

ATTACHMENT I

REGIONAL MASTER MENU

From: Commandant of the Marine Corps

Subj: MARINE CORPS REGIONAL MASTER MENU (WEST COAST)

Ref: (a) MCO P10110.17
(b) MCO P10110.42
(c) MCO P10110.14
(d) MCO P10110.34

Encl: (1) General Instructions
(2) Standard Menus
(3) 28 Day Cyclic Menus
(4) Holiday Menus
(5) Special Menus

1. Purpose. To publish a standardized regional master menu for use in planning, preparing and serving meals to authorized patrons in Marine Corps mess halls.

2. Information

a. This menu is based on the menu planning fundamentals, meal patterns and nutritional allowances contained in the references. It is representative of local master menus currently in use at Marine Corps installations on the West Coast. This menu is subject to review and revision as needed or directed by the installation food service officer.

b. Enclosure (1) outlines the general instructions, guidance and minimum standards governing menu planning, food preparation and meal service in appropriated fund mess halls. Enclosures (2) through (5) detail the standard 28 day cyclic, holiday and other special/ethnic menus.

c. These menu standards are consistent with recipes contained in the Armed Forces Recipe Service and are compatible with, and supported by, the Marine Corps Food Management Information System (MCFMIS).

3. Action. Use of this master menu is mandatory. Changes, deletions and deviations are not authorized without prior approval of the installation food service officer. Substitution of like/similar items to satisfy menu requirements is permitted.

4. Applicability. The contents of this master menu are applicable in their entirety to all west coast installations

operating enlisted mess halls under the Marine Corps Regional Mess Contract. Subj: MARINE CORPS REGIONAL MASTER MENU (WEST COAST)

5. Recommendations. Recommendations concerning the contents of this master menu are invited. Suggestions and comments should be submitted via the appropriate channels/chain of command for evaluation.

6. Point of contact for additional information is Master Gunnery Sergeant Webb at (760) 725-3368 or 3378.

REGIONAL 28 DAY MASTER MENU (WEST COAST)

DAY 1 (SUN) : Oct 1; Oct 29; Nov 26; Dec 24; Jan 21; Feb 18; Mar 18; Apr 15; May 13; Jun 10; Jul 8;
Aug 5; Sep 2; Sep 30

CALORIE		FACTOR	PORTION
<u>BREAKFAST BRUNCH</u>	<u>RECIPE #</u>	<u>PER 100</u>	<u>SIZE</u>
<u>COUNT</u>			
1285 Chilled Fruit	FRE	See Encl (1)	VAR
See Encl 1			
1321 Asst'd Dry Cereal	Ind	100 ea	1 ea
Var 92-127			
685 Hot Oatmeal	E-1-3	6#	3/4 cup
70			
2180 Omelets	F-8(1-12)	16.66 dz	1/3 cup
Var			
708 Scrambled eggs	F-10	16.66 dz	1/2 cup
96			
1632 Hard cooked eggs	F-4-2	16.66 dz	2 ea
156			
1026 Baked Sausage Links	L-91-1	12#	2 links
180			
918 Grilled bacon	L-2-2	18#	3 Slc
105			
236 Creamed beef	L-30	6#	2 oz
285			
487 Hash brown potatoes	Q-46-2	18#	1/2 cup
165			
19 French toast	D-22	100 Slc	2 1/2 Slc
347			
22 Pancakes	MFR	3 #10cn	2 ea
246			
616 Waffles	MFR	10.5	2 ea
660			
1609 Grilled Cheeseburgers	N-12-1	25#	2 patties
399			
1020 Grilled hot dogs	N-30-4	10#	2 ea
612			
2219 French fries	Q-45	35#	1 cup
390			
479 Onion rings	Q-35-1	35#	2 1/2 oz
234			
453 Baked bean	Q-2-1	27#8oz	1/2 cup
270			

DINNER BRUNCH

REGIONAL 28 DAY MASTER MENU (WEST COAST)

218	Beef vegetable soup	MFR	9 cn	1 cup
125	183 Tomato soup	MFR	9 cn	1 cup
	75			
596	Parmesan croutons	D-16-2	2#	8 ea
57				
	Shrimp Creole	L-136	20#	1 cup
	205			
168	Meat loaf	L-35	30#	1 slice
340				
489	Mashed potatoes	MFR	1 cn	1/2 cup
169				
36	Steamed rice	E-5	9#	3/4 cup
160				
184	Brown gravy	O-16	6 1/4qt	2 oz
85				
1417	Steamed Broccoli	Q-G-3	30#	3 spears
25				
	Simmered Succotash	Q-G-3	27#	3/4 cup
76				
29	Hot dinner rolls	MFR	17 dz	2 ea
83				

PASTRY BAR

625	Muffins cinnamon crumb	D-29-5	200 ea	1 ea
446				
655	Bear claws	D-G-7-9	200 ea	2 ea
458	67 Pecan pie	I-31	11#2 cns	1/6
	pie 478			
88	Oatmeal cookies	H-7	8 pns	2 ea
416				
903	Marble cake w/	G-32-3	2 pns	1 pc
190				
1718	Mocha Butter Cream	G-22-6	2 1/2qt	1tsp
125				
	Frosting			

BAG LUNCH #2

DAY 2 - (MON) : Oct 2; Oct 30; Nov 27; Dec 25; Jan 22; Feb 19; Mar 19; Apr 16; May 14; Jun 11; Jul 9;
Aug 6; Sep 3

CALORIE BREAKFAST		FACTOR	PORTION	
SIZE	COUNT		RECIPE #	PER 100

REGIONAL 28 DAY MASTER MENU (WEST COAST)

1285 Chilled Fruit	FRE	See Encl(1)	VAR	See
Encl 1				
1321 Asst'd Dry Cereal	Ind	100 ea	Var	VAR
92-127				
684 Hominy Grits	E-1-2		4# 8oz	
2/3cup 70				
2180 Omelets	F-8(1-12)	16.66 dz	1/3 cup	VAR
698 Fried eggs to order	F-7	16.66 dz	1/2 cup	180
1632 Hard cooked eggs	F-4-2	16.66 dz	2 ea	156
708 Scrambled eggs	F-10	16.66dz	1/2 cup	196
1006 Grilled ham slices	L-71-3	20#	3oz	162
236 Creamed beef	L-30	6#	2oz	285
487 Hash Brown Potatoes	Q-46-2	18#	1/2 cup	
165				
19 French toast	MFR	3 #10	cn 2 ea	
347				
22 Pancakes	MFR	3 #10cn	2 ea	
246				
616 Waffles	MFR	10.5#	2 ea	
660				
130 Oven fried bacon	L-2	12#	2 ea	105

LUNCH

872 New England Clam Chowder	MFR	9 cns	1 cup	
180				
866 Chicken Noodle Soup	MFR	9 cns	1 cup	
80				
596 Parmesan croutons	D-22	2#	8 ea	57
327 Roast turkey	L-162	38#	4oz	
342				
338 Southern Fried Catfish	L-56-1	61#	1 ea	259
489 Mashed potatoes	MFR	1 cn	1/2 cup	
169				
36 Steamed rice	E-5	9#	3/4 cup	153
Simmered Carrots	Q-G-3	27#	3/4 cup	
27				
1239 Peas & mushrooms	Q-41	27#(p) 9#6oz(m)	3/4 cup	100
840 Turkey gravy	O-16(2)	6 1/4 Qt	2 oz	46
189 Savory bread dressing	O-21	10#	1sq	195
181 Tartar sauce	Ind	200 Ind	2 T	100
1307 Lemon wedges	M-G-2	12 1/2 Lem	1/8 Lem	
5				

DINNER

REGIONAL 28 DAY MASTER MENU (WEST COAST)

866 Chicken noodle soup	MFR	9cn	1 cup	
80				
872 New England Clam Chowder	MFR	9cn	1 cup	
180				
596 Parmesan croutons	D-16-2	2#	8 ea	57
939 Chili mac	L-28-2	14#	1 1/4 cup	574
324 Savory baked chicken	L-158	82#	1 piece	473
489 Mashed potatoes	MFR	1cn	1/2cup	169
410 Grilled cheese	N-6	200ea	1 sand	415
184 Brown gravy	O-16	6 1/4qt	2 oz	
85				
Creole Green Beans	Q-7-1	16#	1/2 cup	
36				
468 French Fried Cauliflower	Q-20	20#	4 pieces	100

PASTRY BAR

1598 Cinnamon rolls	D-G-7-3	200 ea	2 ea	
420				
820 Blueberry muffins	D-29-1	200 ea	1 ea	
207				
Asst. Fruit Pies	D-41	13 pie	1 slice	
Var				
51 White cake w/	G-30	2 pns	1 slice	195
1761 Chocolate frosting	G-22-2	4 1/2qt	N/A	80
86 Chocolate chip cookies	H-20	8 pns	2 ea	250

Bag Lunch #1

DAY - 3 (TUE) : Oct 3; Oct 31; Nov 28; Dec 26; Jan 23; Feb 20; Mar 20; Apr 17; May 15; Jun 12; Jul 10;
Aug 7; Sep 4

PORTION <u>BREAKFAST</u> <u>COUNT</u>	CALORIE	RECIPE #	FACTOR	
			<u>PER 100</u>	<u>SIZE</u>
1285 Chilled Fruit		FRE	See Encl(1)	VAR
See Encl 1				
1321 Asst'd Dry Cereal		Ind	100 ea	1 ea
Var 92-127				
685 Hot oatmeal		E-1-3	6#	3/4 cup
70				
698 Fried eggs to order		F-7	16.66 dz	2 ea
180				
2180 Omelets		F-8(1-12)	16.66 dz	1/3 cup
Var				

REGIONAL 28 DAY MASTER MENU (WEST COAST)

708	Scrambled eggs	F-10	16.66 dz	1/2 cup
196				
1632	Hard cooked eggs	F-4-2	16.66 dz	2 ea
156				
2109	Grilled minute steak	LR	47#	2 1/2 oz
156				
1026	Baked sausage links	L-91-1	12#	2 Links
180				
236	Creamed beef	L-30	6#	2 oz
285				
487	Hash brown potatoes	Q-46-2	18#	1/2 cup
207				
19	French toast	D-22	200 Slc	2 Slc
660				
22	Pancakes	MFR	3 #10cn	2 ea
246				
616	Waffles	MFR	10.5#	2 ea
660				

LUNCH

215	Cream of mushroom	MFR	9 cns	1 cup
126				
1463	Bean and bacon soup	MFR	9 cns	1 cup
204				
596	Parmesan croutons	D-16-2	2#	8 ea
115				
1013	Pork Chops Creole	L-83	33#	1 piece
390				
132	Oven Roast Beef	L-5	40#	4oz
475				
1250	Franconia Potatoes	Q-50-1	35#	1 cup
113				
36	Steamed rice	E-5	9#	3/4 cup
153				
184	Brown gravy	O-16	6 1/4 Qt	2oz
76				
1217	Glazed Carrots	Q-17-1	18#	1/2
cup 120				
1207	Green Beans & Mushrooms	Q-7-2	16#	1/2 cup
90				
29	Hot dinner rolls	MFR	17 dz	2 ea
166				

DINNER

REGIONAL 28 DAY MASTER MENU (WEST COAST)

215	Cream of mushroom	MFR	9 cns	1 cup
126				
1463	Bean and Bacon Soup	MFR	9 cns	1 cup
204				
596	Parmesan croutons	D-16-2	2#	8 ea
115				
327	Roast turkey	L-162	38#	2-3
slice 342				
158	Beef Stew	L-22	30 lb	10
1/2 oz 535				
1796	Egg Noodles	E-4	12#	1 cup
208				
489	Mashed potatoes	MFR	1 cn	1/2 cup
169				
840	Turkey gravy	O-16-2	6 1/4qt	2 oz
47				
	Steamed Cauliflower	Q-G-3	30#	3/4
cup 30				
533	Peas	Q-G-3	27#	3/4
cup 85				

PASTRY BAR

624	Apple Muffins	D-29-4	200 ea	2 ea
229				
655	Bear claws	G-7-9	100 ea	2 ea
458				
55	Apple Pie	I-8	3 #10 cns	1 slc
460				
1541	Yellow Cake w/	G-32	2 #10 cns	1 pc
200				
	Coconut Cream Icing	G-22-3		2 1/2 Qt
N/A 74	Short bread cookies			H-5
8 pns	2 ea	260		

BAG LUNCH #4

DAY - 4 (WED) : Oct 4; Nov 1; Nov 29; Dec 27; Jan 24; Feb 21; Mar 21; Apr 18; May 16; Jun 13; Jul 11;
Aug 8; Sep 5

CALORIE		FACTOR	PORTION
<u>BREAKFAST</u>	<u>RECIPE #</u>	<u>PER 100</u>	<u>SIZE</u>
<u>COUNT</u>			

REGIONAL 28 DAY MASTER MENU (WEST COAST)

1285	Chilled Fruit	FRE	See Encl (1)	VAR
See Encl 1				
1321	Asst'd Dry Cereal	Ind	100 ea	
	1 ea	Var 92-127		
684	Hominy Grits	E-1-2	4# 8oz	2/3
	cup 70			
698	Fried eggs to order	F-7	16.66 dz	2 ea
180	2180 Omelets		F-8(1-12)	16.66 dz
	1/3 cup	Var		
708	Scrambled eggs	F-10	16.66 dz	
	1/2 cup 196			
1632	Hard cooked eggs	F-4-2	16.66 dz	
	2 ea 156			
487	Hash brown potatoes	Q-46-2	18#	1/2
	cup 207			
919	Grilled canadian bacon	L-2-3	12.5#	2 Slc
165				
1023	Baked sausage patties	L-89-3	18#	1 pattie
222				
236	Creamed beef	L-30	6#	2 oz
285				
22	Pancakes	MFR	3# 10 cn	2 ea
246				
616	Waffles	MFR	10.5# cns	
	2 ea 660			
19	French toast	D-22	200 slices	
	1 ea 347			

LUNCH

212	Split pea soup	MFR	9 cns	
	1 cup 130			
	Chicken and Rice	MFR	9 cns	1
	cup 50			
596	Parmesan croutons	D-16-2	2#	
	8 ea 57			
244	Beef yakisoba	L-62	25#	1
	1/4cup 373			
133	Beef sukiyaki	L-6	25#	
	1 cup 294			
697	Egg foo young	F-6	6#	1 omlt
190	1795 Pork fried rice		E-7-1	9#
	3/4 cup 240			
512	Parsley buttered potatoes	Q-33	35#	4-6
	pieces 150			

REGIONAL 28 DAY MASTER MENU (WEST COAST)

1935	Egg roll	MFR	100 ea	
1	Ea	102	463	Fried cabbage Q-12
18#	13oz	1/2 cup	44	
472	Vegetable stir fry	Q-25	20#	3/4 cup
132				
2316	Fortune cookies	mfr	100 ea	1 cookie
15				

DINNER

212	Split pea soup	MFR	9 cns	
1	cup	130		
221	Chicken w/Rice Soup	MFR	9 cns	1
	cup	57		
596	Parmesan croutons	D-16-2	2#	8 ea
115	924 Yankee Pot Roast	L-10-2	40#	3
1/2 oz	254 Chicken Five Spice	L-153	82#	
1	piece	299	840	Chicken gravy O-16-2
6	1/4qt	2 oz	47	
37	Rice Pilaf	E-8	8#	3/4 cup
190				
	Buttered Noodles	E-4-1	12#	
1	cup	245		
	Spinach Club	Q-60	18#	1/2 cup
23				
	Simmered Corn	Q-G-3	27#	3/4 cup
133				
1183	Dinner rolls	MFR	17dz	2 rolls
166				

PASTRY BAR

625	Muffins cinnamon crumb	D-29-5	200 ea	1 slice
446				
	Chocolate Glazed Doughnut	D-18-3	100 ea	1 ea
146				
1816	Strawberry Shortcake	G-16-1	2 Pns	1 pc
330				
71	Brownies	H-2	2 Pns	1 pc
361				
898	Boston Cream Pie	G-32-2	17 pies	1/6 pie
290				
1643	Chocolate Glaze	G-24	2 1/4qt	N/A
20				
BAG LUNCH #5				

REGIONAL 28 DAY MASTER MENU (WEST COAST)

DAY - 5 (THU) : Oct 5; Nov 2; Nov 30; Dec 28; Jan 25; Feb 22; Mar 22; Apr 19; May 17; Jun 14; Jul 12;
Aug 9; Sep 6

CALORIE		FACTOR	PORTION
BREAKFAST	RECIPE #	PER 100	SIZE
COUNT			
1285	Chilled Fruit	FRE	See Encl (1) VAR
See Encl 1	1321 Asst'd Dry Cereal	Ind	100 ea
1 ea	Var 92-127		
685	Hot oatmeal	E-1-3	6# 3/4 cup
70			
698	Fried eggs to order	F-7	16.66 dz 2 ea
180			
2180	Omelets	F-8(1-12)	16.66 dz 1/3
cup	Var		
708	Scrambled eggs	F-10	16.66 dz 1/2
cup	196		
1632	Hard cooked eggs	F-4-2	16.66 dz 2 ea
156			
1006	Grilled ham slices	L-71-3	20# 3oz
162			
1026	Baked sausage links	L-91-1	12# 2 lnks
180			
236	Creamed beef	L-30	18# 2/3
cup	285		
487	Hash brown potatoes	Q-46-2	18# 1/2
cup	165		
19	French toast	D-22	200 Slc 2
Slc	347		
22	Pancakes	MFR	3 #10cn 2 ea
246			
616	Waffles	MFR	10.5# 2 ea
660			

LUNCH

223	Minestrone soup	MFR	9 cns	1
cup	115			
2027	Beef and noodle soup	MFR	9 cns	1 cup
97				
596	Parmesan croutons	D-16-2	2#	8 ea
57				
238	Beef cordon bleu	L-55	25#	1
Cordon Bleu	422			

REGIONAL 28 DAY MASTER MENU (WEST COAST)

271	Fresh roast ham	L-96	45#	2
	slice 171			
489	Mashed potatoes	MFR	1 #10 cn	1/2 cup
169				
	Parsley Buttered Potatoes	Q-33	35#	4
	pieces 150			
184	Brown gravy	O-17	6 1/4qt	2 oz
65				
1239	Peas w/ Mushrooms	Q-41	27#	3/4 cup
57				
1222	Cauliflower Parmesan	Q-24-2	16#	1/2 cup
99				

DINNER

2027	Beef noodle soup	MFR	9 cns	1 cup
97				
223	Minestrone soup	MFR	9 cns	1
	cup 115			
596	Parmesan croutons	D-16-2	2#	8 ea
57				
	Fried Fish Portion	L-124-2	25#	1 stk
300				
154	Barbecue beef	L-18	30#	3/4 cup
	Macaroni & Cheese	F-1	8#	1 cup
	330			
36	Steamed rice	E-5	9#	3/4 cup
160				
184	Brown gravy	O-16	6 1/4 Qt	2 oz
76				
13	Corn Bread	D-14	2 pns	1 pc
230				
1360	Wax Beans	Q-G-3	24#	1/2 cup
34				
1982	Broccoli	Q-G-3	30#	1/2 cup
37				
181	Tartar sauce	Ind	200 Ind	2 ea
100				
1307	Lemon wedges	M-G-2	12 1/2 Lem	1/8
	Lem 5			

PASTRY BAR

623	Blueberry muffins	D-29-5	200 ea	1 ea
446	620 Kolaches	D-27	8 pns	
1 ea	207	884	Pineapple Up/Down cake	G-29 2
pns	1 ea	295		

REGIONAL 28 DAY MASTER MENU (WEST COAST)

717	Congo bars	H-4-1	2 pns	2
	bars 257			
	Asst Fruit Pies	MFR	13 pie	1
	slice Var			

BAG LUNCH #6

DAY - 6 (FRI): Oct 6; Nov 3; Dec 1; Dec 29; Jan 26; Feb 23; Mar 23; Apr 20; May 18; Jun 15; Jul 13;
Aug 10; Sep 7

CALORIE	BREAKFAST		FACTOR	PORTION
<u>SIZE</u>	<u>COUNT</u>		<u>RECIPE #</u>	<u>PER 100</u>
1285	Chilled Fruit	FRE	See Encl (1)	VAR
	See Encl 1			
1321	Asst'd Dry Cereal	Ind	100 ea	1 ea
Var 92-127	684 Hominy Grits		E-1-2	4# 8oz
	2/3 cup 70			
698	Fried eggs to order	F-7	16.66 dz.	2 ea
	180			
2180	Omelets	F-8 (1-12)	16.66 dz	1/3 cup
	Var			
708	Scrambled eggs	F-10	16.66 dz	1/2 cup
	196			
1632	Hard cooked eggs	F-4-2	16.66 dz	2 ea
	156			
1016	Grilled pork chops	L-85-1	33#	1 chop
	179			
130	Oven fried bacon	L-2	18#	2 slc
	105			
236	Creamed beef	L-30	6#	2 oz
	285			
487	Hash brown potatoes	Q-46-2	18#	1/2 cup
	165			
616	Waffles	MFR	10.5#	2 ea
	660			
22	Pancakes	MFR	3# 10 cn	2 ea
	246			
19	French toast	D-22	200 slc	2 ea
	347			

LUNCH

197	Tomato soup	MFR	9 cns	1 cup
	75			

REGIONAL 28 DAY MASTER MENU (WEST COAST)

221	Chicken w/Rice Soup	MFR	9 cns	1
cup	69			
596	Parmesan croutons	D-16-2	2#	8 ea
57				
327	Roast turkey	L-162	38#	3 1/2 oz
413				
170	Salisbury steak	L-37	28#	4 oz
	299			
489	Mashed potatoes	MFR	1 No.10cn	1/2 cup
169				
36	Rice	E-5	9#	3/4 cup
160				
840	Turkey gravy	O-16-2	6 1/4 Qt	2 oz
	47			
184	Brown gravy	O-16	6 1/4 Qt	2 oz
76	Corn 188 Bread Dressing	O-20		2 pns
	1 sqr	185		
1235	Peas & Carrots	Q-G-3	27#	3/4 cup
86				
500	Club Spinach	Q-60	27#	1/2 cup
159				
1183	Dinner rolls	MFR	17dz	2 rolls
166				

DINNER

197	Tomato soup	MFR	9 cns	1 cup
75				
221	Chicken w/Rice Soup	MFR	9 cns	1 cup
	69			
596	Parmesan croutons	D-16-2	2#	8 ea
	57			
161	Lasagna	L-25	12#	1 pc
408				
1016	Grilled pork chops	L-85-1	33#	1 chop
400	489 Mashed potatoes	MFR	1#10cn	1/2
cup	169			
184	Brown gravy	O-16	6 1/4 qt	2 oz
76				
5	Garlic Toast	D-7	13 loaves	2slc
290				
517	Green Bean Combo	Q-1-5	30#	3/4 cup
30				
537	Lima Beans	Q-G-3	27#	3/4 cup
92				

PASTRY BAR

REGIONAL 28 DAY MASTER MENU (WEST COAST)

1598	Cinnamon rolls w/Raisins	D-G-7-3	100 ea	1 ea
420				
26	Muffins Plain	D-29	100 ea	1 ea
167				
1413	Oatmeal Raisin Cookies	H-9-1	8 pns	2 cookie
256				
556	Devil's Food Cake	G-12-1	2 pns	1 sl
230				
1767	Choc Frosting	G-9	2 1/2qt	N/A
80				
68	Pumpkin Pie	I-13	13 pie	1/8 sl
295				
815	w/whip topping			
	BAG LUNCH #7			

DAY - 7 (SAT) : Oct 7; Nov 4; Dec 2; Dec 30; Jan 27; Feb 24; Mar 24; Apr 21; May 19; Jun 16; Jul 14; Aug 11; Sep 8

CALORIE		FACTOR	PORTION
<u>BREAKFAST BRUNCH</u>	<u>RECIPE #</u>	<u>PER 100</u>	<u>SIZE</u>
<u>COUNT</u>			
1285	Chilled Fruit	FRE	See Encl (1) Var
	See Encl 1		
1321	Asst'd Dry Cereal	Ind	100 ea 1 ea
	Var 92-127		
684	Hominy Grits	E-1-2	4# 8oz
	2/3 cup 70		
698	Fried eggs to order	F-7	16.66 dz 2 ea
180	2180 Omelets	F-8(1-12)	16.66 dz
	1/3 cup Var 708 scrambled eggs	F-10	
	16.66 dz 1/2 cup 196		
1632	Hard cooked eggs	F-4-2	16.66 dz 2 ea
156			
130	Oven fried bacon Slices	L-2	18# 3 slc
129			
1006	Grilled ham slices	L-71-3	20# 3 oz
162			
236	Creamed beef	L-30	6# 2 oz
285			
19	French toast	D-22	100 Slc 2 1/2
	Slc 347		
1609	Grilled Cheeseburgers	N-12-1	25# 2 patties
399			

REGIONAL 28 DAY MASTER MENU (WEST COAST)

1020	Grilled hot dogs	N-30-4	10#	2 ea
612				
22	Pancakes	MFR	3 #10cn	2 ea
246				
616	Waffles	MFR	10.5#	2 ea
660				
487	Hash brown potatoes	Q-46-2	18#	1/2 cup
165				
2219	French fries	Q-45	30#	1 cup
390				
479	Onion rings	Q-35-1	35#	2 1/2 oz
234				
453	Baked beans	Q-2	27# 8oz	1/2
cup	270			

DINNER BRUNCH

228	Cream of chicken soup	MFR	9 cns	1 cup
165				
2027	Beef noodle soup	MFR	9 cns	1 cup
125				
596	Parmesan croutons	D-16-2	2#	8 ea
57				
262	Teriyaki steaks	L-8	47#	1 stk
465	1074 Southern baked chicken	L-155-1	82#	1
piece	473			
1246	Cottage fried potatoes	Q-46-1	31#	2/3 cup
186				
36	Steam rice	E-5	9#	
3/4 cup	160			
184	Brown gravy	O-16	6 1/4 qt	2oz
85				
840	Chicken gravy	O-16(2)	6 1/4 qt	2 oz
47				
Simmered Mix Vegetables	Q-G-3	27#	2/3	
cup	70			
Simmered Spinach	Q-G-3	27#	2/3	
cup	15			
1183	Dinner rolls	MFR	17dz	2 rolls
166				

PASTRY BAR

630	Banana muffins	D-29-3	9 pns	1 ea
207				
620	Kolaches	D-27	8 pns	1 roll
147				

REGIONAL 28 DAY MASTER MENU (WEST COAST)

2038	Chocolate cream pie	I-28	13 pies	1
	Slice	310		
663	Banana cake w/	G-6	2 pns	1 Slice
185				
1642	Butter cream frosting	G-22	2 1/2 qts	N/A
125				
73	Chewy nut bars	H-4	2 pns	2 bars
238				

BAG LUNCH #3

DAY - 8 (SUN) : Oct 8; Nov 5; Dec 3; Dec 31; Jan 28; Feb 25; Mar 25; Apr 22; May 20; Jun 17; Jul 15;
Aug 12; Sep 9

CALORIE		FACTOR		PORTION	
BREAKFAST	BRUNCH	RECIPE #	PER 100	SIZE	
<u>COUNT</u>					
1285	Chilled Fruit	FRE	See Encl (1)	VAR	
See Encl 1	1321 Asst'd Dry Cereal	Ind		100 ea	
1 ea	Var 92-127				
684	Hominy Grits	E-1-2	4# 8oz	2/3 cup	
70	698 Fried eggs to order	F-7		16.66 dz	
2 ea	180				
2180	Omelets	F-8 (1-12)	16.66 dz	1/3	
cup	Var				
708	Scrambled eggs	F-10	16.66 dz	1/2	
cup	196				
1632	Hard cooked eggs	F-4-2	16.66 dz	2 ea	
	156				
2109	Minute steak	LR	25#	2	
1/2 oz	195				
130	Oven fried bacon	L-2-1	18#	3	
slc	105				
236	Creamed beef	L-30	6#	2 oz	
	285				
488	Home fried potatoes	Q-47	35#	3/4C	
	198				
19	French toast	D-22	200	2 ea	
246					
616	Waffles	MFR	10.5#	2 ea	
	660				
22	Pancakes	MFR	3# 10cn	2 ea	
246					

REGIONAL 28 DAY MASTER MENU (WEST COAST)

410	Grilled cheese Burgers	N-12-1	25#	2 patties
399				
1020	Grilled hot dogs	N-30-4	10#	2 ea
	612 2219 2219	French fries		Q-45
30#	1 cup	390		
2226	French Fried onion rings	Q-35-1	35#	2 1/2 oz
234				
453	Baked beans	Q-2	27#8oz	1/2 cup
270				

DINNER BRUNCH

218	Beef vegetable soup	MFR	9 cns	1 cup
210				
1463	Bean and bacon soup	MFR	9 cns	1 cup
204				
596	Parmesan croutons	D-16-2	2#	8 ea
57				
168	Meat loaf	L-35	30#	1 slc
372				
263	Pork Chop Suey	L-80	32#	1
1/4 cup	410			
697	Egg foo young	F-6	6#	1
omlt	190			
1522	Chow Mien Noodles	MFR	4 cns	1/2 cup
79				
36	Steamed rice	E-5	9#	3/4 cup
160				
	Fried Rice	E-7-1	9#	3/4
cup	240			
184	Brown gravy	O-16	6 1/4qt	
2 oz	76			
468	French Fried Cauliflower	Q-20	20#	4
pieces	124			
472	Stir fry vegetables	Q-25	18# 12oz	1/2 cup
132				
29	Hot dinner rolls	MFR	17 dz	2 ea
166				

PASTRY BAR

602	Glazed Doughnuts	D-18-7	100 ea	2 ea
405				
629	Muffins Raisin	D-28-1	8 pns	1 ea
52	Cheese Cake w/	G-26-1	13 pies	1 slc
305				

M00027-02-C-0002
REGIONAL 28 DAY MASTER MENU (WEST COAST)

86 Chocolate chip cookies H-20 8 pns 2 ea
 250
 German Chocolate Cake G-12-2 2 pns 1 slc
 235

BAG LUNCH#2

DAY - 9 (MON) : Oct 9; Nov 6; Dec 4; Jan 1; Jan 29; Feb 26; Mar 26; Apr 23; May 21; Jun 18; Jul 16; Aug 13; Sep 10

CALORIE	BREAKFAST	FACTOR	PORTION
SIZE	COUNT	RECIPE #	PER 100
1285	Chilled Fruit	FRE	See Encl (1) VAR
See Encl 1			
1321	Asst'd Dry Cereal	Ind	100 ea 1 ea
	Var 92-127		
685	Hot oatmeal	E-1-3	6# 3/4 cup
70			
698	Fried eggs to order	F-7	16.66 dz 2 ea
180			
2180	Omelets	F-8 (1-12)	16.66 dz 1/3
cup	Var		
708	Scrambled eggs	F-10	16.66 dz 1/2
cup	196		
1632	Hard cooked eggs	F-4-2	16.66 dz 2 ea
156			
1006	Grilled ham slices	L-71-3	20# 3 oz
162			
1026	Baked sausage links	L-91-1	12# 2 Patties
180	236 Creamed beef	L-30	6#
2 oz	285		
487	Hash brown potatoes	Q-46-2	18# 1/2 cup
165			
19	French toast	D-22	200 slc 2 Slc
347			
22	Pancakes	MFR	3 #10cn 2 ea
246			
616	Waffles	MFR	10.5# 2 ea
660			

LUNCH

871 Manhattan clam chowder MFR 9 cns 1 cup
 180

REGIONAL 28 DAY MASTER MENU (WEST COAST)

866	Chicken noodle soup	MFR	9 cns	1 cup
80				
596	Parmesan croutons	D-16-2	2#	8 ea
57				
1555	Baked Salmon Fillets	L-119	30#	4 1/2 oz
136				
924	Yankee Pot Roast	L-10-2	40#	3 1/2 oz
400				
489	Mashed potatoes	MFR	1 No.10 cn	1/2 cup
169				
36	Steamed rice	E-5	9#	3/4 cup
160				
185	Cream Gravy	O-17	6 1/4qt	2 oz
10				
184	Brown gravy	O-16	6 1/4qt	2 oz
85				
1183	Dinner rolls	MFR	17dz	2 rolls
166				
525	Asparagus	Q-G-3	18#	1/2 cup
16				
569	Whole Grain Corn	Q-G-3	27#	2/3 cup
85				
181	Tartar sauce	IND	200	2 ea
100				
307	Lemon wedges	M-G-1	12 1/2 Lem	1/8
Lem	5			

DINNER

871	Manhattan clam chowder	MFR	9 cns	1 cup
180				
866	Chicken noodle soup	MFR	9 cns	
1 cup	80			
596	Parmesan croutons	D-16-2	2#	8 ea
57				
312	Chicken Baked	L-143	82#	1 pc
315				
1587	Corn Beef w/Apple Glaze	L-112-1	43.5#	3-4 slc
371				
512	Parsley buttered potatoes	Q-33	35#	4-6 pcs
150				
36	Steamed rice	E-5	9#	3/4
cup	160			
840	Chicken gravy	O-16-2	6 1/4 qt	2 oz
47				
568	Corn on the Cob	Q-G-3	58# 5oz	1 ea
79				

22

REGIONAL 28 DAY MASTER MENU (WEST COAST)

487	Hash brown potatoes	Q-46-2	18#	1/2
cup	165			
616	Waffles	MFR	10.5#	2 ea
660				
22	Pancakes	MFR	3# 10 cn	2 ea
246				
19	French toast	D-22	200 slc	2 ea
347				

LUNCH

858	Minestrone soup	MFR	9 cns	1 cup
115				
215	Cream of mushroom Soup	MFR	9 cns	1 cup
180				
596	Parmesan croutons	D-16-2	2#	8 ea
57				
931	Braised beef cubes	L-17-1	30#	3/4 cup
387				
251	Baked Ham	L-71	25#	3
1/2 oz	189			
505	Candied sweet potatoes	Q-67	21#3 cns	1/2 cup
280				
1796	Simmered Egg Noodle	E-4	12#	1 cup
208				
539	Blackeye peas	Q-G-1	6 #10 cns	3/4 cup
73				
1417	Steamed Broccoli	Q-G-3	30#	2-3
spear	37			
116	Pineapple Sauce	O-9	6 1/4 qt	1/4 cup
72				

DINNER

858	Minestrone soup	MFR	9 cns	1 cup
115				
215	Cream of mushroom	MFR		9 cns
1 cup	180			
596	Parmesan croutons	D-16-2	2#	8 ea
57				
338	Southern fried cat fish	L-56-1	61#	1 fish
248				
927	Swiss steak in Brown Gravy	L-16-1	8 oz	1 steak
383				
36	Steamed rice	E-5	9#	3/4 cup
160				
489	Mashed potatoes	MFR	1# 10cn	1/2
cup	169			

REGIONAL 28 DAY MASTER MENU (WEST COAST)

184	Brown gravy	O-16	6 1/4qt	2 oz
76				
456	Carrots Lyonnaise	Q-17	18#	1/2 cup
63				
1207	Creole Green Beans	Q-7-1	16#	3/4 cup
36				

PASTRY BAR

655	Bear claws	D-39-1	4 pns	1 ea
	156			
624	Apple Muffins	D-29-4	9 pns	1 ea
	229			
Asst	Fruit Pies	MFR	13 pies	1/8
Var				
51	White cake w/	G-30	2 pns	1 slc
195				
1767	Chocolate frosting	G-22-2	2 1/2qt	2 tsp
80				
86	Chocolate chip cookies	H-20	8 pns	2 ea
250				

BAG LUNCH #4

DAY - 11 (WED) : Oct 11; Nov 8; Dec 6; Jan 3; Jan 31; Feb 28; Mar 28; Apr 25; May 23; Jun 20; Jul 18;
Aug 15; Sep 12

		FACTOR	PORTION
CALORIE			
<u>BREAKFAST</u>	RECIPE #	PER 100	SIZE
<u>COUNT</u>			
1285	Chilled Fruit	FRE	See Encl (1) VAR
See Encl 1	1321 Asst'd Dry Cereal	Ind	100 ea
1 ea	Var 92-127		
685	Hot oatmeal	E-1-3	6# 3/4 cup
70			
698	Fried eggs to order	F-7	16.66 dz 2 ea
180			
2180	Omelets	F-8 (1-12)	16.66 dz 1/3
cup	Var		
708	Scrambled eggs	F-10	16.66 dz 1/2
cup	196		

REGIONAL 28 DAY MASTER MENU (WEST COAST)

1632	Hard cooked eggs	F-4-2	16.66 dz	2 ea
	156			
919	Grilled canadian bacon	L-2-3	12# 8oz	2 slc
89				
236	Creamed beef	L-30	6#	2 oz
	285			
289	Grilled sausage patties	L-89-3	18#	1 pattie
222				
487	Hash brown potatoes	Q-46-2	18#	1/2
cup	165			
19	French toast	D-22	18#	2
slc	347			
22	Pancakes	MFR	3 #10cn	2 ea
246				
616	Waffles	MFR	10.5#	2 ea
660				

LUNCH

197	Tomato soup	MFR	9 cns	1
cup	75			
1463	Bean and bacon soup	MFR	9 cns	1 cup
	204			
596	Parmesan croutons	D-16-2	2#	8 ea
	115			
265	Baked Stuff Porkchop	L-84	33#	1 chop
441				
168	Meatloaf	L-35	30#	1
slice	372			
489	Mashed potatoes	MFR	1No.10 cn	1/2 cup
169				
1796	Noodles Jefferson	E-12	9#	3/4 cup
246	843 Mushroom gravy		O-16-5	2#
	2 oz 89			
580	Mixed Vegetables	Q-G-3	27#	3/4
cup	70			
570	Collard Greens	Q-G-3	54#	3/4
cup	25			

DINNER

1463	Bean w/Bacon Soup	MFR	9 cns	1
cup	204			
197	Tomato soup	MFR	9 cns	1 cup
	75			
596	Parmesan croutons	D-16-2	2#	8 ea
	115			

REGIONAL 28 DAY MASTER MENU (WEST COAST)

1030	Veal Parmesan	L-103	37# 8oz	1 stk
460				
159	El Rancho Stew	L-22-2	30#	1 1/4cup
326				
489	Mashed potatoes	MFR	1 #10 cn	1/2 cup
169				
657	Buttered Noodles	E-4-1	12#	1 cup
208				
187	Tomato Gravy	O-19	6 1/4 qt	2 oz
51				
466	Cauliflower Au Gratin	Q-18	20#	3/4 cup
141				
1239	Peas & mushrooms	Q-41	27#	3/4 cup
57				

PASTRY BAR

602	Chocolate Glazed Doughnut	D-18-3	100 ea	2 ea
225				
625	Muffins cinnamon crumb	D-29-5	100 ea	2ea
223				
67	Pecan pie	I-31	13 pies	1/8
	pieces 435			
903	Marble Cake	G-22-6	2 pns	1 slice
190				
1718	Mocha Butter Cream Frost	G-39	2 1/2qt	N/A
125				
88	Oatmeal cookies	H-7	8 pns	2 ea
240				

BAG LUNCH #5

DAY - 12 (THU) : Oct 12; Nov 9; Dec 7; Jan 4; Feb 1; Mar 1; Mar 29; Apr 26; May 24; Jun 21; Jul 19;
Aug 16; Sep 13

		FACTOR	PORTION
CALORIE			
<u>BREAKFAST</u>	RECIPE #	PER 100	SIZE
<u>COUNT</u>			
1285 Chilled Fruit	FRE	See Encl (1)	VAR
See Encl 1 1321	Asst'd Dry Cereal	Ind	100
ea	1 ea	Var 92-127	

REGIONAL 28 DAY MASTER MENU (WEST COAST)

684	Hominy Grits	E-1-2	4# 8oz	2/3 cup
70				
698	Fried eggs to order	F-7	16.66 dz	2 ea
	180			
2180	Omelets	F-8 (1-12)	16.66 dz	1/3
	cup Var			
708	Scrambled eggs	F-10	16.66 dz	1/2
	cup 196			
1632	Hard cooked eggs	F-4-2	16.66 dz	2 ea
	156			
1006	Grilled ham slices	L-71-3	20#	3 oz
	160			
236	Creamed beef	L-30	6#	2 oz
	285			
1026	Baked sausage links	L-91-1	12#	2
	links 180			
487	Hash brown potatoes	Q-46-2	18#	1/2
	cup 165 616 Waffles		MFR	10.5#
	2 ea 660			
22	Pancakes	MFR	3# 10 cn	2 ea
246				
19	French toast	D-22	200 scl	2 ea
347				

LUNCH

197	Tomato soup	MFR	9 cns	1
	cup 90			
866	Chicken noodle soup	MFR	9 cns	1 cup
	86			
596	Parmesan croutons	D-16-2	2#	8 ea
	115			
1063	Turkey Ala King	L-147-2	26#	1 cup
710				
150	Pepper Steak	L-13	30#	3/4
	cup 480			
36	Steamed rice	E-5	9#	3/4
	cup 160			
1796	Egg Noodles	E-4	12#	1 cup
208				
317	Green Beans	Q-G-3	24#	3/4 cup
34				
1223	Corn O'Brien	Q-27-1	30#	3/4 cup
95				

DINNER

REGIONAL 28 DAY MASTER MENU (WEST COAST)

866	Chicken noodle soup	MFR	9 cns	1 cup
86				
183	Tomato soup	MFR	9 cns	1 cup
90				
596	Parmesan croutons	D-16-2	2#	8 ea
115				
264	Pork roast	L-81	38#	3 1/2oz
413				
231	Swedish Meat Balls	L-41	20#	3 meatballs
290				
1796	Noodles Jefferson	E-12	9#	3/4 cup
246				
489	Mashed potatoes	MFR	1#10 cn	1/2 cup
169				
184	Brown gravy	O-16	6 1/4 qt	2 oz
76				
513	Broccoli Combo	Q-1-1	30#	3/4 cup
56				
565	Brussel Sprouts	Q-G-3	30#	3/4
cup	51			

PASTRY BAR

606	Long Johns	D-19-3	100 ea	1 ea
147				
1942	Oatmeal Raisin Muffins	D-29-9	9 pns	1 ea
224				
73	Chewy Nut Bar	H-4	2 pns	2 bars
238				
663	Banana cake w/	G-6-1	2 pns	1 slice
185				
1642	Butter cream frosting	G-22	2 3/4 qt	N/A
130				
2038	chocolate cream pie	I-28	13 pies	1/8
slice	335			

BAG LUNCH #6

DAY - 13 (FRI) : Oct 13; Nov 10, Dec 8; Jan 5; Feb 2; Mar 2; Mar 30; Apr 27; May 25; Jun 22; Jul 20;
Aug 17; Sep 14

CALORIE

FACTOR

PORTION

REGIONAL 28 DAY MASTER MENU (WEST COAST)

<u>BREAKFAST</u>	<u>RECIPE #</u>	<u>PER 100</u>	<u>SIZE</u>
<u>COUNT</u>			
1285 Chilled Fruit	FRE	See Encl (1)	VAR
See Encl 1 1321 Asst'd Dry Cereal		Ind	100 ea
1 ea	Var 92-127		
685 Hot oatmeal	E-1-3	6#	3/4 cup
70 698 Fried eggs to order	F-7		16.66 dz
2 ea	180		
2180 Omelets	F-8(1-12)	16.66 dz	1
omelet Var 708 Scrambled eggs		F-10	
16.66 dz	1/2 cup	196	
1632 Hard cooked eggs	F-4-2	16.66 dz	2 ea
156			
919 Grilled canadian bacon	L-2-3	12# 8 oz	2 Slc
89			
236 Creamed beef	L-30	6#	2 oz
285			
289 Sausage Patties	L-91-1	12#	1 pattie
180			
488 Home fried potatoes	Q-47	35#	3/4
cup 165			
19 French toast	D-22	200 Slc	2
Slc 347			
22 Pancakes	MFR	3 #10cn	2 ea
246			
616 Waffles	MFR	10.5#	2 ea
660			

LUNCH

197 Tomato soup	MFR	9 cns	1 cup
98			
221 Chicken rice soup	MFR	9 cns	1 cup
69			
596 Parmesan croutons	D-16-2	2#	8 ea
57			
2310 Teriyaki Chicken	L-114	82#	1 piece
273			
170 Salisbury steak	L-37	28#	4 1/2 oz
299			
489 Mashed potatoes	MFR	1#10 cn	1/2 cup
169			
37 Rice Pilaf	E-8	9#	3/4 cup
160			
184 Brown gravy	O-16	6 1/4 Qt	2 oz
76			

REGIONAL 28 DAY MASTER MENU (WEST COAST)

568	Simmered Corn on Cob	Q-G-3	58#5oz	1 cob
79				
1417	Steamed Broccoli	Q-G-3	30#	3 spears
37				

DINNER

221	Chicken rice soup	MFR	9 cns	1
cup	69			
197	Tomato soup	MFR	9 cns	1 cup
	98			
596	Parmesan croutons	D-16-2	2 #	8 ea
	57			
237	Beef Stroganoff	L-53	30#	3/4 cup
353				
1028	BBQ Pork	L-81-2	38#	2 pieces
467				
1796	Steamed Noodles	E-13	12#	1 cup
	208			
36	Steamed rice	E-5	9#	3/4 cup
160				
184	Brown gravy	O-16	6 1/4 Qt	2 oz
	76			
500	Club Spinach	Q-60	27#	3/4 cup
159				
566	Steamed Carrots	Q-G-3	30#	3/4
cup	61			

PASTRY BAR

1598	Cinnamon rolls	D-G-7-3	100	1 ea
420				
	w/raisins			
26	Plain Muffin's	D-29	9 pns	2 ea
	167			
1112	Lemon Meringue pie	I-33	13 pies	1/8 slice
430				
1920	Yellow Cake w/	G-32	2 pns	1 slice
200				
1224	Coconut Cream Icing	G-22-3	2 3/4 qt	N/A
150				
89	Peanut Butter Cookie	H-11	8 pns	2 ea
240				

BAG LUNCH #7

REGIONAL 28 DAY MASTER MENU (WEST COAST)

DAY - 14 (SAT) : Oct 14; Nov 11; Dec 9; Jan 6; Feb 3; Mar 3; Mar 31; Apr 28; May 26; Jun 23; Jul 21;
Aug 18; Sep 15

CALORIE		RECIPE #	FACTOR PER 100	PORTION SIZE
<u>BREAKFAST BRUNCH</u>				
<u>COUNT</u>				
1285	Chilled Fruit	FRE	See Encl (1)	VAR
See Encl 1				
1321	Asst'd Dry Cereal	Ind	100 ea	1 ea
	Var 92-127 685	Hot oatmeal	E-1-3	6#
3/4 cup	70			
698	Fried eggs to order	F-7	16.66 dz	2 ea
	110 2180 Omelets		F-8 (1-12)	
	16.66 dz 1/3 cup	Var		
708	Scrambled eggs	F-10	16.66 dz	1/2
	cup 196			
1632	Hard cooked eggs	F-4-2	16.66 dz	2 ea
	156			
1006	Grilled ham slices	L-71-3	20#	3 oz
	162			
1026	Baked sausage links	L-91-1	12#	2 ea
	180			
236	Creamed beef	L-30	6#	2 oz
	285			
19	French toast	D-22	200 Slc	2
	Slc 220			
22	Pancakes	MFR	3 #10cn	2 ea
246				
616	Waffles	MFR	10.5#	2 ea
660				
410	Grilled cheese Burgers	N-12-1	25#	2 patties
	399			
1020	Grilled hot dogs	N-30-4	10#	
	2 ea 612			
487	Hash brown potatoes	Q-46-2	18#	1/2 cup
165				
2219	French fries	Q-45	30#	1
	cup 390			
479	French fried onion rings	Q-35-1	35#	1 cup
234				
453	Baked beans	Q-2	4 1/2#	2 oz
270				

DINNER BRUNCH

REGIONAL 28 DAY MASTER MENU (WEST COAST)

228	Cream of Chicken	MFR	9 cns	1
cup	165			
2027	Beef noodle soup	MFR	9 cns	1 cup
	125			
596	Parmesan croutons	D-16-2	2#	8 ea
	115			
920	Steamship Round	L-4-2	65#	6 oz
	470			
1074	Southern Fried Chicken	L-155-1	82#	2 pieces
415				
36	Steamed rice	E-5	9#	3/4
cup	160			
489	Mashed potatoes	MFR	1 No.10cn	1/2 cup
169				
184	Brown gravy	O-16	6 1/4 Qt	2 oz
	76			
840	Chicken gravy	O-16-2	6 1/4 qt	2 oz
65	Simmered Green Beans	Q-G-3	24#	3/4
cup	34			
1213	Cauliflower Polonaise	Q-10-2	20#	3/4 cup
73				
29	Hot dinner rolls	MFR	17 dz	2 ea
	166			

PASTRY BAR

630	Muffin Banana	D-29-3	100 ea	2 ea
	207			
620	Kolaches	D-27	100 ea	1 roll
147				
1096	Dutch Apple Pie	I-8-1	13 pie	1/8
359				
73	Chewy nut bars	H-4	2 pns	2 Bar
238				
877	Peanut Butter Cake	G-20-1	2 pns	1 slc
315				
	w/Chocolate			
1642	butter cream frosting	G-22-2	2 1/2qt	N/A
135				

BAG LUNCH #3

DAY - 15 (SUN) : Oct 15; Nov 12; Dec 10; Jan 7; Feb 4; Mar 4; Apr 1; Apr 29; May 27; Jun 24; Jul 22;
Aug 19; Sep 16

REGIONAL 28 DAY MASTER MENU (WEST COAST)

CALORIE	BREAKFAST BRUNCH	FACTOR	PORTION
SIZE	COUNT	RECIPE #	PER 100
1285 Chilled Fruit	FRE	See Encl (1)	VAR
See Encl 1			
1321 Asst'd Dry Cereal	Ind	100 ea	1 ea
Var 92-127 685 Hot oatmeal		E-1-3	6#
3/4 cup 70			
698 Fried eggs to order	F-7	16.66 dz	2 ea
180			
2180 Omelets	F-8 (1-12)	16.66 dz	1/3
cup Var			
708 Scrambled eggs	F-10	16.66 dz	1/2
cup 205			
1632 Hard cooked eggs	F-4-2	16.66 dz	
2 ea 156			
1006 Grilled Ham	L-71-3	20#	3 oz
162			
130 Oven fried bacon	L-2	18#	
3 Slc 105			
236 Creamed beef	L-30	6#	2 oz
285			
19 French toast	D-22	200 slc	
2 slc 347			
22 Pancakes	MFR	3 #10cn	2 ea
246			
616 Waffles	MFR	10.5#	2 ea
660			
487 Hash brown potatoes	Q-46-2	18#	1/2
cup 165			
1608 Grilled cheese Burger	N-12-1	25#	
2 patties 399			
1020 Grilled Hotdogs	N-30-4	10#	
2 ea 612			
2219 French fries	Q-45	30#	
1 cup 390			
479 Onion rings	Q-35-1	35#	
1 cup 234			
4 1/2 #10cn 2 oz 270	453	Baked beans	Q-2

DINNER BRUNCH

1463 Bean w/Bacon	MFR	27#8 oz	1/2 cup
204 2027 Beef noodle soup	MFR	9 cns	
1 cup 35			

REGIONAL 28 DAY MASTER MENU (WEST COAST)

596	Parmesan croutons	D-16-2	2#	8 ea
	57			
335	Ranchero Steak	L-54	37#	8oz
	1 steak 416			
291	BBQ Ribs	L-92	75#	7 oz
534				
489	Mashed potatoes	MFR	1#10cn	1/2 cup
169				
36	Steamed rice	E-5	9#	
	3/4 cup 160			
184	Brown gravy	O-16	6 1/4 Qt	2 oz
47				
1534	Pinto Beans	Q-2-2	6 #10cn	3/4
	cup 114			
580	Mixed Vegetables	Q-G-3	27#	3/4
	cup 70			
1183	Hot dinner rolls	MFR	17 dz	
	2 ea 166			

PASTRY BAR

602	Glazed Doughnuts	D-18-7	3#	1 ea
	225			
1654	Muffins Raisin	D-29-2	9 pns	1 ea
224				
884	Pineapple Up/down Cake	G-29-1	2 pns	1 slice
295				
717	Congo bars	H-4-1	2 pns	
	2 bars 257			
Asst	Pies	MFR	13 pie	1 slice
Var				

BAG LUNCH #2

DAY - 16 (MON) : Oct 16; Nov 13; Dec 11; Jan 8; Feb 5; Mar 5; Apr 2; Apr 30; May 28; Jun 25; Jul 23;
Aug 20; Sep 17

		FACTOR		PORTION	
CALORIE		RECIPE #	PER 100	SIZE	
BREAKFAST					
COUNT					
1285	Chilled Fruit	FRE	See Encl	(1)	VAR
	See Encl 1				
1321	Asst'd Dry Cereal	Ind	100 ea		1 ea
	Var 92-127 684	Hominy Grits			E-1-2
4#	8oz 2/3 cup	70			

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REGIONAL 28 DAY MASTER MENU (WEST COAST)

698	Fried eggs to order	F-7	16.66 dz	2 ea
	180			
2180	Omelets	F-8(1-12)	16.66 dz	1/3
cup	Var			
708	Scrambled eggs	F-10	16.66 dz	1/2
cup	196			
1632	Hard cooked eggs	F-4-2	16.66 dz	2 ea
	156			
1006	Grilled ham slices	L-71-3	20#	3 oz
	162			
1026	Baked sausage links	L-91-1	12#	2
links	180			
236	Creamed beef	L-30	6#	2 oz
	285			
487	Hash brown potatoes	Q-46-2	18#	1/2
cup	165			
22	Pancakes	MFR	3# 10 cn	246
616	Waffles	MFR	10.5#	2 ea
660				
19	French toast	D-22	200 slc	2 ea
347				

LUNCH

872	New england clam chowder	MFR	9 cns	1 cup
180				
858	Minestrone soup	MFR	9 cns	1
cup	96			
596	Parmesan croutons	D-16-2	2#	8 ea
	57			
168	Meat loaf	L-35	30#	1 slc
372				
1275	Shrimp Creole	L-136	20#	1/2 cup
205				
	Macaroni & Cheese	F-1	8#	1 cup
330				
36	Steamed rice	E-5	9#	3/4 cup
160				
184	Brown gravy	O-16	6 1/4 qt	2 oz
76				
515	Cauliflower Combo	Q-1-3	12#	3/4 cup
36				
1417	Simmered Green Beans	Q-G-3	24#	3/4 cup
34				

DINNER

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REGIONAL 28 DAY MASTER MENU (WEST COAST)

858	Minestrone soup	MFR	9 cns	
	1 cup 96			
872	New england clam chowder	MFR	9 cns	1
	cup 180			
596	Parmesan croutons	D-16-2	2 #	8 ea
115				
311	Honey Glazed Cornish Hen	L-142	78#	2oz 1/2
	hen 374			
	Fish Portions	L-124-2	25#	1 piece
300				
489	Mashed potatoes	MFR	1 cn	1/2
	cup 169			
490	O'Brien Potatoes	Q-49	31#	2/3 cup
190				
840	Chicken gravy	O-16-2	6 1/4qt	2 oz
47	579 Simmer Succotash	Q-G-3		6 1/4 Qt
	1/2 cup 114			
539	Blackeye peas	Q-G-1	6#10 cns	3/4 cup
139				

PASTRY BAR

1598	Cinnamon rolls	D-G-7-3	100	
	1 ea 420			
820	Blueberry Muffin's	D-29-1	9 pns	1 ea
335				
1816	Strawberry Shortcake	G-16-1	2 pns	
	1 slice 330			
71	Brownies w/	H-2-1	2 pns	
	2 ea 361			
1842	Choc Fudge Frosting	G-15	2 1/4qt	N/A
80				
454	Boston Cream Pie w/	G-32-2	13 pies	1 slice
290				
1643	Choco Glaze	G-24	2 1/4 qt	N/A
80				

BAG LUNCH #1

DAY - 17 (TUE) : Oct 17; Nov 14; Dec 12; Jan 9; Feb 6; Mar 6; Apr 3; May 1; May 29; Jun 26; Jul 24;
Aug 21; Sep 18

	FACTOR	PORTION
CALORIE		

REGIONAL 28 DAY MASTER MENU (WEST COAST)

BREAKFAST	RECIPE #	PER 100	SIZE
<u>COUNT</u>			
1285 Chilled Fruit	FRE	See Encl (1)	VAR
See Encl 1			
1321 Asst'd Dry Cereal	Ind	100 ea	1 ea
Var 92-127			
685 Hot oatmeal	E-1-3	6#	3/4
cup 70			
698 Fried eggs to order	F-7	16.66 dz	
2 ea 180			
2180 Omelets	F-8(1-12)	16.66 dz	1/3
cup Var			
708 Scrambled eggs	F-10	16.66 dz	1/2
cup 196			
1632 Hard cooked eggs	F-4-2	16.66 dz	
2 ea 156 919			
L-2-3 12# 8 oz	Grilled canadian bacon	2 Slc 89	
289 Grilled Sausage	L-91-1 12#	2 patties	
180 236 Creamed beef	L-30	6#	
2 oz 285			
487 Hash brown potatoes	Q-46-2	18#	
1/2 cup 165			
19 French toast	D-22	200 Slc	
2 slc 347			
22 Pancakes	MFR	3# 10 cn	2 ea
246			
616 Waffles	MFR	10.5#	2 ea
660			

LUNCH

197 Tomato soup	MFR	9 cns	1 cup
45			
221 Chicken rice soup	MFR	9 cns	1 cup
50			
596 Parmesan croutons	D-16-2	2#	
8 ea 115			
1695 Hot And Spicy Chicken	L-179	82#	1 piece
460			
1030 Veal Parmesan	L-103	37.5#	1
stk 460			
489 Mashed potatoes	MFR	1 #10 cn	1/2
cup 169			
488 Home fried potatoes	Q-47	35#	
3/4 cup 198			
840 Chicken gravy	O-16-2	6 1/4qt	
2 oz 47			

REGIONAL 28 DAY MASTER MENU (WEST COAST)

187	Tomato Gravy	O-19	6 1/4qt	2 oz
51				
566	Steamed Carrots	Q-G-3	30#	3/4
cup	61			
1237	Peas & Onions	Q-41-3		27#
	1/2 cup 139			

DINNER

197	Tomato soup	MFR	9 cns	1
cup	98			
221	Chicken & Rice Soup	MFR	9 cns	1
cup	69			
596	Parmesan croutons	D-16-2	2#	8 ea
	57			
159	El Rancho Stew	L-22-2	30#	
	1 cup 326			
1016	Pork Chops Grilled	L-85-1	33#	1 chop
330				
1796	Egg Noodles	E-4	12#	1 cup
208				
489	Mashed potatoes	MFR	1#10 cn	1/2
cup	169			
468	French Fried Cauliflower	Q-20	20#	3/4
cup	124 525 Asparagus			18#
	3/4 cup 16			
184	Brown gravy	O-16	6 1/4qt	2 oz
76				

PASTRY BAR

655	Bear claws	G-7-9	100	
	1 ea 420			
624	Apple Muffins	D-29-4	8 pns	2 ea
	229			
72	Butterscotch brownies	H-2	2 pns	2 bars
300				
46	Carrot Cake w/	G-13	2 pns	1 slice
258				
1772	Cream Cheese Frosting	G-27	2 1/4 qt	N/A
1123	Banana Cream Pie	I-6-1	13 pies	1/8 slice
355				

BAG LUNCH #4

REGIONAL 28 DAY MASTER MENU (WEST COAST)

DAY - 18 (WED) : Oct 18; Nov 15; Dec 13; Jan 10; Feb 7; Mar 7; Apr 4; May 2; May 30; Jun 27; Jul 25;
Aug 22; Sep 19

CALORIE		FACTOR	PORTION
<u>BREAKFAST</u>	<u>RECIPE #</u>	<u>PER 100</u>	<u>SIZE</u>
<u>COUNT</u>			
1285 Chilled Fruit	FRE	See Encl (1)	VAR
See Encl 1			
1321 Asst'd Dry Cereal	Ind	100 ea	1 ea
Var 92-127			
684 Hominy Grits	E-2 -1	4# 8oz	2/3
cup 70			
698 Fried eggs to order	F-7	16.66 dz	2 ea
180			
2180 Omelets	F-8 (1-12)	16.66 dz	1/3 cup
Var			
708 Scrambled eggs	F-10	16.66 dz	1/2 cup
196			
1632 Hard cooked eggs	F-4-2	16.66 dz	2 ea
156			
1006 Grilled ham slices	L-71-3	20#	3 oz
162			
1026 Baked sausage links	L-91-1	12#	2 links
180			
236 Creamed beef	L-30	6#	2 oz
285			
487 Hash brown potatoes	Q-46-2	18#	1/2 cup
165			
22 Pancakes	MFR	3# 10 cn	2 ea
246			
616 Waffles	MFR	10.5#	
2 ea 660			
19 French toast	D-22	200 slc	2 ea
347			
<u>LUNCH</u>			
215 Cream of mushroom	MFR	9 cns	
1 cup 126 858	Minestrone soup		MFR
9 cns	1 cup 96		
596 Parmesan croutons	D-16-2	2#	8 ea
57			
327 Roast turkey	L-162	38#	3 1/2oz
342			
154 BBQ Beef Cubes	L-18	30#	3/4 cup
367			

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REGIONAL 28 DAY MASTER MENU (WEST COAST)

489	Mashed potatoes	MFR	1#10cn	1/2
cup	169			
36	Steamed rice	E-5	9#	3/4
cup	160			
189	Savory bread dressing	O-21	2 pns	1
sqr	195			
233	Turkey gravy	O-16-2	6 1/4 Qt	2 oz
47				
575	Cauliflower Combo	Q-1-3	30#	3/4 cup
36	1223 Corn	Q-G-3	27#	1/2
cup	85			

DINNER

215	Cream of mushroom Soup	MFR	9 cns	1
cup	126			
858	Minestrone soup	MFR	9 cns	
1 cup	96			
596	Parmesan croutons	D-16-2	2#	8 ea
57				
924	Yankee Pot Roast	L-10-2	40#	3 1/2oz
413				
304	Baked Tuna & Noodles	L-133		15#8 oz
1 cup	322			
36	Steamed rice	E-5	9#	3/4 cup
160				
489	Mashed potatoes	MFR	1#10 cn	1/2
cup	169			
184	Brown gravy	O-16	6 1/4 Qt	2 oz
47				
1235	Peas & Carrots	Q-G-3		27#
3/4 cup	86			
565	Brussel Sprouts	Q-G-3		30#
3/4 cup	51			
547	Hot dinner rolls	MFR	17 dz	2 ea
166				

PASTRY BAR

598	Chocolate Glazed Doughnuts	D-19-2	100	2 ea
146				
625	Cinnamon Crumb Muffins	D-29-5	9 pns	2 ea
223				
907	Cheese Cake	G-26-4	2 pns	1/8
slice	305			
	w/cherry topping			

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REGIONAL 28 DAY MASTER MENU (WEST COAST)

86	Chocolate chip cookies	H-20	2 pns	2 ea
250				
1539	German Chocolate Cake	G-12-2	2 pns	1
slice	235			

BAG LUNCH #5

DAY - 19 (THU) : Oct 19; Nov 16; Dec 14; Jan 11; Feb 8; Mar 8; Apr 5; May 3; May 31; Jun 28; Jul 26;
Aug 23; Sep 20

		FACTOR	PORTION	
CALORIE				
<u>BREAKFAST</u>	RECIPE #	PER 100	<u>SIZE</u>	
<u>COUNT</u>				
1285	Chilled Fruit	FRE	See Encl (1)	VAR
See Encl 1				
1321	Asst'd Dry Cereal	Ind	100 ea	1 ea
	Var 92-127 685	Hot oatmeal	E-1-3	6#
	3/4 cup	70		
698	Fried eggs to order	F-7	16.66 dz	2 ea
	180			
2180	Omelets	F-8 (1-12)	16.66 dz	1/3
cup	Var			
708	Scrambled eggs	F-10	16.66 dz	1/2
cup	196			
1632	Hard cooked eggs	F-4-2	16.66 dz	2 ea
	156			
1026	Baked sausage links	L-91-1	12#	2 links
180	130 130 Oven fried bacon	L-2		18#
	2 slc	105		
236	Creamed beef	L-30	6#	2 oz
	285			
487	Hash brown potatoes	Q-46-2	18#	1/2 cup
165				
19	French toast	D-22	200 slcea	2 ea
	347			
22	Pancakes	MFR	3 #10cn	2 ea
246				
616	Waffles	MFR	10.5#	2 ea
660				

LUNCH

2027	Beef noodle soup	MFR	9 cns
1 cup	97		

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REGIONAL 28 DAY MASTER MENU (WEST COAST)

212	Split pea soup	MFR	9 cns	1 cup
218				
596	Parmesan croutons	D-16-2	2#	8 ea
57				
927	Swiss steak	L-16-1	37#8 oz	1 steak
383				
184	W/brown gravy			
257	Chicken Adobo	L-78	82#	1 pieces
323				
36	Steamed rice	E-5	9#	3/4
cup	160			
492	AuGratin Potatoes	Q-51	25# 8 oz	2/3 cup
236				
1956	Steamed Spinach	Q-G-3	27#	3/4
cup	23			
1225	Fried Egg Plant Parmesan	Q-28	18# 8oz	1
piece	175			
184	Brown gravy	O-16	6 1/4 Qt	1/4
cup	76			

DINNER

212	Split pea soup	MFR	9 cns	1 cup
218				
2027	Beef noodle soup	MFR	9 cns	1 cup
97				
596	Parmesan croutons	D-16-2	2#	8 ea
57				
170	Salisbury steak	L-37	28#	1
Steak	299			
264	Pork roast	L-81	38#	2-3
slc	413			
1796	Noodles Jefferson	E-12	9#	3/4 cup
246				
489	Mashed potatoes	MFR	1#10cn	1/2 cup
169				
184	Brown gravy	O-16	6 1/4 Quart	2 oz
	76			
	Simmered Green Beans	Q-G-3	24#	3/4
cup	34			
580	Mix Vegetables	Q-G-3	27#	3/4
cup	70			

PASTRY BAR

606	Long Johns	D-19-3	100 ea	1 Roll
147				

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REGIONAL 28 DAY MASTER MENU (WEST COAST)

1942	Oatmeal Raisin Muffins	D-29-9	100 ea	2 ea
224				
1095	Dutch Apple Pie	I-8-1	13 pie	1/8
slice 373				
73	Chewy Nut Bar	H-4	2 pns	2 bars
315				
877	Peanut Butter Cake	G-20-1	2 pns	1 slice
135				
	Choc Butter Cream Frosting	G-22-2	2 1/4qt	

BAG LUNCH #6

DAY - 20 (FRI) : Oct 20; Nov 17; Dec 15; Jan 12; Feb 9; Mar 9; Apr 6; May 4; Jun 1; Jun 29; Jul 27;
Aug 24; Sep 21

		FACTOR	PORTION
CALORIE			
<u>BREAKFAST</u>	RECIPE #	PER 100	SIZE
<u>COUNT</u>			
1285	Chilled Fruit	FRE	See Encl (1) VAR
See Encl 1			
1321	Asst'd Dry Cereal	Ind	100 ea 1 ea
	Var 92-127 684	Hominy Grits	E-1-2 4#
8oz	2/3 cup 70		
698	Fried eggs to order	F-7	16.66 dz 2 ea
	180		
2180	Omelets	F-8 (1-12)	16.66 dz 1/3 cup
Var			
708	Scrambled eggs	F-10	16.66 dz 1/2
cup 196			
1632	Hard cooked eggs	F-4-2	16.66 dz 2 ea
	156		
130	Oven fried bacon	L-2	18# 3 slc
162			
1026	Baked sausage links	L-91-1	12# 2
links 180			
236	Creamed beef	L-30	6# 2 oz
285			
487	Hash brown potatoes	Q-46-2	18# 1/2
cup 165			
19	French toast	D-22	200 slc 2 ea
347			
22	Pancakes	MFR	3# 10 cn 2 ea
246			

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REGIONAL 28 DAY MASTER MENU (WEST COAST)

616	Waffles	MFR	10.5#	2 ea
660				

LUNCH

866	Chicken noodle soup	MFR	9 cns	1 cup
86				
865	Beef Soup	MFR	9 cns	1
cup	90			
596	parmesan croutons	D-16-2	2#	8 ea
57				
1063	Turkey ALA King	L-147-2	26#	1 cup
710				
132	Roast Beef	L-5	40#	4 oz
475				
489	Mashed potatoes	MFR	1 #10cn	1/2 cup
169				
36	Steamed rice	E-5	9#	3/4 cup
160				
184	Brown gravy	O-16	6 1/4 Qt	2 oz
76				
559	Simmered asparagus	Q-G-3	20#	3/4 cup
71				
579	Succotash	Q-G-3	27#	3/4 cup
114				

DINNER

866	Chicken noodle soup	MFR	9 cns	1 cup
86	219 Beef Soup		MFR	9 cns
1 cup	90			
596	Parmesan croutons	D-16-2	2#	8 ea
57				
743	BBQ Ribs	L-92	75#	7 oz
534				
231	Swedish Meatballs	L-41	30#	3 balls
290				
488	Home fried potatoes	Q-47	35#	2/3 cup
198				
36	Steamed rice	E-5	9#	3/4 cup
160				
184	Brown gravy	O-16	16 1/4 Qt	1/4
cup	76			
29	Dinner rolls	MFR	17 dz	2 ea
166				
1303	Mustard Greens	Q-29	54#/10#hock	3/4
cup	250			

REGIONAL 28 DAY MASTER MENU (WEST COAST)

w/Ham Hocks

1223 Corn O'Brien

Q-27-1

20#

3/4 cup

88

PASTRY BAR

1598 Cinnamon rolls w/Raisins

D-G-7-3

100 ea

1 ea

420

26 Plain Muffins

D-29

9 pns

1 ea

167

86 Choco Chip Cookies

H-20

8 pan

2 ea

250

51 White cake w/

G-30

2 pns

1 pc

195

1761 Chocolate frosting

G-22-2

2 1/2 Qt

N/A

80

Asst Fruit Pies

MFR

13 pies

1/8

pie Var

BAG LUNCH #7

DAY - 21 (SAT) : Oct 21; Nov 18; Dec 16; Jan 13; Feb 10; Mar 10; Apr 7; May 5; Jun 2; Jun 30; Jul 28;
Aug 25; Sep 22

CALORIE		FACTOR	PORTION
<u>BREAKFAST BRUNCH</u>	<u>RECIPE #</u>	<u>PER 100</u>	<u>SIZE</u>
<u>COUNT</u>			
1285 Chilled fruit	FRE	See Encl (1)	VAR
See Encl 1			
1321 Asst'd Dry Cereal	Ind	100 ea	1 ea
Var 92-127			
684 Hominy Grits	E-1-2	4# 8oz	2/3
cup 70			
698 Fried eggs to order	F-7	16.66 dz	2 ea
180			
2180 Omelets	F-8 (1-12)	16.66 dz	1/3
cup Var			
708 Scrambled eggs	F-10	16.66 dz	1/2
cup 196			
1632 Hard cooked eggs	F-4-2	16.66 dz	2 ea
156			
2109 Grilled minute steakSteak	L-R	25#	1 stk
195			

REGIONAL 28 DAY MASTER MENU (WEST COAST)

1026	Baked sausage links	L-91-1	12#	
	2 links 180			
236	Creamed beef	L-30	6#	2 oz
	285			
487	Hash brown potatoes	Q-46-2	18#	1/2
	cup 165			
22	Pancakes	MFR	3# 10 cn	2 ea
246	616 Waffles	MFR	10.5#	
	2 ea 660			
19	French toast	D-22	200 slc	2 ea
347				
1608	Grilled cheese Burger	N-12-1	25#	
	2 patties 399			
1020	Grilled Hotdogs	N-30-4	10#	2 ea
	612			
2219	french fries	Q-45	30#	1
	cup 390			
479	Onion rings	Q-35	35#	1
	cup 234			
453	Baked beans	Q-2	1#10 cn	1/2 cup
270				

DINNER BRUNCH

218	Beef vegetable soup	MFR	9 cns	1 cup
91				
866	Chicken noodle soup	MFR	9 cns	1
	cup 86			
596	Parmesan croutons	D-16-2	2#	8 ea
57				
132	Roast Beef	L-5	40#	4 oz
475				
327	Roast turkey	L-162	38#	3
	1/2oz 342			
489	Mashed potatoes	MFR	1 #10cn	1/2
	cup 169			
36	Steamed rice	E-5	9#	3/4
	cup 160			
233	Turkey gravy	O-16-2	6 1/4 qt	2 oz
47				
184	Brown gravy	O-16	6 1/4 qt	2 oz
76				
569	Whole Grain Corn	Q-G-3	27#	3/4
	cup 85			
577	Green Bean Combo	Q-1-2	30#	3/4 cup
56				

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REGIONAL 28 DAY MASTER MENU (WEST COAST)

547 Dinner rolls	MFR	17dz	2 rolls
166			

PASTRY BAR

620 Kolaches	D-27	8 pns	2
roles 147			
630 Banana muffins	D-29-3	9 pns	1 ea
207			
1413 Oatmeal Raisin Cookies	H-9-3	8 pns	2 ea
256			
556 Devils Food Cake w/	G-12	2 pns	1 slice
185			
1767 Chocolate frosting	G-22-2	2 1/4 qt	N/A
80			
68 Pumpkin Pie w/	I-13	13 pies	1/8 slice
295			
815 Whip Topping	K-2-1	5 qts	3 tbs
29			

BAG LUNCH #3

DAY - 22 (SUN) : Oct 22; Nov 19; Dec 17; Jan 14; Feb 11; Mar 11; Apr 8; May 6; Jun 3; Jul 1; Jul 29; Aug 26; Sep 23

CALORIE	<u>BREAKFAST BRUNCH</u>	FACTOR	PORTION	SIZE
	<u>COUNT</u>	RECIPE #	PER 100	
1285 Chilled Fruit	FRE	See Encl (1)	VAR	
See Encl 1				
1321 Asst'd Dry Cereal	Ind	100 ea		1 ea
Var 92-127				
684 Hominy Grits	E-1-2	4# 8oz		2/3 cup
70				
698 Fried eggs to order	F-7	16.66 dz		2 ea
180				
2180 Omelets	F-8 (1-12)	16.66 dz		1/3
cup Var				
708 Scrambled eggs	F-10	16.66 dz		1/2
cup 196				
1632 Hard cooked eggs	F-4-2	16.66 dz		2 ea
156				
1246 Cottage fried potatoes	Q-46-1	31#		2/3 cup
186				

REGIONAL 28 DAY MASTER MENU (WEST COAST)

2109	Minute steak	Steak	LR	25#	2
1/2 oz	195				
130	Oven fried bacon		L-2	18#	3
Slc	105				
236	Creamed beef		L-30	6#	2 oz
	285				
19	French toast		D-22	200 slc	2 slc
347					
22	Pancakes		MFR	3# 10 cn	2 ea
246					
616	Waffles		MFR	10.5#	2 ea
660					
410	Grilled cheese Burger	N-12-1		25#	2 patties
399					
1020	Grilled Hotdogs		N-30-4	10#	2 ea
612					
2219	French fries		Q-45-1	30#	1 cup
390					
479	Onion rings		Q-35-1	35#	1 cup
234					
453	Baked beans		Q-2	4 1/2 #10cn	1/2 cup
270					

DINNER BRUNCH

215	Cream of mushroom Soup	MFR	9 cns	1 cup
180	197 Tomato soup	MFR	9 cns	
	1 cup	98		
596	Parmesan croutons	D-16-2	2#	8 ea
	57			
939	Chili Macaroni	L-28-2	14#	1
cup	574			
267	Mexican Pork Slices	L-87	33#	1 piece
393				
184	Brown gravy	0-16	16 1/4 qt	1/4 cup
76				
410	Grilled cheese Sandwich	N-6	10# 6 oz	1 snd
415				
36	Steamed rice	E-5	9#	3/4 cup
160				
522	Tangy Spinach	Q-63	18#	1/2 cup
32				
513	Broccoli Combo	Q-1-1	30#	3/4 cup
56				

PASTRY BAR

REGIONAL 28 DAY MASTER MENU (WEST COAST)

602	Glazed Doughnuts	D-19-2	100 ea	1 ea
225	1654 Raisin Muffins	D-28-1		100 ea
	1 ea 147			
73	Chewy nut bars	H-4	2 pns	2 ea
	238			
663	Banana cake w/	G-6	2 pns	1 slice
185				
2036	Choc Cream Pie	I-28	13 pies	1/8 pie
335				
1642	Butter cream frosting	G-22	2 3/4 qt	N/A
125				

BAG LUNCH #2

DAY - 23 (MON) : Oct 23; Nov 20; Dec 18; Jan 15; Feb 12; Mar 12; Apr 9; May 7; Jun 4; Jul 2; Jul 30;
Aug 27; Sep 24

		FACTOR	PORTION
CALORIE			
<u>BREAKFAST</u>	RECIPE #	PER 100	SIZE
<u>COUNT</u>			
1285 Chilled Fruit	FRE	See Encl (1)	VAR
See Encl 1			
1321 Asst'd Dry Cereal	Ind	100 ea	1 ea
Var 92-127			
685 Hot oatmeal	E-2	6#	3/4 cup
70			
698 Fried eggs to order	F-7	16.66 dz	2 ea
180			
2180 Omelets	F-8 (1-12)	16.66 dz	1
omelet Var			
708 Scrambled eggs	F-10	16.66 dz	1/2
cup 196			
1632 Hard cooked eggs	F-4-2	16.66 dz	2 ea
156			
1006 Grilled ham slices	L-71-3	20#	3 oz
162 236 Creamed beef		L-30	6#
2 oz 285			
1026 Baked sausage links	L-91-1	12#	2
links 180			
487 Hash brown potatoes	Q-46-2	18#	1/2
cup 165			
19 French toast	D-22	200 slc	2 ea
347			

REGIONAL 28 DAY MASTER MENU (WEST COAST)

22	Pancakes	MFR	3 #10cn	2 ea
246				
616	Waffles	MFR	10.5#	2 ea
660				

LUNCH

871	Manhattan clam chowder	MFR	9 cns	1 cup
	180			
183	Tomato soup	MFR	9 cns	1
	cup 69			
596	Parmesan croutons	D-16-2	2#	8 ea
	57			
1710	Stuffed Flounder	MFR	30#	4 1/4 oz
263				
161	Lasagna	L-25	12#	1 pc
	408			
	Macaroni & Cheese	F-1	8#	1 cup
330				
1886	Broccoli	Q-G-3	30#	2-3
	spears 37			
560	Green Beans	Q-G-3	24#	3/4
	cup 34			
29	Hot dinner rolls	MFR	17dz	2 ea
	166			
181	Tartar sauce	Ind	200	2 ea
100				
1307	Lemon wedges	M-G-2	12 1/2 Lem	1/8
	Lem 5			

DINNER

866	Chicken noodle soup	MFR	9 cns	1 cup
80				
871	Manhattan clam chowder	MFR	9 cns	1 cup
180				
596	Parmesan croutons	D-16-2	2#	8 ea
	57			
327	Roast turkey	L-162	38#	3
	1/2oz 342			
1030	Veal Parmesan	L-103	37#8oz	1 ea
460				
659	Tossed Green Rice	E-5-2	9#	3/4
	cup 165			
489	Mashed potatoes	MFR	1#10cn	1/2 cup
169				

REGIONAL 28 DAY MASTER MENU (WEST COAST)

233	Turkey gravy	O-16-2	6 1/4qt	2 oz
47				
187	Tomato Gravy	O-19-3	6 1/4qt	2 oz
51				
189	Savory bread dressing	O-21	2 pan	1/2 cup
195				
1183	Dinner rolls	MFR	17dz	2 ea
166				
468	French Fried Cauliflower	Q-20	20#	4 pc
124				
566	Carrots	Q-G-3	30#	3/4 cup
61				

PASTRY BAR

1598	Cinnamon rolls	D-G-7-3	100 ea	1 ea
420				
820	Blueberry muffins	D-29-1	100 ea	2 ea
335				
67	Pecan pie	I-31	13 pies	1/8 pie
435				
903	Marble cake w/	G-32-3	2 pns	1 slice
200				
1718	Mocha Btr Cream Frosting	G-22-6	2 1/4 qt	N/A
125				
88	Oatmeal cookies	H-7	8 pns	2 ea
240				
	Bag Lunch #1			

DAY - 24 (TUE) : Oct 24; Nov 21; Dec 19; Jan 16; Feb 13; Mar 13; Apr 10; May 8; Jun 5; Jul 3; Jul 31;
Aug 28; Sep 25

		FACTOR	PORTION	
CALORIE				
<u>BREAKFAST</u>	RECIPE #	PER 100	SIZE	
<u>COUNT</u>				
1285	Chilled Fruit	FRE	See Encl (1)	VAR
	See Encl 1			
1321	Asst'd Dry Cereal	Ind	100 ea	1 ea
	Var 92-127			
684	Hominy Grits	E-1-2	4# 8oz	2/3 cup 70
698	Fried eggs to order	F-7	16.66 dz	2 ea
180				

REGIONAL 28 DAY MASTER MENU (WEST COAST)

2180	Omelets	F-8 (1-12)	16.66 dz	1/3 cup
Var				
708	Scrambled eggs	F-10	16.66 dz	1/2 cup
196				
1632	Hard cooked eggs	F-4-2	16.66 dz	2 ea
156				
130	Oven fried bacon Slices	L-2	18#	2 slc
105				
1026	Baked sausage links	L-91-1	12#	2
links	180			
236	Creamed beef	L-30	6#	2 oz
285				
487	Hash brown potatoes	Q-46-2	18#	1/2
cup	165			
19	French toast	D-22	9#	2 slc
347				
22	Pancakes	MFR	3# 10 cn	2 ea
246				
616	Waffles	MFR	10.5#	2 ea
660				

LUNCH

1463	Bean Bacon Soup	MFR	9 cns	1 cup
204	1680 Chicken noodle soup	MFR	9 cns	
	1 cup	86		
15	Croutons	D-16	2#	8 ea
57				
133	Sukiyaki	L-6	25#	1 cup
294				
244	Yakisoba	L-62	25#	1
1/4 cup	373			
1935	Egg Rolls	B-2-1	9#	3/4
cup	102			
	Fried Rice	E-7-1	9#	3/4 cup
240				
36	Steamed rice	E-5	9#	3/4 cup
160				
697	Egg foo young	F-6	60 eggs	1
omelet	190			
1216	Chinese fried cabbage	Q-15	16#	1/2 cup
1886	Steamed Broccoli	Q-G-3	30#	3-4
stalks	37			
2316	Fortune cookies			

DINNER

REGIONAL 28 DAY MASTER MENU (WEST COAST)

866	Chicken noodle soup	MFR	9 cns	1 cup
86				
1463	Bean Bacon Soup	MFR	9 cns	1
cup	204			
596	Parmesan croutons	D-16	2#	8 ea
57				
324	Savory baked chicken	L-158	82#	1 piece
473				
237	Beef Stroganoff	L-53	30#	3/4 cup
353				
489	Mashed potatoes	MFR	1 cn	1/2 cup
169				
1796	Steamed Noodles	E-4	12#	1 cup
208				
840	Chicken gravy	O-16-2	6 1/4 Qt	2 oz
76				
570	Simmered Collard Greens	Q-G-3	54#	3/4 cup
25				
1235	Simmered peas & Carrots	Q-G-3	27#	3/4 cup
86				

PASTRY BAR

655	Bear claws	D-G-7-9	100 ea	1 ea
156				
624	Apple Muffins	D-29-4	100 ea	1 ea
229				
1817	Strawberry Shortcake	G16-1	16 2/3 dz	2 ea
330				
71	Brownies	H-2	9 pns	1 Brownie
361				
884	Pineapple Up/down Cake	G-29-1	2 pns	1 pc
295				

BAG LUNCH #4

DAY - 25 (WED) :Oct 25; Nov 22; Dec 20; Jan 17; Feb 14; Mar 14; Apr 11; May 9; Jun 6; Jul 4;
Aug 1; Aug 29; Sep 26

		FACTOR	PORTION
	CALORIE		
<u>BREAKFAST</u>	<u>RECIPE #</u>	<u>PER 100</u>	<u>SIZE</u>
<u>COUNT</u>			

1285	Chilled Fruit	FRE	See Encl (1	VAR
	See Encl 1			

REGIONAL 28 DAY MASTER MENU (WEST COAST)

1321	Asst'd Dry Cereal	Ind	100 ea	1 ea
	Var 92-127			
685	Hot oatmeal	E-1-3	6#	3/4 cup
70				
698	Fried eggs to order	F-7	16.66 dz	2 ea
180				
2180	Omelets	F-8(1-12)	16.66 dz	1/3 cup
Var				
708	Scrambled eggs	F-10	16.66 dz	1/2
cup	196			
1632	Hard cooked eggs	F-4-2	16.66 dz	2 ea
	156			
1006	Grilled ham slices	L-71-3	25#	1 slc
162				
130	Oven fried bacon	L-2	18#	3 slc
105				
236	Creamed beef	L-30	6#	2 oz
285				
487	Hash brown potatoes	Q-46-2	18#	1/2 cup
165				
19	French toast	D-22	200 Slc	2 Slc
347				
22	Pancakes	MFR	3 #10cn	2 ea
246				
616	Waffles	MFR	10.5#	2 ea
660				

LUNCH

858	Minestrone soup	MFR	9 cns	1 cup
96				
212	Split pea soup	MFR	9 cns	1 cup
218				
596	Parmesan croutons	D-16-2	2#	8 ea
	57			
1063	Turkey Ala' King	L-147-2	26#	1 cup
710				
251	Baked Ham	L-69	25#	3
1/2oz	171			
505	Candied Sweet Potatoes	Q-67-1	22.5#	1/2 cup
160				
1796	Jefferson Noodles	E-12	9#	3/4 cup
246				
116	Pineapple Sauce	O-9		1/4 cup
72				
539	Simmered blackeye peas	MFR	6 #10cn	2/3 cup
73				

REGIONAL 28 DAY MASTER MENU (WEST COAST)

580	Mixed Vegetables	Q-G-3	27#	3/4
cup	70			

DINNER

212	Split pea soup	MFR	9 cns	1 cup
	218			
858	Minestrone soup	MFR	9 cns	1
cup	96			
596	Parmesan croutons	D-16-2	2#	8 ea
	57			
150	Pepper Steak	L-13	30#	3/4 cup
480				
238	Beef Cordon Blue	L-55	25#	1 cordon bleu
422				
36	Steamed rice	E-5	9#	3/4
cup	160			
184	Brown gravy	O-16	6 1/4 Qt	2 oz
	85			
1417	Simmered Green Beans	Q-G-3	24#	3/4 cup
34				
579	Succotash	Q-G-3	27#	3/4
cup	114			

PASTRY BAR

598	Chocolate glazed donuts	D-19-2	100 ea	1 ea
405				
625	Cinnamon Crumb Muffins	D-29-5	9 pns	1 ea
223				
1836	Spice Cake	G-25	2 pns	1 pc
	310			
1932	Blueberry Pie	MFR	17 pies	1/6 pie
259				
717	Congo bars	H-4-1	2 pns	2 bars
257				
1642	Butter cream frosting	G-22		N/A

BAG LUNCH #5

DAY - 26 (THU) : Oct 26; Nov 23; Dec 21; Jan 18; Feb 15; Mar 15; Apr 12; May 10; Jun 7; Jul 5; Aug 2;
Aug 30; Sep 27

REGIONAL 28 DAY MASTER MENU (WEST COAST)

CALORIE			FACTOR	PORTION
<u>BREAKFAST</u>	<u>RECIPE #</u>	<u>PER 100</u>	<u>SIZE</u>	
<u>COUNT</u>				
1285 Chilled Fruit	FRE		See Encl (1)	VAR
See Encl 1				
1321 Asst'd Dry Cereal	Ind		100 ea	1 ea
Var 92-127				
684 Hominy Grits	E-1-2		4# 8oz	2/3 cup
70				
698 Fried eggs to order	F-7	16.66 dz	2 ea	
180 2180 Omelets		F-8 (1-12)		16.66oz
1/3 cup Var				
708 Scrambled eggs	F-10	16.66oz		1/2 cup
196				
1632 Hard cooked eggs	F-4-2		16.66oz	2 ea
180				
1006 Grilled ham slices	L-71-3	20#		3 oz
162				
130 Oven fried bacon	L-2		18#	3
slcs 105				
236 Creamed beef	L-30	6#		2 oz
285				
487 Hash brown potatoes	Q-46-2		18#	1/2
cup 165				
19 French toast	D-22	200 slc	2 ea	
347				
22 Pancakes	MFR	3# 10 cn	2 ea	
246				
616 Waffles	MFR	10.5#	2 ea	
660				

LUNCH

2027 Beef noodle soup	MFR	9 cns	1 cup
97			
221 Chicken and Rice Soup	MFR	9 cns	1 cup
69			
596 Parmesan croutons	D-16-2	2#	8 ea
57			
132 Oven Roast Beef	L-5	40#	4 oz
475			
1074 Southern Fried Chicken	L-155-1	82#	1 piece
376			
489 Mashed potatoes	MFR	1# 10cn	1/2 cup
169			

M00027-02-C-0002
REGIONAL 28 DAY MASTER MENU (WEST COAST)

	Macaroni & Cheese	F-1	8#	1
cup	330			
840	Chicken gravy	O-16-2	6 1/4 qt	2 oz
	47			
184	Brown gravy	O-16	6 1/4 qt	2 oz
76				
518	Corn Combo	Q-1-6	30#	3/4 cup
59				
1417	Steamed Broccoli	Q-G-3	30#	2-3
spear	37			

DINNER

866	Chicken noodle soup	MFR	9 cns	1 cup
80				
2027	Beef noodle soup	MFR	9 cns	1 cup
97				
596	Parmesan croutons	D-16-2	2#	8 ea
57				
1032	Grilled Liver and Onions	L-107	25#	1 slice
251				
888	Turkey Pot Pie	L-150-3	45#	1 cup
367				
36	Steamed rice	E-5	9#	3/4 cup
160				
494	Scalloped Potatoes	Q-53	25# 8oz	2/3 cup
177				
184	Brown gravy	O-16	6 1/4 gal	2 oz
76				
580	Mix Vegetable	Q-G-3	27#	3/4
cup	70			
1956	Spinach	Q-G-3	27#	2/3 cup
15				

PASTRY BAR

606	Long Johns	D-19-3	100 ea	1 ea
147				
1942	Oatmeal Raisin Muffins	D-29-9	9 pns	1 ea
224				
1413	Oatmeal Raisin Cookies	H-9-1	8 pns	2 ea
256				
556	Devil Food Cake w/	G-12	2 pns	1 slice
230				
1767	Choco Frosting	G-22-2	2 3/4qt	N/A
80	68 Pumpkin Pie w/	I-13	13 pies	1/8
slice	243			

REGIONAL 28 DAY MASTER MENU (WEST COAST)

815 Whip topping K-2 2 3/4qt N/A
29

BAG LUNCH #6

DAY - 27 (FRI) : Oct 27; Nov 24; Dec 22; Jan 19; Feb 16; Mar 16; Apr 13; May 11; Jun 8; Jul 6; Aug 3;
Aug 31; Sep 28

CALORIE		FACTOR	PORTION
BREAKFAST	RECIPE #	PER 100	SIZE
COUNT			
1285 Chilled Fruit	FRE	See Encl (1	VAR
See Encl 1			
1321 Asst'd Dry Cereal	Ind	100 ea	1 ea
Var 92-127			
685 Hot oatmeal	E-1-3	6#	3/4 cup
70			
698 Fried eggs to order	F-7	16.66 dz	2 ea
180			
2180 Omelets	F-8(1-12)	16.66 dz	1/3 cup
Var			
1632 Hard cooked eggs	F-4-2	16.66 dz	2 ea
156			
708 Scrambled eggs	F-10	16.66 dz	1/2 cup
196			
1026 Baked sausage links	L-91-1	12#	2 links
180			
919 Grilled canadian bacon	L-2-3	12# 8oz	2 Slc
105			
236 Creamed beef	L-30	6#	2 oz
285			
487 Hash brown potatoes	Q-46-2	18#	1/2
cup 165			
19 French toast	D-22	200 Slc	2 ea
347			
22 Pancakes	MFR	3 #10cn	2 ea
246			
616 Waffles	MFR	10.5#	2 ea
660			

LUNCH

215 Cream of mushroom MFR 9 cns 1 cup
170

M00027-02-C-0002
REGIONAL 28 DAY MASTER MENU (WEST COAST)

218	Beef and Vegetable	MFR	9 cns	1 cup
91				
596	Parmesan croutons	D-16-2	2#	8 ea
57				
170	Salsibury Steak	L-37	28#	1
335				
826	Breaded Pork Slices	L-86	33#	1
chop				
525				
490	O'Brien Potatoes	Q-49	31#	2/3
cup				
147				
184	Brown gravy	0-16-1	6 1/4 Qt	2 oz
85				
36	Steamed rice	E-5	9#	3/4 cup
160				
513	Broccoli Combo	Q-1-1	12#	3/4 cup
56				
565	Brussel Sprouts	Q-G-3	30#	3/4
cup				
61				
547	Hot dinner rolls	MFR	17 dz	2 ea
83				

DINNER

215	Cream of mushroom Soup	MFR	9 cns	1 cup
170				
218	Beef and Vegetable Soup	MFR	9 cns	1 cup
91				
596	Parmesan croutons	D-16-2	2#	8 ea
57				
159	El Rancho Stew	L-22-2	30#	1 1/4 cup
365				
324	Savory baked chicken	L-158	82#	1 piece
473				
36	Steamed rice	E-5	9#	3/4 cup
160				
1796	Noodles Jefferson	E-12	9#	1/2
cup				
246				
570	Collard Greens W/Ham Hocks	Q-G-3	54#	3/4 cup
25				
	Simmered Corn WK	Q-G-3-8	27#	3/4 cup
85				

PASTRY BAR

1598	Cinnamon rolls	D-G-7-3	100 ea	1 ea
420				
	w Raisins			

REGIONAL 28 DAY MASTER MENU (WEST COAST)

629	Raisin Muffins	D-29-2	9 pns	1 ea
152				
46	Carrot Cake	G-13	2 pns	1 slc
258				
	w/Cream Cheese Frosting	G-27	2 1/2qt	N/A
58				
1118	Banana Cream Pie	I-6-1	13 pies	1/8 slc
355				
86	Chocolate chip cookies	H-20	16 2/3 dz	2 ea
250				

BAG LUNCH #7

DAY - 28 (SAT) : Oct 28; Nov 25; Dec 23; Jan 20; Feb 17; Mar 17; Apr 14; May 12; Jun 9; Jul 7; Aug 4;
Sep 1; Sep 29

		FACTOR	PORTION
CALORIE			
BREAKFAST BRUNCH	RECIPE #	PER 100	SIZE
COUNT			
1285 Chilled Fruit	FRE	See Encl (1)	VAR
See Encl 1 1321Asst'd Dry Cereal	Ind		100 ea
1 ea Var 92-127 685	Hot oatmeal		E-2-3
6# 3/4 cup 70	698 Fried eggs to order		
F-7 16.66 dz	2 ea 180		
2180 Omelets	F-8(1-12)	16.66 dz	1/3
cup Var			
708 Scrambled eggs	F-10	16.66 dz	
1/2 cup 196			
1632 Hard cooked eggs	F-4-2	16.66 dz	
2 ea 156			
130 Oven fried bacon Slices	L-2	18#	3 slc
105			
1006 Grilled ham slices	L-71-3	20#	3 oz
162			
236 Creamed beef	L-30	6#	2 oz
285			

REGIONAL 28 DAY MASTER MENU (WEST COAST)

487	Hash brown potatoes	Q-46-2	18#	
	1/2 cup 165 19	French toast	D-22	200
slc	2 ea	347		
22	Pancakes	MFR	3 #10cn	2 ea
246				
616	Waffles	MFR	10.5#	2 ea
660				
410	Grilled cheese Burger	N-12-1	25#	
	2 patties 399			
1020	Grilled Hotdogs	N-30-4	10#	2 ea
612				
2219	French fries	Q-45-1	30#	1
cup	390			
479	Onion rings	Q-35-1	35#	
	1 cup 234			
453	Baked beans	Q-2	4 1/2 #10cn	1/2 cup
270				

DINNER BRUNCH

228	Cream of Chicken	MFR	9 cns	1
cup	165			
2027	Beef noodle soup	MFR	9 cns	1
cup	126			
15	Croutons	D-16-2	2#	8 ea
57				
311	Honey Glazed Cornish Hens	L-142	78#2oz	1/2 hen
374				
921	Steamship Round	L-4-2	65#	6 oz
470				
186	Natural Pan Gravy	O-18	3 Qt	2 oz
14				
489	Mashed potatoes	MFR	1#10cn	1/2 cup
169				
842	Giblet Gravy	O-16-4	6 1/4 qt	2 oz
92	1796 Egg Noodles	E-4	12#	1
cup	208			
560	Green Beans	Q-G-3	24#	3/4
cup	34			
1223	Corn	Q-G-3	27#	3/4
cup	85			
29	Hot dinner rolls	MFR	17 dz	2 ea
166				

PASTRY BAR

REGIONAL 28 DAY MASTER MENU (WEST COAST)

620	Kolaches	D-27	8 pns	2 rolls
147				
1654	Cinnamon Raisin Muffins	D-21-1	9 pns	1 ea
207				
66	Lemon Meringue Pie	I-33	13 pies	1/8
	slice 430			
1920	Yellow Cake w/	G-32	2 pns	1
	slc 200			
1642	Butter cream frosting	G-22	2 1/4qt	N/A
	?			
89	Peanut Butter Cookies	H-11	8 pns	2
	ea 240			

BAG LUNCH #3