

| TRACEN Petaluma Haley Hall Dining Facility | | | | | | |
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| 18AUG5 - 24AUG25 | | | | | | |
| 6 | BREAKFAST | Calories | LUNCH | Calories | DINNER | Calories |
| M O N D A Y | FRESH FRUIT | VARIES | CHICKEN AND RICE SOUP | 220 | HONEY GLAZED HAM | 350 |
| | CREAM OF WHEAT | 110 | SEARED SALMON | 220 | ROASTED TURKEY | 214 |
| | ASST. TOPPINGS | VARIES | PAPRIKASH CHICKEN | 300 | MASHED POTATOES W/ GRAVY | 325 |
| | EGGS & OMELETS TO ORDER | VARIES | RICE PILAF | 200 | STUFFING | 150 |
| | BOILED EGGS | 78 | ROASTED RED POTATOES | 120 | ROASTED VEGETABLE MEDLEY | 77 |
| | CHICKEN APPLE / PORK SAUSAGE LINKS | 180 | GRILLED EGGPLANT | 120 | GREEN BEAN CASSEROLE | 120 |
| | HASH BROWNS | 151 | SAUTEED BRUSSEL SPROUTS | 30 | BUTTERMILK BISCUITS | 190 |
| T U E S D A Y | WHOLE WHEAT PANCAKES | 210 | HOT DINNER ROLLS | 80 | | |
| | FRESH CORNED BEEF HASH | 320 | | | | |
| | | | PLATED ALTERNATIVE | | | |
| | | | GRILLED CHICKEN W/ QUINOA SALAD | | | |
| | | | (VEGETARIAN ALT.) | | | |
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| W E D N E S D A Y | FRESH FRUIT | VARIES | MEXICAN STREET CORN SOUP | 110 | SPAGHETTI & MEATBALLS | 500 |
| | OATMEAL | 158 | CHIPOTLE CHICKEN | 275 | GRILLED CHICKEN BREAST | 135 |
| | ASST. TOPPINGS | VARIES | PORK CARNITAS W/ TORTILLAS | 300 | ROASTED FINGERLING POTATOES | 120 |
| | EGGS & OMELETS TO ORDER | VARIES | FRIJOLES DE OLLA | 180 | STEAMED GREEN BEANS | 165 |
| | BOILED EGGS | 78 | CILANTRO LIME RICE | 211 | ITALIAN BLEND VEGETABLES | VARIES |
| | BACON / SAUSAGE PATTIES | 92/180 | ELOTE ASADO (CORN) | 302 | GARLIC BREAD | 92 |
| | VEGAN SAUSAGE | 180 | COTIJA ROASTED MEXICAN VEGETABLES | 110 | | |
| T H U R S D A Y | SHREDDED HASH BROWNS | 151 | TOPPINGS BAR | VARIES | | |
| | FRENCH TOAST W/ BUTTER & SYRUP | 210 | | | | |
| | BISCUITS & SAUSAGE GRAVY | 386 | PLATED ALTERNATIVE | | | |
| | | | NACHO BAR | 350 | | |
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| F R I D A Y | FRESH FRUIT | VARIES | COCONUT LENTIL SOUP | 300 | SPICY SHRIMP ETOUFFEE | 395 |
| | HOT GRITS | 142 | JAMAICAN BEEF STEW | 450 | BLACKENED CHICKEN W/ CREOLE SAUCE | 280 |
| | ASST. TOPPINGS | VARIES | JERK CHICKEN | 335 | STEAMED WHITE RICE | 241 |
| | EGGS & OMELETS TO ORDER | VARIES | STEAMED JASMINE RICE | 165 | CARROT ALMONDINE | 41 |
| | BOILED EGGS | 78 | RASTA PASTA | 298 | STEAMED LIMA BEANS | 190 |
| | TURKEY / MAPLE PORK SAUSAGE LINKS | 180 | CARIBBEAN BLEND VEGETABLES | 50 | CORNBREAD | #REF! |
| | HASH BROWNS | 110 | TANGY SPINACH | 35 | BUTTERMILK BISCUITS | 190 |
| S A T U R D A Y | WAFFLES W/ BUTTER & SYRUP | 210 | NAAN BREAD | 80 | | |
| | SPINACH QUICHE | 355 | | | | |
| | | | PLATED ALTERNATIVE | | | |
| | | | LAMB CURRY W/ ROASTED ROMANESCO | 455 | | |
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| S U N D A Y | FRESH FRUIT | VARIES | CREAMY PESTO CHICKEN AND GNOCCHI SOUP | 310 | KOREAN FRIED CHICKEN | 350 |
| | CREAM OF WHEAT | 110 | GRILLED CHICKEN W/ LEMON & GARLIC BUTTER | 380 | LO MEIN NOODLES | 214 |
| | ASST. TOPPINGS | VARIES | SHRIMP SCAMPI | 275 | CALROSE RICE | 325 |
| | EGGS & OMELETS TO ORDER | VARIES | HERBED PASTA | 367 | STEAMED EDAMAME | 150 |
| | BOILED EGGS | 78 | WILD MUSHROOM RISOTTO | 289 | SWEET CHILI BOK CHOY | 77 |
| | BACON / HOT SAUSAGE LINKS | 92/180 | ROASTED CAULIFLOWER | 110 | LUMPIA W/ ASSORTED DIPPING SAUCE | VARIES |
| | VEGAN SAUSAGE | 180 | ITALIAN BLEND VEGETABLES | 85 | | |
| S A T U R D A Y | GOLDEN HASH BROWN PATTIES | 151 | GARLIC BREAD | 78 | | |
| | BUTTERMILK PANCAKES | 210 | | | | |
| | BREAKFAST SANDWICHES | 340 | PLATED ALTERNATIVE | | | |
| | | | LOCO MOCO W/ JASMINE RICE | 385 | | |
| | | | (VEGETARIAN ALT.) | | | |
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| S A T U R D A Y | FRESH FRUIT | VARIES | SHRIMP BISQUE | 410 | ROASTED BEEF SIRLOIN | 500 |
| | OATMEAL | 158 | CATCH OF THE DAY | VARIES | MASHED POTATOES & GRAVY | 180 |
| | ASST. TOPPINGS | VARIES | GRILLED NY STRIP W/ AU JUS | 704 | ROASTED SWEET POTATOES | 400 |
| | EGGS & OMELETS TO ORDER | VARIES | RISOLE POTATOES | 242 | CREAMED SPINACH | 186 |
| | BOILED EGGS | 78 | HERBED SAFFRON RICE | 230 | CORN ON THE COB | 160 |
| | CHICKEN APPLE / PORK SAUSAGE PATTIES | 180 | CANDIED GINGER ROOT VEGETABLES | 35 | HOT DINNER ROLLS | 80 |
| | HASH BROWNS | 151 | YELLOW SQUASH PROVENCAL | 55 | | |
| S A T U R D A Y | FRENCH TOAST W/ BUTTER & SYRUP | 210 | COLD BAR | VARIES | | |
| | BREAKFAST BURRITOS | 320 | | | | |
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| S A T U R D A Y | FRESH FRUIT | VARIES | SLOPPY JOES | 365 | STICKY BBQ RIBS | 326 |
| | HOT GRITS | 142 | CAJUN FRIES | 260 | CHICKEN WINGS | 260 |
| | ASST. TOPPINGS | VARIES | BAKED BEANS | 189 | MACARONI & CHEESE | 325 |
| | EGGS & OMELETS TO ORDER | VARIES | BROCCOLI & CAULIFLOWER MEDLEY | 189 | POTATO SALAD | 190 |
| | BOILED EGGS | 78 | STEAMED PEAS & CARROTS | 84 | PEAS WITH PEARL ONIONS | 160 |
| | BACON / MAPLE PORK SAUSAGE LINKS | 92/180 | | | SOUTHERN GREEN BEANS | 160 |
| | VEGAN SAUSAGE | 180 | | | CORN BREAD | 120 |
| S U N D A Y | HASH BROWNS | 151 | | | | |
| | BUTTERMILK PANCAKES | 210 | | | | |
| | BISCUITS & SAUSAGE GRAVY | 386 | | | | |
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| S U N D A Y | FRESH FRUIT | VARIES | EGGS & OMELETS TO ORDER | VARIES | MARINATED HANGER STEAK | 320 |
| | CREAM OF WHEAT | 110 | CORNED BEEF HASH / SAUSAGE | 320/180 | WALDORF SWEET POTATOES | VARIES |
| | ASST. TOPPINGS | VARIES | WAFFLES W/ BUTTER & SYRUP | 210 | ORZO PILAF | 215 |
| | EGGS & OMELETS TO ORDER | VARIES | FRENCH DIP SANDWICHES W/ AU JUS | 350 | BRAISED BRUSSEL SPROUTS | 98 |
| | BOILED EGGS | 78 | TATER TOTS | 165 | ROASTED ASPARAGUS | 45 |
| | TURKEY / PORK SAUSAGE LINKS | 180 | BLACK BEAN QUINOA SALAD | 132 | HOT DINNER ROLLS | 80 |
| | GOLDEN HASH BROWNS PATTIES | 151 | MALIBU BLEND VEGETABLES | 110 | | |
| S U N D A Y | WAFFLES W/ BUTTER & SYRUP | 210 | | | | |
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| Week 6 | | | | | | |
| 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 | |