

# TRACEN Petaluma Haley Hall Dining Facility

**06JUL26 - 12JUL26**

4	BREAKFAST	Calories	LUNCH	Calories	DINNER	Calories
<b>M O N D A Y</b>	FRESH FRUIT CREAM OF WHEAT ASST. TOPPINGS SCRAMBLED EGGS EGGS TO ORDER BOILED EGGS CHICKEN SAUSAGE LINKS PORK SAUSAGE LINKS BREAKFAST LATKES WAFFLES W/ BUTTER & SYRUP HAM & CHEESE QUICHE	VARIES 110 VARIES VARIES VARIES 78 140 180 210 151 / 120 420	BROCCOLI & CHEESE SOUP GRILLED TRI TIP STEAK ROASTED GARLIC CHICKEN CASSOULET BEANS HERB ROASTED PEBBLE POTATOES ROASTED CITRUS CAULIFLOWER SAUTEED BRUSSEL SPROUTS HOT DINNER ROLLS  <u>PLATED ALTERNATIVE</u> GRILLED CHICKEN W/ QUINOA SALAD VEGETARIAN ALT.	235 375 120 92 75 60 90 84  292 VARIES	CHICKEN MILANESE MARINARA SAUCE PENNE PASTA PESTO GNOCCHI ROASTED VEGETABLES RAINBOW SWISS CHARD GARLIC BREAD	280 168 210 195 75 95 110
<b>T U E S D A Y</b>	FRESH FRUIT OATMEAL ASST. TOPPINGS SCRAMBLED EGGS EGGS TO ORDER BOILED EGGS CRISPY BACON GRILLED HAM STEAKS HASH BROWNS FRENCH TOAST W/ BUTTER & SYRUP BISCUITS & SAUSAGE GRAVY	VARIES 158 VARIES VARIES VARIES 78 192 180 151 195/120 210	POZOLE VERDE CHICKEN FAJITAS CARNITAS REFRIED BEANS SPANISH RICE ESQUITES VEGETABLE PISTO TOPPINGS BAR  <u>PLATED ALTERNATIVE</u> VEGETARIAN ENCHILADAS	185 380 280 165 195 140 40 VARIES  220	GARLIC BUTTER STEAK BITES CHIMICHURRI RICE CANDIED SWEET POTATOES BRAISED CARROTS MONACO BLEND VEGETABLES CHEDDAR & CHIVE DROP BISCUITS	369 387 205 164 150 136
<b>W E D N E S D A Y</b>	FRESH FRUIT HOT GRITS ASST. TOPPINGS SCRAMBLED EGGS EGGS TO ORDER BOILED EGGS GRILLED SPAM / CORNED BEEF HASH HOME FRIES JASMINE RICE BLUEBERRY PANCAKE BUTTER & SYRUP	VARIES 142 VARIES VARIES VARIES 78 180 210 105 190 120	MINISTRONE CHICKEN DELMONICO HALIBUT PUTTANESCA PASTA W/ MARINARA SAUCE RISOTTO RUSTICA ASPARAGUS W/ CHARRED CHERRY TOMATOES PATTY PAN SQUASH FOCACCIA BREAD  <u>PLATED ALTERNATIVE</u> GRILLED CHICKEN W/ CASHEW FETTUCCINE	380 525 210 169 350 62 150 95  450 VARIES	GRILLED CHICKEN BREAST CREAMY CAJUN SAUCE WHITE RICE SPICY RED BEANS FRIED OKRA ROASTED CAULIFLOWER FRENCH BREAD	200 225 180 295 90 112 80
<b>T H U R S D A Y</b>	FRESH FRUIT CREAM OF WHEAT ASST. TOPPINGS SCRAMBLED EGGS EGGS TO ORDER BOILED EGGS CRISPY BACON SAUSAGE HOT LINKS GOLDEN HASH BROWN PATTIES PANCAKES W/ BUTTER & SYRUP BREAKFAST SANDWICHES	VARIES 110 VARIES VARIES VARIES 87 195 251 210 / 120 210/120 320	KABOCHA SQUASH BISQUE HULI HULI CHICKEN PORK ADOBO GARLIC FRIED RICE PANCIT BIHON GRILLED BABY BOK CHOY SAUTEED ZUCCHINI VEGETABLE LUMPYA W/ SAUCE  <u>PLATED ALTERNATIVE</u> AHI POKE BOWLS VEGETARIAN ALT.	210 280 250 95 99 47 90 VARIES  450 VARIES	SMOKED BEEF BRISKET POLENTA W/ WILD MUSHROOMS BAKED POTATOES SAUTEED GARLIC GREEN BEANS CORN ON THE COB HOT DINNER ROLLS	600 108 95 60 84 42
<b>F R I D A Y</b>	FRESH FRUIT OATMEAL ASST. TOPPINGS SCRAMBLED EGGS EGGS TO ORDER BOILED EGGS CHICKEN SAUSAGE LINKS PORK SAUSAGE LINKS POTATOES O'BRIEN FRENCH TOAST W/ BUTTER & SYRUP BREAKFAST BURRITOS	VARIES 158 VARIES VARIES VARIES 180 151 210 195 / 120 195/120 320	NEW ENGLAND CLAM CHOWDER CATCH OF THE DAY GRILLED TENDERLOIN STEAK VEGETABLE RICE PILAF MASHED YUKON POTATOES W/ GRAVY TOSCANA VEGETABLES STEAMED BROCCOLINI SHRIMP COCKTAIL	410 327 410 220 100 90 70 VARIES	SAGE CITRUS PORK CHOPS ROASTED PEBBLE POTATOES ORZO PILAF ROASTED SQUASH SAUTEED ASPARAGUS WHOLE WHEAT ROLLS	345 400 60 90 160 80
<b>S A T U R D A Y</b>	FRESH FRUIT HOT GRITS ASST. TOPPINGS SCRAMBLED EGGS EGGS TO ORDER BOILED EGGS BACON / MAPLE PORK SAUSAGE LINKS HASH BROWNS PANCAKES W/ BUTTER & SYRUP BISCUITS & SAUSAGE GRAVY	VARIES 142 VARIES VARIES VARIES 78 92/180 151 151/120 210	EGGS & OMELETS TO ORDER BACON / MAPLE PORK SAUSAGE LINKS PANCAKES W/ BUTTER & SYRUP PHILLY CHICKEN CHEESE STEAKS MALIBU BLEND VEGETABLES STEAK FRIES STEAMED PEAS & CARROTS	VARIES 92/180 210 / 120 360 110 230 110	BLACKENED CHICKEN CREOLE JAMBALAYA MACARONI & CHEESE CHUCK WAGON VEGETABLES FRENCH BREAD	345 60 90 63 80
<b>S U N D A Y</b>	FRESH FRUIT CREAM OF WHEAT ASST. TOPPINGS SCRAMBLED EGGS EGGS TO ORDER BOILED EGGS PORK SAUSAGE LINKS TURKEY SAUSAGE LINKS HOME FRIES FRENCH TOAST STICKS W/ BUTTER & SYRUP	VARIES 110 VARIES VARIES VARIES 78 135 145 151 210/120	EGGS & OMELETS TO ORDER TURKEY / PORK SAUSAGE LINKS FRENCH TOAST STICKS W/ BUTTER & SYRUP FRIED CHICKEN SANDWICHES SEASONED WAFFLE FRIES CALI BLEND VEGETABLES	VARIES 320/180 151 / 120 360 230 160	ITALIAN SAUSAGE LASAGNA VEGETARIAN LASAGNA MOZZARELLA STICKS W/ MARINARA ROASTED BROCCOLI ITALIAN BLEND VEGETABLES GARLIC BREAD	450 380 290 95 200 85

Week 4

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:  CSC K. A. Moon Dining Facility Supervisor	Reviewed By:  CSC P. J. Stockbridge Food Service Officer	Approved By:  Captain J. D. Burch Commanding Officer
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