

TRACEN Petaluma Haley Hall Dining Facility

13MAY24-19MAY24

2	BREAKFAST	Calories	LUNCH	Calories	DINNER	Calories
M O N D A Y	FRESH FRUIT CREAM OF WHEAT EGGS & OMELETS TO ORDER BOILED EGGS BACON / SAUSAGE HASH BROWNS WHOLE WHEAT PANCAKES CORNERED BEEF HASH	VARIES 110 VARIES 78 92/180 151 210 320	CHICKEN & DUMPLING SOUP BOURBON CHICKEN PEPPER STEAK JASMINE RICE ROASTED PURPLE POTATOES WINTER BLEND VEGETABLES BROCCOLI PARMESAN HOT DINNER ROLLS <u>PLATED ALTERNATIVE</u> SEARED SHRIMP & GRITS	210 320 450 200 105 65 90 80 475	DIJON PORK CHOPS SAVORY ROASTED CHICKEN TORTELLINI W/ ALFREDO SAUCE LINGUINI POMODORO LEMON ZESTED ASPARAGUS BROWN SUGAR ACORN SQUASH FOCACCIA BREAD	164 175 180 63 98 140 200
	FRESH FRUIT OATMEAL ASST. OATMEAL TOPPINGS EGGS & OMELETS TO ORDER BOILED EGGS BACON / SAUSAGE SHREDDED HASH BROWNS FRENCH TOAST W/ BUTTER & SYRUP SAUSAGE GRAVY HOME STYLE BISCUITS	VARIES 158 VARIES VARIES 78 92/180 151 210 250 136	SPICY BLACK BEAN SOUP GRILLED CHICKEN TACOS AL PASTOR TACOS FRIJOLE CHARROS CHAMORRO RED RICE CHARRED MEXICAN ZUCCHINI TRI COLORED PEPPERS <u>PLATED ALTERNATIVE</u> CHARRED CHICKEN MOLE	317 300 209 205 235 154 54 220	OVEN FRIED CHICKEN BROWN GRAVY APPLE CRANBERRY STUFFING GARLIC MASHED POTATOES CAJUN MUSHROOMS GLAZED ROOT VEGETABLES CHEDDAR BISCUITS	380 108 210 180 63 90 110
W E D N E S D A Y	FRESH FRUIT HOT GRITS EGGS & OMELETS TO ORDER BOILED EGGS BACON / SAUSAGE HASH BROWNS WAFFLES W/ BUTTER & SYRUP SPINACH QUICHE	VARIES 142 VARIES 78 92/180 110 120 355	ROASTED RED PEPPER BISQUE PORK KALAMATA CHICKEN MARSALA MEDITERRANEAN COUSCOUS AU GRATIN POTATOES GLAZED CARROTS W/ SPICED NUTS ROASTED PURPLE CAULIFLOWER HOT DINNER ROLLS <u>PLATED ALTERNATIVE</u> BLACKENED FISH W/ CAJUN RICE	380 525 202 350 210 62 150 80 321	CHICKEN SALTIMBOCCA HERBED BOWTIE PASTA BROWN BUTTER FINGERLINGS KALE & CHICKPEA MEDLEY FRIED ZUCCHINI STICKS GARLIC KNOTS	380 341 235 228 180 60
	FRESH FRUIT CREAM OF WHEAT EGGS & OMELETS TO ORDER BOILED EGGS BACON / SAUSAGE GOLDEN HASH BROWN PATTIES BUTTERMILK PANCAKES BREAKFAST SANDWICHES	VARIES 110 VARIES 78 92/180 151 210 340	ASIAN PACIFIC AMERICAN HERITAGE MONTH SZECHUAN SPICY BEEF VEGETABLE LO MEIN CHINESE VEGETABLE STIR-FRY STICKY KOREAN CHICKEN GOCHUJANG FRIED RICE SPINACH BANCHAN KOREAN CUCUMBER SALAD <u>PLATED ALTERNATIVE</u> BIBIMBAP W/ KOREAN GROUND BEEF	180 360 320 100 70 75 90 120 367	GRILLED SKIRT STEAK W/ CHIMICHURRI SAUCE RICE PILAF POTATOES BRAVAS BROCCOLINI W/ LEMON CRUMBS PEPPER SUCCATASH GARLIC BREAD STICKS	225 60 120 150 90 80 110
F R I D A Y	FRESH FRUIT OATMEAL ASST. OATMEAL TOPPINGS EGGS & OMELETS TO ORDER BOILED EGGS BACON / SAUSAGE HASH BROWNS FRENCH TOAST W/ BUTTER & SYRUP BREAKFAST BURRITOS	VARIES 158 VARIES VARIES 78 92/180 151 210 320	MANHATTAN CLAM CHOWDER MEDITERRANEAN SWORDFISH GRILLED RIBEYE STEAKS SUNDRIED TOMATO RISOTTO ROASTED FINGERLING POTATOES SAUTEED YELLOW SQUASH MARINATED PORTABELLA MUSHROOMS CAPTAIN'S PLATTER SWEET HAWAIIAN ROLLS	324 VARIES 278 200 220 65 140 VARIES 220	TERIYAKI CHICKEN KIMCHI FRIED RICE JASMINE RICE MISO GLAZED BOK CHOY SAUTEED GREEN BEANS EGG ROLLS W/ DIPPING SAUCES	328 248 180 45 95 90
	FRESH FRUIT HOT GRITS EGGS & OMELETS TO ORDER BOILED EGGS BACON / SAUSAGE SHREDDED HASH BROWNS BUTTERMILK PANCAKES SAUSAGE GRAVY HOME STYLE BISCUITS	VARIES 142 VARIES 78 92/180 151 210 250 136	BEEF & LAMB GYROS HERBED LEMON GARLIC ROASTED POTATOES ROASTED VEGETABLES GREEK PASTA SALAD FRESH HUMMUS TOMATOES, ONIONS AND LETTUCE	350 300 160 25 110 VARIES	BBQ PULLED PORK LEMON PEPPER CHICKEN WINGS BAKED MACARONI & CHEESE POTATO SALAD PEAS WITH PEARL ONIONS SOUTHERN GREEN BEANS CORNBREAD	326 260 325 190 160 160 120
S U N D A Y	FRESH FRUIT CREAM OF WHEAT EGGS & OMELETS TO ORDER BOILED EGGS BACON / SAUSAGE HASH BROWNS FRENCH TOAST W/ BUTTER & SYRUP CORNERED BEEF HASH	VARIES 110 VARIES 78 92/180 151 230 320	EGGS & OMELETS TO ORDER BACON / SAUSAGE WAFFLES W/BUTTER & SYRUP MEATBALL SUBS CURLY FRIES ITALIAN PASTA SALAD CHEF SELECTION VEGETABLES	VARIES 92 180 500 230 210 VARIES	YANKEE POT ROAST CREAMY POLENTA STEAMED WHITE RICE RAINBOW BABY CARROTS ROASTED BROCCOLI HOME STYLE BISCUITS	210 105 140 152 99 136

Week 2B

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 N. T. GRAY
Dining Facility Supervisor

Reviewed By:

CSCS N. E. Mogan
Food Service Officer

Approved By:

Captain M. M. Chong
Commanding Officer