

SHOGUN CAFE

Main Entrée in GREEN for your healthy choice (≤15gm fat)

Menu of the week #1

< 15 - 21 Oct 12 >

Friday 19 Oct 12

<u>Breakfast</u>	<u>cal/prot/fat/chol</u>
Hot Oatmeal	106/5/2/0
Grilled Bacon	88/5/8/13
Corned Beef Hash	258/12/20/50
Cheesy Diced Potatoes	239/11/9/21
Fruit Pancakes	252/7/6/53
Fresh fruits & pastry bars	

<u>Lunch</u>	<u>cal/prot/fat/chol</u>
Shogun Gukbap Soup	92/2/5/1
Swiss Steak w/Mushroom Gravy	338/37/18/108

Hot & Spicy Chicken
430/45/11/120

Mushroom Gravy	77/1/6/0
Steamed Rice	147/3/1/0
Rissolle Potatoes	217/3/9/0
Steamed Cauliflower	43/2/0/0
Simmered Asparagus	18/2/0/0

Chicken Fillet Sandwich
505/21/31/52

French Fried Onion Rings 333/4/20/0
Fresh salad, fruits & dessert bars



<u>Dinner</u>	<u>cal/prot/fat/chol</u>
Shrimp Gumbo	115/5/5/22
Caribbean Catfish	237/22/12/78
Turkey Divan	241/38/5/61
Vegetable Gravy	47/1/3/0
Steamed Rice	147/3/1/0
Garlic Cheese Potatoes	112/3/3/9
Green Bean Creole	47/2/1/0
Cream Style Corn	130/2/3/0
Fresh salad, fruits & dessert bars	

Saturday 20 Oct 12

<u>Breakfast</u>	<u>cal/prot/fat/chol</u>
Hot Farina	104/3/0/0
Grilled Sausage Links	176/6/16/38
Minute Steak	250/30/14/86
Breakfast Fried Rice	194/7/5/50
French Toast	201/8/6/147
Fresh fruits & pastry bars	

<u>Brunch</u>	<u>cal/prot/fat/chol</u>
Eggs to Order	168/12/12/425
French Onion Soup	164/3/11/9
Spaghetti w/Meat Sauce	441/26/10/57

Italian Sausage Sandwich
400/20/20/54

French Bread Pizza	323/14/9/24
Potato Steak Fries	358/4/21/0
Steamed Mixed Vegetables	78/1/0/4

Wax Beans 26/1/0/0
Fresh salad, fruits & dessert bars

<u>Dinner</u>	<u>cal/prot/fat/chol</u>
Chicken with Rice Soup	73/4/2/7
Chicken Stir Fry	195/28/5/40
Salisbury Steak	289/27/12/96
Brown Gravy	73/1/5/0
Rice Pilaf	193/3/4/5
Seasoned Egg Noodles	215/8/3/47
Peas with Carrots	133/6/2/0
Southern Style Greens	107/8/6/15
Fresh salad, fruits & dessert bars	

Sunday 21 Oct 12

<u>Breakfast</u>	<u>cal/prot/fat/chol</u>
Hominy Grits	84/2/1/2
Grilled Ham Slice	140/17/7/45
Corned Beef Hash	258/12/20/50
Home Fried Potatoes	212/3/9/0
French Toast	201/8/6/147
Fresh fruits & pastry bars	

<u>Brunch</u>	<u>cal/prot/fat/chol</u>
Eggs to Order	168/12/12/425
Chicken Noodle Soup	62/4/2/7
BBQ Pork Chops	324/30/19/81
Fiesta Chicken	150/18/2/44

Brown Gravy	73/1/5/0
Shrimp Fried Rice	234/12/7/90
Potato Steak Fries	358/4/21/0
Green Bean Combo	77/2/4/0
Corn-on-the-Cob	123/4/1/0
Fresh salad, fruits & dessert bars	

<u>Dinner</u>	<u>cal/prot/fat/chol</u>
New England Fish Chowder	168/12/6/39
Lemon Baked Salmon	253/25/15/71
Oriental Pepper Steak	227/30/8/86
Brown Gravy	73/1/5/0
Steamed Rice	147/3/1/0
Baked Potatoes	166/3/0/0
Simmered Asparagus	18/2/0/0
Steamed Cauliflower	33/3/0/6
Fresh salad, fruits & dessert bars	

SASEBO DELUXE BREAKFAST

Chilled fresh fruits, fresh juice selection, individual ready-to-eat cereal, fresh white milk, low-fat & chocolate milk, coffee, cappuccino & tea, assorted dough jam & jelly, white & wheat bread, butter, margarine, hot griddle cake, syrup & honey, low-fat yogurt.

EGGS TO ORDER

Grilled sunny side up, over easy, over hard/yolk broken, scrambled, hard boiled, plain or ham & cheese omelet, assorted (low cal) vegetable omelet.

SASEBO SALAD BAR

Carrot, celery & cucumber sticks, pepper rings, tomato wedges, fresh cauliflower, broccoli, shredded cabbage, cucumber slices, mushroom slices, chopped onions, mixed pickles, dill pickles, jalapeno peppers, olives, chopped ham, chopped eggs, shredded cheddar cheese, assorted croutons.

SASEBO FRUIT BAR

Apple, banana, grapes, kiwi, honeydew melon, pear, pineapple, orange, strawberry, watermelon.

ALL ITEMS WILL BE PROVIDED ON A DAILY BASIS FOR LUNCH & DINNER MEALS WITH EXCEPTION OF ANY ITEMS WHICH ARE NOT IN STOCK OR NOT IN SEASON.

MEAL HOURS

	Weekday	Weekend & Holiday
Breakfast	0600 - 0800	0700 - 0900
Lunch	1030 - 1230	1030 - 1230
Dinner	1630 - 1800	1630 - 1800

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

SHOGUN CAFE

Main Entrée in GREEN for your healthy choice (≤15gm fat)

Menu of the week #2

< 22 - 28 Oct 12 >

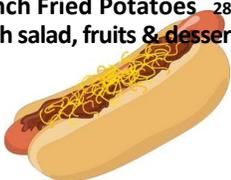
Monday 22 Oct 12

<u>Breakfast</u>	<u>cal/prot/fat/cho</u>
Hot Farina	104/3/0/0
Grilled Sausage Patties	262/12/23/56
Texas Hash	325/27/13/85
Tater Tots	123/2/6/0
Fruit Pancakes	252/7/6/53
Fresh fruits & pastry bars	

<u>Lunch</u>	<u>cal/prot/fat/cho</u>
Tomato Soup Florentine	105/3/1/0
Beef Stew	286/25/11/66
Parmesan Fish	212/32/8/88
Brown Gravy	73/1/5/0
Steamed Rice	147/3/1/0
Seasoned Egg Noodles	57/5/0/0
Steamed Brussels Sprouts	57/5/0/0
Calico Cabbage	53/1/3/7

Speedline

Chili Dog	342/14/20/36
French Fried Potatoes	288/4/14/0
Fresh salad, fruits & dessert bars	



<u>Dinner</u>	<u>cal/prot/fat/cho</u>
Turkey and Rice soup	99/6/4/13
Turkey Pot Pie	360/27/10/67
Braised Spareribs	536/39/40/161
Brown Gravy	73/1/5/0
Steamed Rice	147/3/1/0
Cajun Oven Fries	108/2/1/0
Broccoli Parmesan	72/6/3/5
Lyonnais Carrots	58/1/2/5
Fresh salad, fruits & dessert bars	

Tuesday 23 Oct 12

<u>Breakfast</u>	<u>cal/prot/fat/cho</u>
Hot Oatmeal	106/5/2/0
Grilled Canadian Bacon	89/12/4/28
Grilled Turkey Sausage links	82/9/4/30
Cottage Fried Potatoes	201/2/9/0
Fruit Pancakes	252/7/6/53
Fresh fruits & pastry bars	

<u>Lunch</u>	<u>cal/prot/fat/cho</u>
Cream of Broccoli Soup	128/6/6/16
Herbed Baked Chicken	262/39/10/119
Beef Curry	445/16/21/40
Chicken Gravy	47/1/3/0
Steamed Rice	148/1/0/3
Roasted Pepper Potatoes	100/2/2/5
Wax Beans	26/1/0/0
Corn-on-the-Cob	123/4/1/0

<u>Speedline</u>	<u>cal/prot/fat/cho</u>
Shogun Deluxe Burger	400/25/23/77
French Fried Onion Rings	333/4/20/0
Fresh salad, fruits & dessert bars	



<u>Dinner</u>	<u>cal/prot/fat/cho</u>
Egg Drop Soup	52/3/1/2
Beef Sukiyaki	233/27/10/57
Baked Fish Portion	257/11/14/33
Vegetable Gravy	85/1/6/0
Steamed Rice	147/3/1/0
Garlic Roasted Potato Wedges	105/2/1/0
Steamed Green Beans	36/2/0/0
Japanese Vegetable Stir Fry	123/5/3/0
Fresh salad, fruits & dessert bars	

Wednesday 24 Oct 12

<u>Breakfast</u>	<u>cal/prot/fat/cho</u>
Hot Farina	104/3/0/0
Grilled Bacon	88/5/8/13
Corned Beef Hash	258/12/20/50
Cheesy Diced Potatoes	239/11/9/21
French Toast	201/8/6/147
Fresh fruits & pastry bars	

<u>Lunch</u>	<u>cal/prot/fat/cho</u>
Creamy Shrimp Bisque	212/13/11/13
Chicken Divan	241/38/5/61
Spaghetti w/Meat Sauce	441/26/10/57
Chicken Gravy	47/1/3/0
Mashed Potatoes	94/1/2/5
Simmered Asparagus	18/2/0/0
Savory Summer Squash	16/0/1/0

Speedline

<u>Speedline</u>	<u>cal/prot/fat/cho</u>
Philly Cheesesteak	965/63/39/133
Crinkle Cut French Fries	208/3/8/0
Fresh salad, fruits & dessert bars	



<u>Dinner</u>	<u>cal/prot/fat/cho</u>
Beef Noodle Soup	55/4/2/9
Yankee Pot Roast	392/37/23/114
Seafood Stew	247/27/2/101
Brown Gravy	73/1/5/0
Seasoned Egg Noodles	215/8/3/47
Tossed Green Rice	162/3/2/0
Simmered Broccoli	35/4/0/0
Glazed Carrots	68/1/2/5
Fresh salad, fruits & dessert bars	

Thursday 25 Oct 12

<u>Breakfast</u>	<u>cal/prot/fat/cho</u>
Hominy Grits	84/2/1/2
Grilled Sausage Links	176/6/16/38
Minute Steak	250/30/14/86
Breakfast Fried Rice	194/7/5/50
Fruit Pancakes	252/7/6/53
Fresh fruits & pastry bars	

<u>Lunch</u>	<u>cal/prot/fat/cho</u>
Greek Lemon Soup	51/1/1/3
Tempura Fish	175/26/2/89
Teriyaki Chicken	296/42/10/119
Chicken Gravy	47/1/3/0
Steamed Rice	147/3/1/0
Potatoes Au Gratin	228/6/10/28
Southern Style Greens	107/8/6/15
Blackeye Peas	175/6/1/0

Speedline

<u>Speedline</u>	<u>cal/prot/fat/cho</u>
Shogun Deluxe Burger	400/25/23/77
French Fried Potatoes	288/4/14/0
Fresh salad, fruits & dessert bars	



<u>Dinner</u>	<u>cal/prot/fat/cho</u>
Turkey and Rice Soup	99/6/4/13
Hunter Style Turkey Stew	269/37/5/9
Beef Sauerbraten	467/36/27/114
Au Jus	3/0/0/0
Seasoned Egg Noodles	215/8/3/47
Mashed Potatoes	94/1/2/5
Zucchini with Basil	38/1/2/2
Corn Combo	107/3/4/0
Fresh salad, fruits & dessert bars	

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SHOGUN CAFE

Main Entrée in GREEN for your healthy choice (≤15gm fat)

Menu of the week #2

< 22 - 28 Oct 12 >

Friday 26 Oct 12

<u>Breakfast</u>	<u>cal/prot/fat/chol</u>
Hot Farina	104/3/0/0
Corned Beef Hash	258/12/20/50
Grilled Bacon	88/5/8/13
Home Fried Potatoes	212/3/9/0
French Toast	201/8/6/147
Fresh fruits & pastry bars	

<u>Lunch</u>	<u>cal/prot/fat/chol</u>
Navy Bean Soup	161/9/1/1
Gyu-Don (Beef & Onions)	406/146/19/30
Pork Katsu-Don	386/29/21/77
Lumpia egg rolls	118/5/6/9
Oriental Sweet & Sour Sauce	35/0/0/0
Steamed Rice	147/3/1/0
Simmered Asparagus	18/2/0/0
Steamed Mixed Vegetables	78/4/1/0

Speedline

Chicken Fillet Sandwich	505/21/31/52
French Fried Onion Rings	333/4/20/0
Fresh salad, fruits & dessert bars	



<u>Dinner</u>	<u>cal/prot/fat/chol</u>
French Onion Soup	164/3/11/9
Salmon en Papillote	121/26/5/63
Mambo Pork Roast	358/29/15/81
Brown Gravy	73/1/5/0
Shrimp Fried Rice	234/12/7/90
Oven Browned Potatoes	119/2/4/10
Steamed Peas	103/7/0/0
Corn-on-the-Cob	123/4/1/0
Fresh salad, fruits & dessert bars	

Saturday 27 Oct 12

<u>Breakfast</u>	<u>cal/prot/fat/chol</u>
Hot Oatmeal	106/5/2/0
Grilled Ham Slice	140/17/7/45
Minute Steak	250/30/14/86
Hashed Browns	121/2/7/0
French Toast	201/8/6/147
Fresh fruits & pastry bars	

<u>Brunch</u>	<u>cal/prot/fat/chol</u>
Eggs to Order	168/12/12/425
Broccoli w/Three Cheese Soup	22/1/1/4

Honey Glazed Chicken	295/41/11/126
Corn Dog	258/8/16/35
French Fried Onion Rings	333/4/20/0
Savory Style Beans	125/8/1/0
Simmered Broccoli	35/4/0/0
Creole Summer Squash	44/2/1/0
Fresh salad, fruits & dessert bars	

<u>Dinner</u>	<u>cal/prot/fat/chol</u>
Logging Soup	129/8/3/5
Chicken Parmesan	559/29/38/77
Steak Ranchero	296/37/10/108
Brown Gravy	73/1/5/0
Rice Pilaf	149/3/2/1
Baked Potatoes	166/3/0/0
Simmered Asparagus	18/2/0/0
Steamed Cauliflower	33/3/0/0
Fresh salad, fruits & dessert bars	

Sunday 28 Oct 12

<u>Breakfast</u>	<u>cal/prot/fat/chol</u>
Hot Farina	104/3/0/0
Grilled Sausage Patties	262/12/23/56
Creamed Chipped Beef	169/13/7/15
Tater Tots	123/2/6/0
Fruit Pancakes	252/7/6/53
Fresh fruits & pastry bars	

<u>Brunch</u>	<u>cal/prot/fat/chol</u>
Eggs to Order	168/12/12/425
Okra & Tomato Gumbo Soup	62/3/2/2

Chili Macaroni	330/22/9/50
Chicken Nuggets	481/24/34/57
BBQ/Mustard Sauce	56/1/1/1
Potato Steak Fries	358/4/21/0
Steamed Mixed Vegetables	78/4/1/0
Hacienda Green Beans	87/4/1/0
Fresh salad, fruits & dessert bars	

<u>Dinner</u>	<u>cal/prot/fat/chol</u>
Cream of Asparagus Soup	106/7/7/20

Beef Pot Roast	406/35/26/114
Scalloped Ham & Noodles	238/22/8/61
Brown Gravy	73/1/5/0
Mashed Potatoes	150/2/5/4
Tossed Green Rice	162/3/2/0
Club Spinach	147/10/6/12
Cauliflower with Carrots	93/4/4/0
Fresh salad, fruits & dessert bars	

SASEBO DELUXE BREAKFAST
Chilled fresh fruits, fresh juice selection, individual ready-to-eat cereal, fresh white milk, low-fat & chocolate milk, coffee, cappuccino & tea, assorted doughnuts, jam & jelly, white, wheat & rye bread, butter, margarine, hot griddle cake, syrup & honey, low-fat yogurt.

EGGS TO ORDER
Grilled sunny side up, over easy, over hard/yolk broken, scrambled, hard boiled, plain or ham & cheese omelet, assorted (low cal) vegetable omelet.

SASEBO SALAD BAR
Carrot, celery & cucumber sticks, pepper rings, tomato wedges, cherry wedges, fresh cauliflower, broccoli, bean sprout, shredded cabbage, cucumber slices, mushroom slices, red radish, spinach leaves, chopped onions, mixed pickles, dill pickles, jalapeno peppers, olives, chopped ham, chopped eggs, cheddar cheese cubes, shredded cheese, cottage cheese, raisins, sesame seeds, assorted croutons, assorted yogurts.

SASEBO FRUIT BAR
Apple, banana, grapes, kiwi, musk melon, pear, pineapple, orange, strawberry, watermelon.

ALL ITEMS WILL BE PROVIDED ON A DAILY BASIS FOR LUNCH & DINNER MEALS WITH EXCEPTION OF ANY ITEMS WHICH ARE NOT IN STOCK OR NOT IN SEASON.

	MEAL HOURS	
	Weekday	Weekend & Holiday
Breakfast	0600 - 0800	0700 - 0900
Lunch	1030 - 1230	1030 - 1230
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