XXIIIrd OLYMPIAD

LOS ANGELES, CALIFORNIA

AUGUST 1984

MENUS FOR ATHLETES

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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
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
BRIGHTON 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
<table>
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<tr>
<th>Breakfast Item</th>
<th>Portion</th>
<th>Calories</th>
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<tbody>
<tr>
<td>Juice</td>
<td>12 oz</td>
<td>175</td>
</tr>
<tr>
<td>Fresh Fruit</td>
<td>2 ea</td>
<td>150</td>
</tr>
<tr>
<td>Ready to eat Cereal</td>
<td>2 oz</td>
<td>175</td>
</tr>
<tr>
<td>Veg Omelet</td>
<td>5 oz</td>
<td>225</td>
</tr>
<tr>
<td>Pasta</td>
<td>1 cup</td>
<td>100</td>
</tr>
<tr>
<td>Bacon</td>
<td>2 slices</td>
<td>70</td>
</tr>
<tr>
<td>Grilled Filet of Red Snapper</td>
<td>3.5 oz</td>
<td>100</td>
</tr>
<tr>
<td>Sirloin Steak</td>
<td>5 oz</td>
<td>250</td>
</tr>
<tr>
<td>Pastry</td>
<td>1.5 oz</td>
<td>125</td>
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<tr>
<td>Diet Pepsi</td>
<td>8 oz</td>
<td>1</td>
</tr>
<tr>
<td>Butter</td>
<td>.5 T</td>
<td>50</td>
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Total Calories: 1421
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<thead>
<tr>
<th>LUNCH</th>
<th>Portion</th>
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<tbody>
<tr>
<td>Juice</td>
<td>6 oz</td>
<td>85</td>
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<tr>
<td>Fresh Fruit</td>
<td>3 selections</td>
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<tr>
<td>Soup</td>
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<td>175</td>
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<tr>
<td>Baked Chix</td>
<td>0tr</td>
<td>450</td>
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<tr>
<td>Fish &amp; Chips</td>
<td>8 oz</td>
<td>450</td>
</tr>
<tr>
<td>Deli Sand.</td>
<td>1/2</td>
<td>150</td>
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<tr>
<td>Herbed Rice</td>
<td>5 oz</td>
<td>125</td>
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<tr>
<td>NW Sal Bar w/Bleu Cheese</td>
<td>8 oz</td>
<td>50</td>
</tr>
<tr>
<td></td>
<td>4 T</td>
<td>300</td>
</tr>
<tr>
<td>Cukes in Rice Wine Vinegar</td>
<td>1.5 oz</td>
<td>5</td>
</tr>
<tr>
<td>Rolls w/Butter</td>
<td>2 ea</td>
<td>150</td>
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<tr>
<td></td>
<td>1 T</td>
<td>100</td>
</tr>
<tr>
<td>Dessert</td>
<td>4 oz</td>
<td>250</td>
</tr>
<tr>
<td>Iced Tea</td>
<td>14 oz</td>
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<tr>
<td><strong>Total Calories</strong></td>
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<td><strong>2590</strong></td>
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### 1990 Goodwill Games Menu
UNIVERSITY OF WASHINGTON FOOD SERVICES
Typical Meal Selections

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