TRACEN Potaluma Holow Hall Dining Facility

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	22DEC25 - 28DEC25										
6	BREAKFAST	Calories	LUNCH	Calories	DINNER	Calor					
	FRESH FRUIT	VARIES	CHICKEN AND RICE SOUP	220	HONEY GLAZED HAM	350					
	CREAM OF WHEAT	110	SEARED SALMON	220	ROASTED TURKEY	214					
мΙ	ASST. TOPPINGS	VARIES	PAPRIKASH CHICKEN	300	MASHED POTATOES W/ GRAVY	32					
	EGGS & OMELETS TO ORDER	VARIES	RICE PILAF	200	SAVORY STUFFING	150					
0	BOILED EGGS	78	ROASTED RED POTATOES	120	ROASTED VEGETABLE MEDLEY	77					
N	CHICKEN APPLE / CHORIZO LINKS	180	GRILLED EGGPLANT	120	GREEN BEAN CASSEROLE	120					
рl	HASH BROWNS	151	SAUTEED BRUSSEL SPROUTS	30	BUTTERMILK BISCUITS	190					
Ā	CHOCOLATE CHIP PANCAKES	210	HOT ROLLS	80							
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6	BREAKFAST	Calories	LUNCH	Calories	DINNER	Calories
M O N D A Y	FRESH FRUIT CREAM OF WHEAT ASST. TOPPINGS EGGS & OMELETS TO ORDER BOILED EGGS CHICKEN APPLE / CHORIZO LINKS HASH BROWNS CHOCOLATE CHIP PANCAKES BACON & CHEESE QUICHE	VARIES 110 VARIES VARIES 78 180 151 210 320	CHICKEN AND RICE SOUP SEARED SALMON PAPRIKASH CHICKEN RICE PILAF ROASTED RED POTATOES GRILLED EGGPLANT SAUTEED BRUSSEL SPROUTS HOT ROLLS	220 220 300 200 120 120 30 80	HONEY GLAZED HAM ROASTED TURKEY MASHED POTATOES W/ GRAVY SAVORY STUFFING ROASTED VEGETABLE MEDLEY GREEN BEAN CASSEROLE BUTTERMILK BISCUITS	350 214 325 150 77 120 190
TUESDAY	FRESH FRUIT OATMEAL ASST. TOPPINGS EGGS & OMELETS TO ORDER BOILED EGGS BACON / SAUSAGE PATTIES SHREDDED HASH BROWNS FRENCH TOAST W/ BUTTER & SYRUP BISCUITS & SAUSAGE GRAVY	VARIES 158 VARIES VARIES 78 92/180 180 210 386	MEXICAN STREET CORN SOUP CHIPOTLE CHICKEN PORK CARNITAS W/ TORTILLAS FRIJOLES DE OLLA CILANTRO LIME RICE ELOTE ASADO (CORN) COTIJA ROASTED MEXICAN VEGETABLES TOPPINGS BAR	110 275 300 180 211 302 110 VARIES	SPAGHETTI & MEATBALLS GRILLED CHICKEN BREAST ROASTED FINGERLING POTATOES STEAMED BROCCOLINI ITALIAN BLEND VEGETABLES GARLIC BREAD	500 135 120 165 VARIES 92
WEDNESDAY	FRESH FRUIT HOT GRITS ASST. TOPPINGS EGGS & OMELETS TO ORDER BOILED EGGS TURKEY / MAPLE PORK SAUSAGE LINKS HASH BROWNS BLUEBERRY PANCAKES CORNED BEEF HASH	VARIES 142 VARIES VARIES 78 180 110 210 355	COCONUT LENTIL SOUP JAMAICAN BEEF STEW JERK CHICKEN STEAMED JASMINE RICE RASTA PASTA CARIBBEAN BLEND VEGETABLES TANGY KALE NAAN BREAD	300 450 335 165 298 50 35 80	SPICY SHRIMP ETOUFFEE BLACKENED CHICKEN W/ CREOLE SAUCE STEAMED WHITE RICE CARROT ALMONDINE CITRUS ROASTED GOLD BEETS CORNBREAD BUTTERMILK BISCUITS	395 280 241 41 121 210 190
THURSDAY	FRESH FRUIT CREAM OF WHEAT ASST. TOPPINGS EGGS & OMELETS TO ORDER BOILED EGGS BACON / HOT SAUSAGE LINKS GOLDEN HASH BROWN PATTIES BUTTERMILK PANCAKES BREAKFAST SANDWICHES	VARIES 110 VARIES VARIES 78 92/180 180 210 340	HAPPY HOLIDAYS GRILLED CHICKEN W/ LEMON & GARLIC BUTTER SHRIMP SCAMPI HERBED PASTA JASMINE RICE ROASTED CAULIFLOWER ITALIAN BLEND VEGETABLES GARLIC BREAD	310 380 275 367 289 110 85 178	ROASTED PRIME RIB FRIED CHICKEN MASHED POTATOES W/ GRAVY MACARONI & CHEESE COLLARD GREENS ROASTED VEGETABLES DINNER ROLLS	350 225 214 110 150 77 110
F R I D A Y	FRESH FRUIT OATMEAL ASST. TOPPINGS EGGS & OMELETS TO ORDER BOILED EGGS CHICKEN APPLE / PORK SAUSAGE PATTIES HASH BROWNS FRENCH TOAST W/ BUTTER & SYRUP BREAKFAST BURRITOS	VARIES 158 VARIES VARIES 78 180 151 210 320	SEAFOOD CHOWDER CATCH OF THE DAY GRILLED NY STRIP W/ AU JUS RISSOLE POTATOES HERBED SAFFRON RICE CANDIED GINGER ROOT VEGETABLES YELLOW SQUASH PROVENCAL FRENCH BREAD	410 VARIES 704 242 230 35 55 130	BEEF STEW BUTTERED EGG NOODLES ROASTED SWEET POTATOES CREAMED SPINACH BRAISED BRUSSEL SPROUTS HOT DINNER ROLLS	310 180 400 186 160 80
SATURDAY	FRESH FRUIT HOT GRITS ASST. TOPPINGS EGGS & OMELETS TO ORDER BOILED EGGS BACON / MAPLE PORK SAUSAGE LINKS HASH BROWNS BUTTERMILK PANCAKES BISCUITS & SAUSAGE GRAVY	VARIES 142 VARIES VARIES 78 92/180 180 210 386	SLOPPY JOES CAJUN FRIES BAKED BEANS STEAMED BROCCOLI STEAMED PEAS & CARROTS	365 260 189 189 84	STICKY BBQ RIBS CHICKEN WINGS MACARONI & CHEESE POTATO SALAD CORN ON THE COB SOUTHERN GREEN BEANS CORN BREAD	326 260 325 190 160 160
SUNDAY	FRESH FRUIT CREAM OF WHEAT ASST. TOPPINGS EGGS & OMELETS TO ORDER BOILED EGGS TURKEY / PORK SAUSAGE LINKS GOLDEN HASH BROWNS PATTIES FRENCH TOAST W/ BUTTER & SYRUP	VARIES 110 VARIES VARIES 78 180 151 210	EGGS & OMELETS TO ORDER CORNED BEEF HASH / SAUSAGE WAFFLES W/ BUTTER & SYRUP GRILLED ROAST BEEF & CHEESE TATER TOTS BLACK BEAN QUINOA SALAD MALIBU BLEND VEGETABLES	VARIES 320/180 210 350 165 132 110	MARINATED HANGER STEAK WALDORF SWEET POTATOES ORZO PILAF SAUTEED GREEN BEANS STEAMED LIMA BEANS HOT DINNER ROLLS	320 VARIES 215 98 45 80

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.

| Reviewed By: | Approved By: | CSC E. S. Sanchez Dining Facility Supervisor CSCS N. E. Mogan Food Service Officer Captain J. D. Burch Commanding Officer