

Overnight Menu & Ingredients List

Evening Snack

- Sub Sandwiches
- Chips & Cookie
- Lemonade/Water (It is the same now as it was then.)



Breakfast

- Continental (Bagels, Danishes, Muffins)
- Juice (Apple or Orange, depending on availability)
- Coffee (Brewed strong to enable landsmen to be brave & to do what needs doing)

**Please, notify us in advance if members of your group have dietary restrictions. Those with dietary restrictions are welcome to bring their own meals.*

Ingredients List

Sub Sandwich	Ham cured with: water, dextrose, contains less than 2% salt, sodium phosphate, sodium ascorbate, sodium nitrite. Cultured pasteurized milk, salt and enzymes. (Wheat Flour Enriched (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Water, Whole Wheat Flour, Yeast, Cracked Wheat, Wheat Bran, Salt, Soybean Oil, Sugar, Vital Wheat Gluten, Honey, Dough Improver (Wheat Flour, Diacetyl Tartaric Acid Esters of Mono-Diglycerides (DATEM), Guar Gum, Ammonium Sulfate, Monoglycerides, Ascorbic Acid and 2% or Less of the Following: Soybean Oil, Potassium Iodate & Enzymes). (Red wine vinegar reduced with water to 5% acidity, naturally occurring trace elements of sulfites). (Soybean oil, olive oil, colorant: beta-carotene 160a(ii))
Chocolate Chip Cookies	Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), semisweet chocolate (sugar, chocolate, cocoa butter, dextrose, soy lecithin, artificial flavor, nonfat milk), vegetable oil (soybean and palm oil with TBHQ for freshness), sugar, high fructose corn syrup, contains two percent or less of salt, leavening (baking soda, monocalcium phosphate), artificial flavor.
Continental Bkft	Wheat Flour, Bleached, Enriched, Bromated (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Potassium Bromate, Thiamine Mononitrate, Riboflavin and Folic Acid), Water, Potato Flour, Dextrose, Natural Flavors, Yeast, Contains 2% or less of : Ascorbic Acid, Azodicarbonamide, Calcium Sulfate, Calcium Propionate (To Preserve Freshness), Deionized Water, DATEM, Enzymes, FD&C Yellow #5, FD&C Yellow #6, L-cysteine, Salt, Vegetable Shortening (Partially Hydrogenated Soybean and Cottonseed Oils, Mono- & Diglycerides), Sodium Benzoate (To Preserve Freshness), Sugar. Contains: Wheat. Processed in a facility that uses: Eggs, Milk, and Soy.
Peanut Butter	Peanuts, Sugar, Fully hydrogenated vegetable oil (rapeseed, cottonseed, and soybean), molasses, salt.
Grape Jelly	Sugar, Water, Grape Juice Concentrate, Fruit Pectin, Citric Acid
Mixed Fruit Jelly	Sugar, Water, Grape and Apple Juice Concentrates, Fruit Pectin, Citric Acid
Strawberry Jam	Sugar, Strawberries, Water, Citric Acid, Fruit Pectin
Honey	
Lemonade	Sugar, Citric Acid, Sodium citrate, modified food starch, dextrin, fractionated coconut oil, natural & artificial flavor (contains maltodextrin and gum Arabic), ascorbic acid, FD&C yellow no. 5.
Orange Juice	
Coffee	
Sugar	