

Forrest Rednour Hall

For the Week Of: 18-Mar to 24-Mar

W12	Breakfast 0630-0730	Calories	Lunch 1100-1230	Calories	Dinner 1645-1800	Calories
M O N D A Y	Breakfast 0830-1000 Assorted Beverages Cheddar Cheese Grits Hashbrowns Bacon and Sausage Assorted Fruit Hard Boiled Eggs Scrambled Eggs Pancakes w/ Syrup Assorted Breads and Pastries	200 151 90/180 120 200 200 240	Corn Chowder Grilled Flank Sandwich w/ Creamy Horseradish Sauce and Arugula Steak Fries Roasted Asparagus w/ Caramelized Onions Assorted Beverages and Desserts Salad Bar	Varies 350 200 145	Spicy Miso Carrot Soup Pork Tenderloin w/ Honey Garlic Sauce Honey Garlic Chicken Thighs Jasmine Rice Roasted Asparagus Lumpia Assorted Beverages and Desserts Salad Bar	Varies 245 200 75 140
	Assorted Beverages Blueberry Oatmeal Shredded Hashbrowns Bacon and Sliced Ham Assorted Fruit Hard Boiled Eggs Scrambled Eggs French Toast w/ Mixed Berry Compote Assorted Breads and Pastries	150 151 90/140 120 200 200 260	Caldo De Pollo Beef and Cheese Chalupas Mexican Rice Refried Beans Mexican Street Corn Chips and Queso Bar Assorted Beverages and Desserts Salad Bar	120 450 200 240 175 Varies	Broccoli Cheese Soup Cajun Butter Steak Bites Louisiana Dirty Rice Red Beans w/ Andouille Sausage Fried Okra Jalapeno Cheddar Corn Bread Salad Bar	200 450 250 75 200
T U E S D A Y	Assorted Beverages Hot Grits Hashbrown Patties Bacon and Sausage Patties Assorted Fruit Hard Boiled Eggs Scrambled Eggs Belgian Waffles w/ Syrup Corned Beef Hash Assorted Breads and Pastries	142 151 90/180 120 200 200 245 250	Ham and White Bean Soup Mc Rib Sandwich w/ Cole Slaw Crispy French Fries Tri Colored Cauliflower Assorted Beverages and Desserts Salad Bar	200 475 200 85	Potato Leek Soup Grilled Airline Chicken Breast Creamy Roasted Red Pepper Tortellini Roasted Broccolini Garlic Bread Sticks Assorted Beverages and Desserts Salad Bar	185 375 200 95 140
	Assorted Beverages Cream of Wheat Loaded Hashbrowns Bacon and Spanish Chorizo Assorted Fruit Hard Boiled Eggs Scrambled Eggs Biscuits and Gravy Assorted Breads and Pastries	104 151 90/216 120 200 200 245	Spanish Chorizo Soup Grilled Flat Iron Steak w/ Chimichurri Loaded Potatoes Roasted Green Beans Brown Butter Hot Rolls Assorted Beverages and Desserts Salad Bar	200 326 225 115 125	Loaded Potato Soup Country Fried Steaks Mashed Potatoes w/ Country Gravy Corn on the Cobb Cheddar Biscuits Assorted Beverages and Desserts Salad Bar	230 325 375 175 115
W E D N E S D A Y	Assorted Beverages Oatmeal w/ Assorted Toppings O'Brien Potatoes Bacon and Maple Sausage Links Assorted Fruit Hard Boiled Eggs Scrambled Eggs Breakfast Sandwiches Assorted Breads and Pastries	150 151 90/180 120 200 200 265	Cioppino Soup Grouper Fillets w/ Ginger Coconut Curry Jasmine Steamed Rice Grilled Bok Choy Assorted Beverages and Desserts Salad Bar	195 285 200 250 85	Chicken and Rice Soup Chicken or Shrimp Buttered Linguini or Penne Pasta Marinara or Alfredo Italian Blend Vegetables Garlic Bread sticks Assorted Beverages and Desserts Salad Bar	122 325 295 220 200
	Assorted Beverages Hot Grits Home Fries Bacon or Sliced Ham Assorted Fruit Hard Boiled Eggs Scrambled Eggs Toasted Bagels with Cream Cheese Pancakes w/ Syrup Assorted Breads and Pastries	142 151 90/120 120 200 200 318 240 210	Brunch 1100-1230 Soup of the Day Hot Dogs and Brats Tater Tots Sauteed Corn Assorted Beverages and Desserts Salad Bar	Varies 230 170 95	Soup of the Day Jerk Chicken w/ Jerk Sauce Caribbean Rice Caramelized Onions Roasted Brussel Sprouts Assorted Beverages and Desserts Salad Bar	Varies 325 215 75 150
F R I D A Y	Assorted Beverages Hot Grits Home Fries Bacon or Sliced Ham Assorted Fruit Hard Boiled Eggs Scrambled Eggs Toasted Bagels with Cream Cheese Pancakes w/ Syrup Assorted Breads and Pastries	142 151 90/120 120 200 200 318 240 210	Brunch 1100-1230 Soup of the Day Hot Dogs and Brats Tater Tots Sauteed Corn Assorted Beverages and Desserts Salad Bar	Varies 230 170 95	Soup of the Day Jerk Chicken w/ Jerk Sauce Caribbean Rice Caramelized Onions Roasted Brussel Sprouts Assorted Beverages and Desserts Salad Bar	Varies 325 215 75 150
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The Food Service Officer is authorized to make changes to this menu when, due to unusual or unforeseen circumstances, it may be necessary to provide substitutions for food items not in stock or to permit the timely use of perishable foods.

Submitted By: CSC A.R. Hernandez Dining Facility Supervisor	Reviewed By: CSCM M.R. Simolon Food Service Officer	Approved By: CDR C.J. Bare Chief Comptroller & Personnel Division
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