

FLIGHT KITCHEN MEAL MENU

AS OF 1 Apr 2010

Large Meal \$4.25 includes \$.60 surcharge/ *Large Flight Meal \$3.65*
 Small (Snack) Meal \$2.30 includes \$.35 surcharge/ *Small Flight Meal \$1.95*

*Please choose one meal # and one supplement

Large Meal # 1 10 oz Turkey & Ham Sub
Large Meal # 2 6 oz Turkey Sandwich on Wheat
Large Meal # 3 2 each Tuna Salad Sandwiches
Large Meal # 4 6 oz Roast Beef Sandwich on Wheat
Large Meal # 5 6 oz Ham Sandwich on Wheat
Large Meal # 6 2 each Grilled Chicken Breast Sandwiches
Large Meal # 7 Not Available
Large Meal # 8 2 each, Peanut Butter & Jelly, No Crust
Large Meal # 9 Chicken Strips, Breaded

Small Meal # 1 1 each Chicken Patty Sandwich
Small Meal # 2 3 oz Ham Sandwich on White
Small Meal # 3 3 oz Turkey Sandwich on White
Small Meal # 4 1 each Grilled Chicken Breast Sandwich
Small Meal # 5 Chef Salad w/Chicken
Small Meal # 6 Chef Salad w/Turkey
Small Meal # 7 Chef Salad w/Ham
Small Meal # 8 1 each Tuna Salad Sandwich
Small Meal # 9 4 oz Ham & Turkey Sub

Supplement # 1 Fruit Cocktail Cup, M-Grain Bar, Chips, Soda, Water, Fresh Fruit #1
Supplement # 2 Pudding, Juice, Pasta Salad, Water, Fresh Fruit #1
Supplement # 3 Applesauce, Cookie, Milk, Muffin, Water, Fresh Fruit #1
Supplement # 4 Water, Soda, Granola Bar, Raisin, Yogurt, Fresh Fruit #1
Supplement # 5 Water, Candy Bar, Chips, Juice, Potato Salad, Fresh Fruit #1
Supplement # 6 Soda, Milk, Peanuts, Muffin, Yogurt, Raisins, Applesauce
Supplement # 7 Juice, Milk, Water, M-Grain Bar, Fresh Fruit #1 (2 pieces)
Supplement # 8 Juice, Water, Granola Bar, Muffin, Yogurt, Fresh Fruit #1
Supplement # 9 Juice, Water, Yogurt, Granola Bar, Fresh Fruit #2
Supplement #10 Soda, Water, Candy Bar, Yogurt, Fresh Fruit #2

*Note – Fresh Fruit #1 – Apples, Bananas, Oranges, Pears (Limited to on-hand)

*Note – All BAS customers pay Surcharge