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XXIIIrd OLYMPIAD

LOS ANGELES, CALIFORNIA

AUGUST 1984

MENUS FOR ATHLETES



Village Menu

Village Menu Limited Service

Venue Meals

Games of the XXIIIrd Olympiad Los Angeles July 28 to August 12, 1984

VENUE MEALS - DAY THREE



White Meat of Turkey, Provolone & Roast Beef
French Roll.

Chopped Lettuce * Tomato * Onion
Italian Peppers

Date & Nut Bread/Cream Cheese

Apple * Orange

Figs & Apricots

Lemon Pudding

Butterscotch Brownie

Snickers Bar

* * * *

Ice Cream Novelties * Fruited Yoghurts

Milk * Coffee * Perrier * Arrowhead Water
Orange Juice * Grapefruit Juice
Coca Cola * Tab * Sprite * Fresca

Margarine * Mayonnaise * Mustard
Salt * Pepper

Napkin * Knife * Spork * Wet-Wipe * Straw

1990 GOODWILL GAMES MENU
UNIVERSITY OF WASHINGTON FOOD SERVICES
McMAHON DINING ROOM

CYCLE DAYS:
1,6,11,16,21

LUNCH

Assortment of Fruit Juices to include Orange Juice
Recipe: 1271

Cornucopia of Fresh Fruit
Recipe: 943

Chinese Vegetable Soup
Recipe: 1489

Roast Baron of Beef au Jus
Recipe: 37

Chicken Breast Chasseur
Recipe: 2421

Red Snapper Cajun Style*
Recipe: 395

Cheese and Bean Enchiladas
Recipe: 2443

Sirloin Steak Cooked To Order
Recipe: 2031

An Assortment of Deli Sandwiches
Recipe: 493

Parsley Buttered New Potatoes, Rice Pilaf and Pasta
Recipe: 329, 587 & 617

Baby Carrots with Dill and French Cut Green Beans
Recipe: 664 & 688

* Northwest Salad Bar to include Pasta Salad and Coleslaw
Recipe: 916, 946 & 2436
See Appendix B

An Assortment of Bread, Rolls and Butter
Recipe: 1243 & 1267

An Assortment of Desserts including Ice Cream Novelties
Recipe: 976, 999, 1045, 1049, 1212, 1213 & 1251

Choice of Beverage
Recipe: 1272

* Condiments Recipe: 1270
See Appendix A

*Plain Red Snapper Available

Note: Plain Boneless Grilled Chicken Breast Available

1990 GOODWILL GAMES MENU
UNIVERSITY OF WASHINGTON FOOD SERVICES
McMAHON DINING ROOM

CYCLE DAYS:
2,7,12,17,22

BREAKFAST

Assortment of Fruit Juices to include Orange
Recipe: 1271

Cornucopia of Fresh Fruit
Recipe: 943

Selected Chilled or Steamed Vegetables

Ralston Cereal with Milk and Sugar
Recipe: 1295

Assorted Dry Cereals with Milk and Sugar
Recipe: 847

Zucchini Frittata
Recipe: 346

Scrambled Eggs or Eggs Cooked to Order
Recipe: 380 & 381

Home Fried Potatoes, Steamed Rice and Pasta
Recipes: 329, 610 & 1933

Choice of Breakfast Meat, including Ham, Sausages and Bacon
Grilled Filet of Sole
Recipes: 384, 385, 386, 387, 948 & 2206

Sirloin Steak Cooked To Order
Recipe 2031

Choice of Breakfast Pastries, Toast and Rolls
Recipe: 1242 & 1320

Hearty Chicken Noodle Soup
Recipe: 1508

Choice of Beverage
Recipe: 1272

* Condiments
Recipe: 1270

1990 GOODWILL GAMES MENU
UNIVERSITY OF WASHINGTON FOOD SERVICES
McMAHON DINING ROOM

CYCLE DAYS:
2,7,12,17

DINNER

An Assortment of Fruit Juices to include Orange Juice
Recipe: 1271

Cornucopia of Fresh Fruit
Recipe: 943

Cream of Broccoli Soup
Recipe: 1758

Stuffed Breast of Veal
Recipe: 1083

Teriyaki Chicken Quarter
Recipe: 172

Sweet and Sour Tasty Tails
Recipe: 2152

Tortellini Alfredo
Recipe: 407

Sirloin Steak Cooked To Order
Recipe: 2031

An Assortment of Deli Sandwiches
Recipe: 493

Parsley Buttered New Potatoes, Steamed Rice and Pasta
Italian Green Beans
Recipes: 587, 610, 662, & 2434

* Northwest Salad Bar to include Green Pea Salad
and Curry Rice Salad
Recipes: 925, 953 & 2436

An Assortment of Breads, Rolls and Butter
Recipes: 1243 & 1267

An Assortment of Desserts including Ice Cream Novelties
Recipes: 976, 1001, 1005, 1016 & 1018, 1264, 1853, 2419

Choice of Beverage.
Recipe: 1272

* Condiments
Recipe: 1270

Note: Plain Boneless Grilled Chicken Breast Available

GOODWILL GAMES BOX MEAL

CALORIC VALUE

1 Sandwich:

- 2 ea. Slice of Towne Bread
- 3 oz. Beef (Meat selections will be cycled)
- 3 oz. Cheddar cheese (Cheese selections will be cycled)
- Lettuce leaf
- 4 ea. Tomato slices
 - 1 ea. PC of Mustard
 - 2 ea. PC of Mayonnaise

- 1 Piece whole fresh fruit
- 1 4 oz. cup of potato salad
- 1 Pkg. peanut butter crackers
- 1 12 oz. Can of Pepsi
- 1 8 oz. Orange Juice
- 1 3 oz. Brownie
- 1 Granola bar
- 1 Snickers candy bar

TOTAL CALORIC COUNT: 2085

1990 GOODWILL GAMES MENU
UNIVERSITY OF WASHINGTON FOOD SERVICES
Typical Meal Selections

BREAKFAST

	<u>Portion</u>	<u>Calories</u>
Juice	12 oz	175
Fresh Fruit	2 ea	150
Ready to eat Cereal	2 oz	175
Veg Omelet	5 oz	225
Pasta	1 cup	100
Bacon	2 slices	70
Grilled Filet of Red Snapper	3.5 oz	100
Sirloin Steak	5 oz	250
Pastry	1.5 oz	125
Diet Pepsi	8 oz	1
Butter	.5 T	50
Total Calories:	1421 =====	

1990 GOODWILL GAMES MENU
UNIVERSITY OF WASHINGTON FOOD SERVICES
Typical Meal Selections

LUNCH

	<u>Portion</u>	<u>Calories</u>
Juice	6 oz	85
Fresh Fruit	3 selections	200
Soup	8 oz	175
Baked Chix	Qtr	450
Fish & Chips	8 oz	450
Deli Sand.	1/2	150
Herbed Rice	5 oz	125
NW Sal Bar	8 oz	50
w/Bleu Cheese	4 T	300
Cukes in Rice		
Wine Vinegar	1.5 oz	5
Rolls	2 ea	150
w/Butter	1 T	100
Dessert	4 oz	250
Iced Tea	14 oz	100
Total Calories	2590	
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1990 GOODWILL GAMES MENU
UNIVERSITY OF WASHINGTON FOOD SERVICES
Typical Meal Selections

DINNER

	<u>Portion</u>	<u>Calories</u>
Juice	6 oz	85
Fresh Fruit	3 selections	300
Rst NY Strip	5 oz	200
Vegetable Stir Fry	8 oz	50
Deli Sand	1/2	150
Oven Brownd Potatoes	4 oz	100
NW Sal Bar w/Italian	4 T	250
Fresh Fruit Salad	4 oz	40
Roll	1 ea	150
w/Butter	1 T	100
Dessert (Cake)	4 oz	250
Beverage (Milk)	1 pt.	250
Total Calories	1925	
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