black Bean Soup Pot Roast ♥ Baked Potato ♥ Vegetable Gravy Green Beans ♥ Cakes, Pies, & Cookies	Garden Vegetable Soup Chicken w/Pasta ♥ Carrots ♥ Garlic Toast ♥ Cakes, Pies, & Cookies	Clam Chowder Cornish Hen ♥ Wild Rice ♥ Brussel Sprouts ♥ Cakes, Pies, & Cookies	Soup de Jour Grilled Pork Chop ♥ Mashed Potatoes ♥ Zucchini ♥ Garlic Toast Cakes, Pies, & Cookies

HOURS:

BREAKFAST: Weekdays: 0600-0830; Weekends/Holidays 0630-0830

LUNCH: ***Weekdays:*** Full Menu 1100-1300; Self Service/ Short Order 1300-1400; ***Weekends:*** 1130 – 1300

DINNER: Full Menu 1600-1730

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

♥ Denotes Heart Healthy Selection, Heart Healthy Meal includes entrée, starch, vegetable, bread, and fruit, and is less than 500 calories and 17g fat (30% fat)