

| TRACEN Petaluma Haley Hall Dining Facility | | | | | | |
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| 11AUG25-17AUG25 | | | | | | |
| 5 | BREAKFAST | Calories | LUNCH | Calories | DINNER | Calories |
| MONDAY | FRESH FRUIT | VARIES | CHICKEN & DUMPLING SOUP | 210 | ROASTED PORK LOIN | 164 |
| | CREAM OF WHEAT | 110 | BOURBON CHICKEN | 320 | SAVORY ROASTED CHICKEN | 175 |
| | ASST. TOPPINGS | VARIES | PEPPER STEAK | 450 | CREAMY POLENTA | 180 |
| | EGGS & OMELETS TO ORDER | VARIES | JASMINE RICE | 200 | ROASTED FINGERLINGS | 63 |
| | BOILED EGGS | 78 | ROASTED PURPLE POTATOES | 105 | LEMON ZESTED ASPARAGUS | 98 |
| | CHICKEN APPLE / PORK SAUSAGE LINKS | 180 | WINTER BLEND VEGETABLES | 65 | BROWN SUGAR ACORN SQUASH | 140 |
| | HASH BROWNS | 151 | BROCCOLI PARMESAN | 90 | FOCACCIA BREAD | 200 |
| TUESDAY | WHOLE WHEAT PANCAKES | 210 | HOT DINNER ROLLS | 80 | | |
| | FRESH CORNED BEEF HASH | 320 | | | | |
| | | | PLATED ALTERNATIVE | | | |
| | | | BLACKENED FISH W/ CAJUN RICE | 321 | | |
| | | | (VEGETARIAN ALT.) | | | |
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| WEDNESDAY | FRESH FRUIT | VARIES | SPICY BLACK BEAN SOUP | 317 | OVEN FRIED CHICKEN | 380 |
| | OATMEAL | 158 | CHICKEN TACOS | 300 | BROWN GRAVY | 108 |
| | ASST. TOPPINGS | VARIES | BEEF BIRRIA TACOS | 209 | APPLE CRANBERRY STUFFING | 210 |
| | EGGS & OMELETS TO ORDER | VARIES | FRIJOLES CHARROS | 205 | GARLIC MASHED POTATOES | 180 |
| | BOILED EGGS | 78 | SOUTHWESTERN RICE | 235 | CAJUN MUSHROOMS | 63 |
| | BACON / SAUSAGE PATTIES | 92/180 | CHARRED MEXICAN ZUCCHINI | 154 | GLAZED ROOT VEGETABLES | 90 |
| | VEGETARIAN SAUSAGE | 180 | TRI COLORED PEPPERS | 54 | CHEDDAR BISCUITS | 110 |
| THURSDAY | SHREDDED HASH BROWNS | 151 | | | | |
| | FRENCH TOAST W/ BUTTER & SYRUP | 210 | PLATED ALTERNATIVE | | | |
| | BISCUITS & SAUSAGE GRAVY | 386 | CHARRED CHICKEN MOLE | 220 | | |
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| FRIDAY | FRESH FRUIT | VARIES | ROASTED RED PEPPER BISQUE | 380 | VEAL PARMESAN | 380 |
| | HOT GRITS | 142 | GRILLED PORK CHOPS | 525 | CHICKEN PARMESAN | 341 |
| | ASST. TOPPINGS | VARIES | CHICKEN MARSALA | 202 | SPAGHETTI W/ MARINARA | 235 |
| | EGGS & OMELETS TO ORDER | VARIES | RICE PILAF | 350 | BROWN BUTTER ORZO | 228 |
| | BOILED EGGS | 78 | SCALLOPED POTATOES | 210 | KALE & CHICKPEA MEDLEY | 180 |
| | TURKEY / MAPLE PORK SAUSAGE LINKS | 180 | GLAZED CARROTS W/ SPICED NUTS | 62 | FRIED ZUCCHINI STICKS | 60 |
| | HASH BROWNS | 110 | ROASTED PURPLE CAULIFLOWER | 150 | GARLIC KNOTS | 110 |
| SATURDAY | WAFFLES W/ BUTTER & SYRUP | 210 | HOT DINNER ROLLS | 80 | | |
| | SPINACH QUICHE | 355 | PLATED ALTERNATIVE | | | |
| | | | SEARED SHRIMP & GRITS | 475 | | |
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| SUNDAY | FRESH FRUIT | VARIES | HOT & SOUR SOUP | 180 | GRILLED SKIRT STEAK W/ | 225 |
| | CREAM OF WHEAT | 110 | KOREAN SHORT RIBS | 360 | CHIMICHURRI SAUCE | 60 |
| | ASST. TOPPINGS | VARIES | CASHEW CHICKEN | 320 | CILANTRO RICE | 120 |
| | EGGS & OMELETS TO ORDER | VARIES | JAPCHAE | 100 | PATATAS BRAVAS | 150 |
| | BOILED EGGS | 78 | CALROSE RICE | 70 | BROCCOLINI W/ LEMON CRUMBS | 90 |
| | BACON / HOT SAUSAGE LINKS | 92/180 | VEGAN BANG BANG BROCCOLI | 75 | SUCCOTASH | 80 |
| | VEGETARIAN SAUSAGE | 180 | SPINACH BANCHAN | 90 | FRENCH BREAD | 110 |
| MONDAY | GOLDEN HASH BROWN PATTIES | 151 | POTSTICKERS W/ DIPPING SAUCES | 120 | | |
| | BUTTERMILK PANCAKES | 210 | PLATED ALTERNATIVE | | | |
| | BREAKFAST SANDWICHES | 340 | KOREAN SPICY PORK BELLY BOWLS | 367 | | |
| | | | (CRISPY TOFU ALT.) | | | |
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| TUESDAY | FRESH FRUIT | VARIES | MANHATTEN CLAM CHOWDER | 324 | STICKY CHICKEN | 328 |
| | OATMEAL | 158 | CATCH OF THE DAY | VARIES | KIMCHI FRIED RICE | 248 |
| | ASST. TOPPINGS | VARIES | GRILLED RIBEYE STEAKS | 300 | JASMINE RICE | 180 |
| | EGGS & OMELETS TO ORDER | VARIES | SUNDRIED TOMATO RISOTTO | 160 | MISO GLAZED BOK CHOY | 45 |
| | BOILED EGGS | 78 | ROASTED FINGERLING POTATOES | 190 | SAUTEED GREEN BEANS | 95 |
| | CHICKEN APPLE / PORK SAUSAGE PATTIES | 180 | SAUTEED YELLOW SQUASH | 65 | EGG ROLLS W/ DIPPING SAUCES | 90 |
| | HASH BROWNS | 151 | MARINATED PORTABELLA MUSHROOMS | 140 | | |
| WEDNESDAY | FRENCH TOAST W/ BUTTER & SYRUP | 210 | SWEET HAWAIIAN ROLLS | 220 | | |
| | BREAKFAST BURRITOS | 320 | CAPTAINS PLATTER | VARIES | | |
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| THURSDAY | FRESH FRUIT | VARIES | BEEF & LAMB GYROS | 350 | CHICKEN ALFEDO | 500 |
| | HOT GRITS | 142 | HERBED LEMON GARLIC ROASTED POTATOES | 300 | FETTUCCINI PASTA | 260 |
| | ASST. TOPPINGS | VARIES | ROASTED VEGETABLE MEDLEY | 160 | MOZZARELLA STICKS W/ MARINARA | 325 |
| | EGGS & OMELETS TO ORDER | VARIES | GREEK PASTA SALAD | 25 | STEAMED PEAS | 160 |
| | BOILED EGGS | 78 | FRESH HUMMUS | 110 | ROASTED BROCCOLI | 160 |
| | BACON / MAPLE PORK SAUSAGE LINKS | 92/180 | TOPPINGS BAR | VARIES | GARLIC BREAD | 190 |
| | VEGAN SAUSAGE | 180 | | | | |
| FRIDAY | HASH BROWNS | 151 | | | | |
| | BUTTERMILK PANCAKES | 210 | | | | |
| | BISCUITS & SAUSAGE GRAVY | 386 | | | | |
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| SATURDAY | FRESH FRUIT | VARIES | EGGS & OMELETS TO ORDER | VARIES | SALISBURY STEAK | 210 |
| | CREAM OF WHEAT | 110 | CORNED BEEF HASH / SAUSAGE | 320/180 | MASHED POTATOES W/ BROWN GRAVY | 325 |
| | ASST. TOPPINGS | VARIES | WAFFLES W/ BUTTER & SYRUP | 210 | STEAMED WHITE RICE | 140 |
| | EGGS & OMELETS TO ORDER | VARIES | MEATBALL SUBS | 500 | RAINBOW BABY CARROTS | 152 |
| | BOILED EGGS | 78 | CURLY FRIES | 230 | ROASTED BROCCOLI | 99 |
| | TURKEY / PORK SAUSAGE LINKS | 180 | ITALIAN PASTA SALAD | 210 | HOME STYLE BISCUITS | 136 |
| | GOLDEN HASH BROWNS PATTIES | 151 | ITALIAN BLEND VEGETABLES | 110 | | |
| SUNDAY | WAFFLES W/ BUTTER & SYRUP | 210 | | | | |
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| Week 5 | | | | | | |
| 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. Assorted beverages, desserts, and breakfast pastries are available during meal service. | | | | | | |
| Submitted By: | | | Reviewed By: | | Approved By: | |
| CSC E. S. Sanchez Dining Facility Supervisor | | | CSCS N. E. Mogan Food Service Officer | | Captain J. D. Burch Commanding Officer | |