

# TRACEN Petaluma Haley Hall Dining Facility

**13JUL26 - 19JUL26**

5	BREAKFAST	Calories	LUNCH	Calories	DINNER	Calories
<b>M O N D A Y</b>	FRESH FRUIT	VARIES	CHICKEN & DUMPLING SOUP	210	ROASTED PORK LOIN	164
	CREAM OF WHEAT	110	BOURBON CHICKEN	320	CREAMY POLENTA	175
	ASST. TOPPINGS	VARIES	PEPPER STEAK	450	ROASTED FINGERLINGS	180
	EGGS & OMELETS TO ORDER	VARIES	JASMINE RICE	200	LEMON ZESTED ASPARAGUS	63
	BOILED EGGS	78	ROASTED RED POTATOES	105	BROWN SUGAR ACORN SQUASH	98
	CHICKEN SAUSAGE LINKS	151	WINTER BLEND VEGETABLES	65	FOCACCIA BREAD	140
	PORK SAUSAGE LINKS	180	BROCCOLI PARMESAN	90		
	BREAKFAST LATKES	210	<u>PLATED ALTERNATIVE</u>			
WAFFLES W/ BUTTER & SYRUP	151 / 120	CHICKEN LETTUCE WRAPS	321			
SPINACH QUICHE	320					
<b>T U E S D A Y</b>	FRESH FRUIT	VARIES	SPICY BLACK BEAN SOUP	317	STICKY CHICKEN	380
	OATMEAL	158	CHICKEN TACOS	300	KIMCHI FRIED RICE	108
	ASST. TOPPINGS	VARIES	BEEF BIRRIA TACOS	209	JASMINE RICE	210
	EGGS & OMELETS TO ORDER	VARIES	FRIJOLES CHARROS	205	MISO GLAZED ROOT VEGETABLES	180
	BOILED EGGS	78	SOUTHWESTERN RICE	235	SAUTEED GREEN BEANS	63
	CRISPY BACON	192	CHARRED MEXICAN ZUCCHINI	154	EGG ROLLS W/ DIPPING SAUCES	90
	GRILLED HAM STEAKS	180	TRI COLORED PEPPERS	54		
	HASH BROWNS	151	<u>PLATED ALTERNATIVE</u>			
FRENCH TOAST W/ BUTTER & SYRUP	195 / 120	CHARRED CHICKEN MOLE	220			
BISCUITS & SAUSAGE GRAVY	210					
<b>W E D N E S D A Y</b>	FRESH FRUIT	VARIES	ROASTED RED PEPPER BISQUE	380	CHICKEN PARMESAN	380
	HOT GRITS	142	CHICKEN PICCATA	435	SPAGHETTI W/ MARINARA	341
	ASST. TOPPINGS	VARIES	SALMON W/ LEMON CAPER SAUCE	202	BROWN BUTTER ORZO	235
	EGGS & OMELETS TO ORDER	VARIES	RICE PILAF	350	KALE & CHICKPEA MEDLEY	228
	BOILED EGGS	78	SCALLOPED POTATOES	210	GRILLED ZUCCHINI	180
	GRILLED SPAM / LINGUISA SAUSAGE	180	GLAZED CARROTS W/ SPICED NUTS	62	GARLIC KNOTS	60
	HOME FRIES	110	ROASTED PURPLE CAULIFLOWER	150		
	BLUEBERRY PANCAKE	210	HOT DINNER ROLLS	80		
JASMINE RICE	105	<u>PLATED ALTERNATIVE</u>				
BUTTER & SYRUP	120	SEARED SHRIMP & GRITS	475			
<b>T H U R S D A Y</b>	FRESH FRUIT	VARIES	HOT & SOUR SOUP	180	ROASTED TURKEY	225
	CREAM OF WHEAT	110	SPICY KOREAN PORK	360	MASHED POTATOES W/ GRAVY	60
	ASST. TOPPINGS	VARIES	CHICKEN BULGOGI	320	SAVORY STUFFING	120
	EGGS & OMELETS TO ORDER	VARIES	JAPCHAE	100	ROASTED VEGETABLE MEDLEY	150
	BOILED EGGS	78	CALROSE RICE	70	GREEN BEAN CASSEROLE	90
	CRISPY BACON	192	VEGAN BANG BANG BROCCOLI	75	DINNER ROLLS	80
	SAUSAGE HOT LINKS	195	SPINACH BANCHAN	90		
	GOLDEN HASH BROWN PATTIES	251	POTSTICKERS W/ DIPPING SAUCES	120		
PANCAKES W/ BUTTER & SYRUP	210 / 120	<u>PLATED ALTERNATIVE</u>				
BREAKFAST SANDWICHES	320	GREEN THAI CURRY W/ CHICKEN (VEGETARIAN ALT.)	367			
<b>F R I D A Y</b>	FRESH FRUIT	VARIES	CRAB & CORN CHOWDER	324	BBQ SPARE RIBS	328
	OATMEAL	158	CATCH OF THE DAY	VARIES	MACARONI & CHEESE	248
	ASST. TOPPINGS	VARIES	GRILLED RIBEYE STEAKS	300	ROASTED RED POTATOES	180
	EGGS & OMELETS TO ORDER	VARIES	SUNDRIED TOMATO RISOTTO	160	CORN ON THE COB	45
	BOILED EGGS	78	ROASTED FINGERLING POTATOES	190	SOUTHERN GREEN BEANS	95
	CHICKEN SAUSAGE LINKS	180	SAUTEED YELLOW SQUASH	65	CORN BREAD	90
	PORK SAUSAGE LINKS	151	MARINATED PORTABELLA MUSHROOMS	140		
	POTATOES O'BRIEN	210	SWEET HAWAIIAN ROLLS	220		
FRENCH TOAST W/ BUTTER & SYRUP	195 / 120	FRIED SHRIMP & CALAMARI	VARIES			
BREAKFAST BURRITOS	320					
<b>S A T U R D A Y</b>	FRESH FRUIT	VARIES	EGGS & OMELETS TO ORDER	350	CHICKEN ALFREDO	500
	HOT GRITS	142	CORNED BEEF HASH / SAUSAGE	300	FETTUCCHINI PASTA	260
	ASST. TOPPINGS	VARIES	PANCAKES W/ BUTTER & SYRUP	151 / 120	MOZZARELLA STICKS W/ MARINARA	325
	EGGS & OMELETS TO ORDER	VARIES	CHICKEN GYROS	25	STEAMED PEAS	160
	BOILED EGGS	78	HERBED LEMON GARLIC ROASTED POTATOES	110	ROASTED CAULIFLOWER	160
	BACON / MAPLE PORK SAUSAGE LINKS	92 / 180	ROASTED VEGETABLES	220	GARLIC BREAD	190
	HASH BROWNS	151				
	PANCAKES W/ BUTTER & SYRUP	151 / 120				
BISCUITS & SAUSAGE GRAVY	210					
<b>S U N D A Y</b>	FRESH FRUIT	VARIES	EGGS & OMELETS TO ORDER	VARIES	GRILLED HANGER STEAKS	210
	CREAM OF WHEAT	110	CORNED BEEF HASH / SAUSAGE	320/180	MASHED POTATOES W/ BROWN GRAVY	325
	ASST. TOPPINGS	VARIES	FRENCH TOAST STICKS W/ BUTTER & SYRUP	210 / 120	STEAMED WHITE RICE	140
	EGGS & OMELETS TO ORDER	VARIES	GRILLED CHICKEN SANDWICH	500	STEAMED CORN	152
	BOILED EGGS	78	CURLY FRIES	230	ROASTED BROCCOLI	99
	PORK SAUSAGE LINKS	180	ITALIAN PASTA SALAD	210	HOME STYLE BISCUITS	136
	TURKEY SAUSAGE LINKS	145	ITALIAN BLEND VEGETABLES	110		
	HOME FRIES	151				
FRENCH TOAST STICKS W/ BUTTER & SYRUP	210 / 120					

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:  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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