UNITED STATES MARINE CORPS
Base Food Service Division
Business and Logistics Support Department
Marine Corps Base
PSC Box 20004
Camp Lejeune, North Carolina 28542-0004

BFSMemo ~~21~~ 23-01 Ch 4
FOOD
13 Aug 01

BASE FOOD SERVICE MEMORANDUM 23-01

From: Base Food Service Officer

Subj: CHANGE TO MASTER MENU FOR CAMP LEJEUNE, NORTH CAROLINA

Encl: (1) New Page Insert

1.The purpose of this change, is to correct date's on wrong day of week.

2.Action. Remove existing days 19-28 and replace with the enclosure. The corrections at the top of the pages are for 18-27 Aug only.

3. File this change page immediately after the signature page of the memorandum.

D. E. DIPHOLD

DISTRIBUTION:
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DAY 19 (SATURDAY) – 19 Aug, 16 Sep, 14 Oct, 11 Nov, 9 Dec, 6 Jan, 3 Feb, 3 Mar, 31 Mar, 28 Apr, 26 May, 23 Jun, 21 Jul, 18 Aug, 15 Sep, 13 Oct, 10 Nov, 8 Dec

	CALORIES	RECIPE NUMBER	MCFMIS NUMBER	PORTION SIZE
BREAKFAST/BRUNCH				
Cream Beef (1)	211	L-30	166	¼ Cup
Oven Fried Bacon (1)	78	L-2	130	3 Slices
Turkey Sausage Links (1)(15)	109	MR	1764	2 Links
Beef Sausage Links (1)(15)	73	L-89	1763	2 Links
Ham Slices (1)	154	L-71-3	1006	2 ½ oz
DINNER/BRUNCH				
Vegetable Beef Soup	89	P-9-9	218	1 Cup
w/Crackers	51	IND	2411	4 Crackers
Roast Beef (2)(8)	211	L-5	132	4 oz
Fried Chicken (7)	371	L-155	321	1 Piece
Mashed Potatoes (3)	112	MFR	498	2/3 Cup
Buttered Pasta	234	MFR	657	1 Cup
Brown Gravy (4)	31	O-16	184	¼ Cup
Chicken Gravy (4)	46	O-16-2	840	¼ Cup
Savory Bread Dressing	195	O-21	189	1 Square
Fried Okra	75	Q-20-1	2949	1/3 Cup
Mixed Vegetables	87	Q-G-3-17	580	¾ Cup
Cornbread	198	D-15	14	1 Piece
Hot Dinner Rolls (5)	167	MR	547	2 Each
Fruit Pie (6)	260	MC	NA	1 Slice
Coconut Cream Pie (14)	272	MR	2155	1 Slice
Yellow Layer Cake w/ (15)	181	G-32	44	1 Slice
Butter Cream Frosting	127	G-22	2646	1 Tbsp.
Brownies	280	H-2	2830	5 oz
Ice Cream	172	IND	1460	3 oz

NOTES:

1. Served daily.
2. Do not cut roasts in half during cooking. Cover, when possible, on line to prevent drying.
3. Use mixing machine as required.
4. Do not allow gravies to thicken on line.
5. Dinner Rolls are to be served HOT!
6. *Manager's Choice*; minimum of two types.
7. Count Chicken for Real Count.
8. Weigh finished product for Real Count.
9. Cook in batches.
10. Do not allow Creamed Beef to thicken on line.
11. **1 April, April Fool's Day.**
12. **11 November, Veteran's Day.**
13. **Recipe I-7-2 may be used if desired.**
14. **Sheet cakes may be purchased through the Prime Vendor.**
15. *Manager's Choice*, Beef or Turkey Sausage may be used.

Enclosure (3)

DAY 20 (SUNDAY) – 20 Aug, 17 Sep, 15 Oct, 12 Nov, 10 Dec, 7 Jan, 4 Feb, 4 Mar, 1 Apr, 29 Apr, 27 May, 24 Jun, 22 Jul, 19 Aug, 16 Sep, 14 Oct, 11 Nov, 9 Dec

	CALORIES	RECIPE NUMBER	MCFMIS NUMBER	PORTION SIZE
BREAKFAST				
Cream Beef (1)(7)	211	L-30	166	¼ Cup
Oven Fried Bacon (1)	78	L-2	130	3 Slices
Turkey Sausage Links (1)(9)	109	MR	1764	2 Links
Beef Sausage Links (1)(9)	73	L-89	1763	2 Links
Ham Slices (1)	154	L-71-3	1006	2 ½ oz
DINNER/BRUNCH				
Cream of Mushroom Soup	172	P-24-2	229	1 Cup
w/Crackers	51	IND	2411	4 Crackers
Grilled Strip Steak (2)	322	L-7	2937	1 (7 oz) Steak
Roast Turkey	152	L-162	327	3 ½ oz
Steamed Rice	155	E-6	1835	¾ Cup
Baked Potatoes (3)	144	Q-44	485	1 Each
Turkey Gravy (4)	46	O-16-2	840	¼ Cup
Corn-on-the-Cob (5)	123	Q-G-3	568	1 Ear
Simmered Lima Beans (5)	162	Q-G-3	563	¾ Cup
Sautéed Mushrooms & Onions	72	Q-30-1	1228	¼ Cup
Hot Dinner Rolls (8)	167	MR	547	2 Rolls
Cornbread Dressing	229	D-14	188	1 Piece
Cranberry Sauce	100	MR	2713	¼ Cup
White Layer Cake w/	197	G-30-1	890	1 Slice
Orange Butter Cream Frosting	1138	G-22-1	1719	1 Cup
Chocolate Layer Cake w/	171	G-12	672	1 Piece
Butter Cream Frosting	1163	G-22	1642	1 Cup
Oatmeal Cookies (6)	178	H-9	76	2 Each
Assorted Fruit Pie	391	MC	NA	1/8 Slice
Ice Cream	172	IND	1460	3 oz

NOTES:

1. Served daily.
2. Rare – 5 minutes, Medium – 6 minutes, Well Done – 7 minutes.
3. Do not overcook potatoes.
4. Do not allow Gravy to thicken on line.
5. Use batches, when possible.
6. Cookies may be purchased through the Prime Vendor.
7. Do not allow Creamed Beef to thicken on line.
8. Served HOT!
9. *Manager's Choice*; Beef or Turkey Sausage Links may be used.

Enclosure (3)

DAY 22 (TUESDAY) – 22 Aug, 19 Sep, 17 Oct, 14 Nov, 12 Dec, 9 Jan, 6 Feb, 6 Mar, 3 Apr, 1 May, 29 May, 26 Jun, 24 Jul, 21 Aug, 18 Sep, 16 Oct, 13 Nov, 11 Dec

	CALORIES	RECIPE NUMBER	MCFMIS NUMBER	PORTION SIZE
BREAKFAST				
Cream Beef (1)(8)	211	L-30	166	¼ Cup
Oven Fried Bacon (1)	78	L-2	130	3 Slices
Turkey Sausage Links (1)(9)	109	MR	1764	2 Links
Beef Sausage Links(1)(9)	73	L-89	1763	2 Links
Ham Slices (1)	154	L-71-3	1006	2 ½ oz
LUNCH				
Beef Noodle Soup	95	P-9-2	219	1 Cup
w/Crackers	51	IND	2411	4 Crackers
BBQ Spareribs (6)	462	L-92	291	7 oz
Stuffed Chicken	85	MFR	2498	4 oz
Au Gratin Potatoes	245	Q-51	492	2/3 Cup
Wild Rice, Long Grain	154	E-5-3	1737	½ Cup
Mustard Greens, Southern Style (7)	37	Q-G-3	571	¾ Cup
Simmered Corn (7)	108	Q-G-3	569	¾ Cup
Jalapeno Corn Bread	220	D-14-3	591	1 Piece
Pie, Frozen Asst. (4)	391	MC	NA	1 Slice
Vanilla Cream Pie (4)	256	I-6	895	1 Slice
Marble Layer Cake w/ (4)	192	G-10-5	670	1 Slice
Chocolate Frosting (4)	102	G-15	2335	2 Tbsp.
Chocolate Chip Cookies (4)(5)	260	H-20-2	86	2 Cookies
Ice Cream	172	IND	1460	3 oz
DINNER				
Tomato Vegetable Soup	103	P-9-8	203	1 Cup
w/Crackers	51	IND	2411	4 Crackers
Pork Adobo (2)	166	L-99	273	2/3 Cup
Italian Veal Parmesan	389	L-101	275	1 Steak
Egg Rolls	177	MR	2817	1 Egg Roll
Steamed Rice	155	E-6	1835	¾ Cup
Oven Glow Potatoes	127	Q-50-2	1251	½ Cup
Brown Gravy (3)	31	O-16	184	¼ Cup
Corn Combo	108	Q-1-1	518	¾ Cup
Simmered Lima Beans (7)	162	Q-G-3	563	¾ Cup
Assorted Desserts	NA	NA	NA	NA

NOTES:

1. Served daily.
2. Trim excess fat from diced pork.
3. Do not allow gravy to thicken.
4. The Lunch pastry menu will be served for Dinner.
5. May be purchased through the local Prime Vendor.
6. Cut Spareribs into single bone when possible.
7. Progressive cooking.
8. Do not allow Creamed Beef to thicken on line.
9. *Manager's Choice*; Beef or Turkey Sausage Links may be used.

Enclosure (3)

DAY 23 (WEDNESDAY) – 23 Aug, 20 Sep, 18 Oct, 15 Nov, 13 Dec, 10 Jan, 7 Feb, 7 Mar, 4 Apr, 2 May, 30 May, 27 Jun, 25 Jul, 22 Aug, 19 Sep, 17 Oct, 14 Nov, 12 Dec

	CALORIES	RECIPE NUMBER	MCFMIS NUMBER	PORTION SIZE
BREAKFAST				
Cream Beef (1)(2)	211	L-30	166	¼ Cup
Oven Fried Bacon (1)	78	L-2	130	3 Slices
Turkey Sausage Links (1)(9)	109	MR	1764	2 Links
Beef Sausage Links (1)(9)	73	L-89	1763	2 Links
Ham Slices (1)	154	L-71-3	1006	2 ½ oz
LUNCH				
Tomato Soup	96	P-9-8	225	1 Cup
w/Crackers	51	IND	2411	4 Crackers
Savory Baked Chicken	726	L-158	131	6 oz
Baked Fish Fillets	146	L-119	288	4 oz
Macaroni & Cheese	380	F-1	692	1 Cup
Scalloped Potatoes (4)	79	Q-55	494	2/3 Cup
Peas & Carrots (5)	65	Q-G-3-13	575	¾ Cup
Fried Cabbage (5)	46	Q-12	463	½ Cup
Blueberry Pie (7)	391	MC	1102	1 Slice
Coconut Cream Pie (7)	272	I-6-2	2155	1 Slice
Devil's Food Cake w/ (7)	171	G-12-1	672	1 Slice
Chocolate Fudge Frosting (7)	82	G-15	1767	2 Tbsp.
Ice Cream	172	IND	1460	3 oz
DINNER				
Cream of Mushroom Soup	172	P-24-2	229	1 Cup
w/Crackers	51	IND	2411	4 Crackers
Salisbury Steak (8)	356	LR	2120	1-5 oz Steak
Baked Ham, Macaroni & Tomatoes	263	L-72	254	1 Cup
Mashed Potatoes (3)	112	MFR	498	2/3 Cup
Brown Gravy	31	O-16	184	¼ Cup
Pineapple Sauce	77	O-9	177	¼ Cup
Simmered Cauliflower (5)	26	Q-G-3	567	¾ Cup
Mixed Vegetables (5)	87	Q-G-3-17	580	¾ Cup
Hot Dinner Rolls	167	MR	547	2 Rolls
Assorted Desserts (7)	NA	NA	NA	NA

NOTES:

1. Served daily.
2. Do not allow Creamed Beef to thicken on line.
3. Use mixer as required.
4. Do not overcook potatoes.
5. Progressive cooking.
6. *Manager's Choice*, minimum of two types.
7. Lunch pastry menu will be served for Dinner.
8. Prefabricated Salisbury is available through the Prime Vendor.
9. *Manager's Choice*; Beef or Turkey Sausage Links may be used.

Enclosure (3)

DAY 24 (THURSDAY) – 24 Aug, 21 Sep, 19 Oct, 16 Nov, 14 Dec, 11 Jan, 8 Feb, 8 Mar, 5 Apr, 3 May, 31 May, 28 Jun, 26 Jul, 23 Aug, 20 Sep, 18 Oct, 15 Nov, 13 Dec

	CALORIES	RECIPE NUMBER	MCFMIS NUMBER	PORTION SIZE
BREAKFAST				
Cream Beef (1)(2)	211	L-30	166	¼ Cup
Oven Fried Bacon (2)	78	L-2	130	3 Slices
Turkey Sausage Links (2)(12)	109	MR	1764	2 Links
Beef Sausage Links (2)(12)	73	L-89	1763	2 Links
Ham Slices (2)	154	L-71-3	1006	2 ½ oz
LUNCH				
Beef w/Vegetable Soup	89	P-9-1	218	1 Cup
w/Crackers	51	IND	2411	4 Crackers
Lasagna (3)(12)	396	L-25	161	9 ½ oz
Pizza	191	L-166	1084	1 Piece
Roast Turkey	152	L-162	327	3 ½ oz
Mashed Potatoes	112	MFR	498	2/3 Cup
Turkey Gravy	46	O-16-2	840	¼ Cup
Garlic Bread	259	D-7	5	2 Slices
Cauliflower Combo (4)	69	O-81-3	515	¾ Cup
Glazed Carrots	72	Q-17	1217	½ Cup
Cranberry Sauce	100	MFR	2713	¼ Cup
Banana Cake w/ (7)	214	G-6	42	1 Slice
Butter Cream Frosting (7)	1163	G-22	1642	1 Cup
Pie, Frozen Asst. (5)(7)	391	MC	1102	1 Slice
Peanut Butter Cookies (6)(7)	267	H-11	89	2 Cookies
Ice Cream (7)	172	IND	1460	3 oz
DINNER				
Minestrone Soup	96	P-9-6	223	1 Cup
w/Crackers	51	PKG	2411	4 Crackers
BBQ Chicken	389	L-146	315	8 oz
Baked Tuna & Noodles (8)	334	L-133	304	1 Cup
Mashed Potatoes (9)	112	MFR	498	2/3 Cup
Chicken Gravy (10)	46	O-16-2	840	¼ Cup
Simmered Green Beans (4)	36	Q-G-3	560	¾ Cup
Buttered Corn (4)	142	Q-G-1	530	¾ Cup
Assorted Desserts (7)	NA	NA	NA	NA

NOTES:

1. Do not allow Creamed Beef to thicken; use HOT MILK to thin.
2. Served daily.
3. Allow time to cool prior to cutting.
4. Progressive cooking.
5. *Manager's Choice*, minimum of two types.
6. May be purchased through the local Prime Vendor.
7. Lunch pastry menu will be served for Dinner.
8. Measure final product for Real Count.
9. Use mixing machine as required.
10. Do not allow gravy to thicken.
11. Prepared Lasagna may be purchased through the local Prime Vendor.
12. *Manager's Choice*; Beef or Turkey Sausage Links may be used.

Enclosure (3)

DAY 25 (FRIDAY) – 25 Aug, 22 Sep, 20 Oct, 17 Nov, 15 Dec, 12 Jan, 9 Feb, 9 Mar, 6 Apr, 4 May, 1 Jun, 29 Jun, 27 Jul, 24 Aug, 21 Sep, 19 Oct, 16 Nov, 14 Dec

	CALORIES	RECIPE NUMBER	MCFMIS NUMBER	PORTION SIZE
BREAKFAST				
Cream Beef (2)	211	L-30	166	¼ Cup
Oven Fried Bacon (2)	78	L-2	130	3 Slices
Turkey Sausage Links (2)(10)	109	MR	1764	2 Links
Beef Sausage Links (10)	73	L-89	1763	2 Links
Ham Slices (2)	154	L-71-3	1006	2 ½ oz
LUNCH				
Beef Noodle Soup	95	P-9-1	219	1 Cup
w/Crackers	51	IND	2411	4 Crackers
Seafood Platter:				
Fish Sticks	142	MR	2167	2 Each
Fried Scallops	40	L-134	2004	4 Each
Fried Oysters	0	L-126	1843	3 Each
Fried Shrimp	99	L-137-2	2168	4 Each
Roast Beef (3)	211	L-5	132	4 oz
Macaroni & Cheese	380	F-1	692	1 Cup
Mashed Potatoes (4)	112	Q-48	498	2/3 Cup
Brown Gravy (1)	31	O-16	184	¼ Cup
Simmered Mixed Vegetables, frozen (5)	87	Q-G-3	580	¾ Cup
Cauliflower Polonaise	61	Q-10-2	1213	½ Cup
Pie, Frozen Asst. (6)(7)	391	MC	1930	1 Slice
Sweet Potato Pie (7)	375	G-17-1	2345	1 Slice
Gingerbread w/ (7)	193	K-2-1	675	1 Square
Whipped Topping (7)	53	MR	815	¼ Cup
Ice Cream (7)	172	IND	1460	3 oz
DINNER				
Tomato Soup	96	P-9-8	225	1 Cup
w/Crackers	51	IND	2411	4 Crackers
Pork Chops Mexicana	237	L-87	267	1 Chop + ¼ Cup
Swiss Steak w/Brown Gravy	389	L-16-1	927	1 Steak + 1/3 Cup
Mashed Potatoes (4)	112	MFR	498	2/3 Cup
Hopping John	194	E-10-1	662	2/3 Cup
Brown Gravy (1)(9)	31	O-16	184	¼ Cup
Cream Corn (5)	162	Q-G-1	538	¾ Cup
Simmered Broccoli (5)	38	Q-G-3	1417	¾ Cup
Dinner Rolls (8)	167	MR	547	2 Rolls
Asst. Desserts (7)	NA	NA	NA	NA

NOTES:

1. Use HOT WATER to thin gravy, if needed.
2. Served daily.
3. Do not cut roasts in half during cooking process.
4. Use mixing machine as required.
5. Cook in batches, progressive cookery.
6. Manager's Choice, minimum of two types.
7. Lunch pastry menu will be served for Dinner.
8. Serve HOT!
9. Additional gravy is for Mashed Potatoes.
10. *Manager's Choice*, Beef or Turkey Sausage Links may be used.

Enclosure (3)

DAY 26 (SATURDAY) – 26 Aug, 13 Sep, 21 Oct, 18 Nov, 16 Dec, 13 Jan, 10 Feb, 10 Mar, 7 Apr, 5 May, 2 Jun, 30 Jun, 28 Jul, 25 Aug, 22 Sep, 20 Oct, 17 Nov, 15 Dec

	CALORIES	RECIPE NUMBER	MCFMIS NUMBER	PORTION SIZE
BREAKFAST/BRUNCH				
Cream Beef (1)(2)	211	L-30	166	¼ Cup
Oven Fried Bacon (2)	78	L-2-3	130	3 Slices
Turkey Sausage Links (2)(11)	109	MFR	1764	2 Links
Beef Sausage Links (2)(11)	73	L-89	1763	2 Links
Ham Slices (2)	154	L-71-3	1006	2 ½ oz
DINNER/BRUNCH				
Cream of Mushroom	172	P-24-2	229	1 Cup
w/Crackers	51	IND	2411	4 Crackers
Yankee Pot Roast (3)	203	L-10-2	924	3 ½ oz + 1/3 Cup
Honey Glazed Cornish Hens (4)	505	L-142	311	6 oz
Brown Gravy (1)	45	O-16	845	¼ Cup
Chicken Gravy (1)	46	O-16	840	¼ Cup
Mashed Potatoes (5)	112	MFR	498	2/3 Cup
Steamed Rice	155	Q-55	1835	¾ Cup
Simmered Mixed Vegetables (7)	87	Q-G-3	580	¾ Cup
Simmered Corn (7)	108	Q-G-3	569	¾ Cup
Fruit Pie, Frozen (8)(9)	391	MC	1932	1/8 Pie
Yellow Layer Cake w/ (9)	181	G-32	44	1 Slice
Butter Cream Frosting (9)	127	G-22	2646	1 Tbsp.
Chocolate Chip Cookies (9)(10)	260	H-20	86	2 Cookies
Ice Cream, Assorted (9)	NA	IND	NA	NA

NOTES:

1. Do not allow Creamed Beef, Brown & Chicken Gravy to thicken on line.
2. Served daily.
3. Watch cooking time. Do not overcook. Weigh finished product for Real Count.
4. Count hens for Real Count.
5. Use mixing machine as required.
6. If handled incorrectly, potatoes will overcook.
7. Cook in batches.
8. Manager's Choice, minimum of two types.
9. Pastries for the Lunch menu will be served for Dinner.
10. Cookies may be purchased through the Prime Vendor.
11. *Manager's Choice*; Beef or Turkey Sausage Links may be used.

Enclosure (3)

DAY 27 (SUNDAY) – 27 Aug, 24 Sep, 22 Oct, 19 Nov, 17 Dec, 14 Jan, 11 Feb, 11 Mar, 8 Apr, 6 May, 3 Jun, 1 Jul, 29 Jul, 26 Aug, 23 Sep, 21 Oct, 18 Nov, 16 Dec

	CALORIES	RECIPE NUMBER	MCFMIS NUMBER	PORTION SIZE
BREAKFAST/BRUNCH				
Cream Beef (1)(2)	211	L-30	166	¼ Cup
Oven Fried Bacon (2)	78	L-2-3	130	3 Slices
Turkey Sausage Links (2)(9)	109	MFR	1764	2 Links
Beef Sausage Links(2)(9)	73	L-89	1763	2 Links
Ham Slices (2)	154	L-71-3	1006	2 ½ oz
DINNER/BRUNCH				
Minestrone Soup	96	P-9-6	223	1 Cup
w/Crackers	51	IND	2411	4 Crackers
T-Bone Steak	489	L-7/MFR	2546	1 Steak
Sautéed Mushrooms & Onions	72	Q-30-1	1228	¼ Cup
Baked Salmon Loaf/Patties (3)(8)	243	L-129/L-128	300	4 oz
Baked Potato	144	Q-44	485	1 Potato
Rice Pilaf	205	E-8	37	¾ Cup
Corn-on-Cob (4)	123	Q-G-3	568	1 Ear
Simmered Peas and Carrots (4)	65	Q-G-3	575	¾ Cup
Hot Dinner Rolls (5)	167	MR	547	2 Rolls
Marble Layer Cake w/ (6)	192	G-10-5	670	1 Slice
Chocolate Frosting (6)	82	G-9	1767	2 Tbsp.
Coconut Cream Pie (6)	272	I-6-2	2155	1 Slice
Pie, Frozen Asst. (6)(7)	408	MR	1929	1 Slice
Ice Cream (6)	172	IND	NA	1 Each

NOTES:

1. Do not allow Creamed Beef to thicken on line.
2. Will be served daily.
3. Reduce heat for convection oven.
4. Cook in batches.
5. Serve HOT!
6. The Lunch pastry menu will be served for Dinner.
7. *Manager's Choice*, minimum of two types.
8. *Manager's Choice* of loaves or cakes.
9. *Manager's Choice;* Beef or Turkey Sausage Links may be used.

Enclosure (3)

DAY 28 (MONDAY) – 28 Aug, 25 Sep, 23 Oct, 20 Nov, 18 Dec, 15 Jan, 12 Feb, 12 Mar, 9 Apr, 7 May, 4 Jun, 2 Jul, 30 Jul, 27 Aug, 24 Sep, 22 Oct, 19 Nov, 17 Dec

	CALORIES	RECIPE NUMBER	MCFMIS NUMBER	PORTION SIZE
BREAKFAST				
Cream Beef (1)(2)	211	L-30	166	¼ Cup
Oven Fried Bacon (2)	78	L-2	130	3 Slices
Turkey Sausage Links (2)(10)	109	MR	1764	2 Links
Beef Sausage Links (2)(10)	73	L-89	1763	2 Links
Ham Slices (2)	154	L-71-3	1006	2 ½ oz
LUNCH				
Beef Noodle Soup	95	P-9-2	219	1 Cup
w/Crackers	51	IND	2411	4 Crackers
Yakisoba (3)	448	L-62	244	1 ¼ Cup
Chinese 5-Spice Chicken (4)	326	L-153	351	8 oz
Pork Fried Rice	229	E-7	1794	6 oz
Egg Rolls	177	MFR	2817	1 Each
Stir Fry Vegetables	54	Q-25	472	½ Cup
Simmered Succotash (6)	114	Q-G-3	579	¾ Cup
Pineapple Upside Down Cake (7)	277	G-29-1	884	1 Slice
Sweet Potato Pie (7)	375	I-12	2345	1 Slice
Peach Pie, Frozen (7)	367	MFR	1931	1 Slice
Crisp Drop Cookies (7)	217	H-15	82	2 Cookies
Ice Cream (7)	172	IND	1460	3 oz
DINNER				
Bean w/Bacon Soup	183	P-9-1	1463	1 Cup
w/Crackers	51	IND	2411	4 Crackers
Cantonese Spareribs	446	L-95	270	8 oz
Turkey Pot Pie	479	L-150	888	8 oz
Parsley Buttered Potatoes	169	Q-33	512	4 Pieces
Steamed Rice	155	E-6	1835	¾ Cup
Brown Gravy (5)	31	O-16-1	184	¼ Cup
Spinach Club (6)	117	Q-60	500	½ Cup
Mixed Vegetables (6)	87	Q-G-3	580	¾ Cup
Asst. Desserts (7)	NA	NA	NA	NA

NOTES:

1. Do not allow Creamed Beef to thicken on line.
2. Will be served daily.
3. Trim excess fat from roasts, for Yakisoba.
4. Use cut up Chicken, 65# per hundred.
5. Do not allow gravy to thicken on line.
6. Cook in batches.
7. The Lunch pastry menu will be served for Dinner.
8. 15 January, Martin Luther King, Jr. Day
9. 12 February, Lincoln's Birthday
10. *Manager's Choice*; Beef or Turkey Sausage Links may be used.

Enclosure (3)