

TRACEN Petaluma Haley Hall Dining Facility

20MAY24-26MAY24

6	BREAKFAST	Calories	LUNCH	Calories	DINNER	Calories
M O N D A Y	FRESH FRUIT	VARIES	CREAM OF MUSHROOM SOUP	210	BLACKENED CHICKEN W/ CREOLE SAUCE	280
	CREAM OF WHEAT	110	HUNGARIAN BEEF AND ONION STEW	220	SPICY SHRIMP ETOUFFEE	395
	EGGS & OMELETS TO ORDER	VARIES	PAPRIKASH CHICKEN	300	STEAMED WHITE RICE	241
	BOILED EGGS	78	LETCHO HUNGARIAN RICE	200	CARROT ALMONDINE	41
	BACON / SAUSAGE	92/180	RISOLE POTATOES	120	STEWED LIMA BEANS	121
	HASH BROWNS	151	GRILLED EGGPLANT	120	CORNBREAD	190
	WHOLE WHEAT PANCAKES	210	SAUTEED BRUSSEL SPROUTS	30		
	BREAKFAST BURRITOS	320	HOT DINNER ROLLS	80		
			<u>PLATED ALTERNATIVE</u>			
			GRILLED CHICKEN W/ QUINOA SALAD	210		
T U E S D A Y	FRESH FRUIT	VARIES	SANCOCHO	110	MEAT LASAGNA	450
	OATMEAL	158	CHIPOTLE CHICKEN	275	VEGETARIAN KALE LASAGNA	380
	ASST. OATMEAL TOPPINGS	VARIES	PORK CARNITAS W/ TORTILLAS	300	ROASTED BROCCOLI	95
	EGGS & OMELETS TO ORDER	VARIES	FRIJOLE DE OLLA	180	ITALIAN BLEND VEGETABLES	200
	BOILED EGGS	78	CILANTRO LIME RICE	211	BREADSTICKS	85
	BACON / SAUSAGE	92/180	CHARRED MEXICAN ZUCCHINI	40		
	SHREDDED HASH BROWNS	151	SALSA BAR	25		
	FRENCH TOAST W/ BUTTER & SYRUP	210	LETTUCE, SALSA, SOUR CREAM, CHEESE	VARIES		
	SAUSAGE GRAVY	250	<u>PLATED ALTERNATIVE</u>			
	HOME STYLE BISCUITS	136	BEEF ENCHILADAS	220		
W E D N E S D A Y	FRESH FRUIT	VARIES	COCONUT LENTIL SOUP	300	HONEY GLAZED HAM	350
	HOT GRITS	142	JAMAICAN BEEF STEW	450	HERBED BAKED CHICKEN	214
	EGGS & OMELETS TO ORDER	VARIES	JERK CHICKEN	335	MACARONI AND CHEESE	325
	BOILED EGGS	78	RICE & PEAS	165	ROSEMARY ROASTED POTATOES	150
	BACON / SAUSAGE	92/180	RASTA PASTA	298	ROASTED VEGETABLE MEDLEY	98
	HASH BROWNS	110	CARIBBEAN BLEND VEGETABLES	50	BRAISED BRUSSEL SPROUTS	#REF!
	WAFFLES W/ BUTTER & SYRUP	120	TANGY SPINACH	35	BUTTERMILK BISCUITS	190
	SPINACH QUICHE	355	FRESH BAGUETTE	80		
			<u>PLATED ALTERNATIVE</u>			
			LAMB CURRY W/NAAN BREAD	455		
T H U R S D A Y	FRESH FRUIT	VARIES	ASIAN PACIFIC AMERICAN HERITAGE MONTH		KOREAN FRIED CHICKEN	220
	CREAM OF WHEAT	110	CHAMORRO CORN SOUP	380	LO MEIN NOODLES	310
	EGGS & OMELETS TO ORDER	VARIES	CHAMORRO STYLE PORK RIBS	275	CALROSE RICE	110
	BOILED EGGS	78	CHAMORRO RED RICE	367	STEAMED EDAMAME	70
	BACON / SAUSAGE	92/180	GRILLED EGGPLANT W/ FINADENE SAUCE	289	BOK CHOY STIR FRY	60
	GOLDEN HASH BROWN PATTIES	151	INDIAN BUTTER CHICKEN	110	SWEET HAWAIIAN ROLLS	220
	BUTTERMILK PANCAKES	210	GREEN LENTIL DAHL	85		
	BREAKFAST SANDWICHES	340	KASHMIRI COLLARD GREENS	178		
			<u>PLATED ALTERNATIVE</u>			
			INDIAN SPICED CHICKEN W/ VEGAN TIKKA MASALA	390		
F R I D A Y	FRESH FRUIT	VARIES	LOBSTER BISQUE	410	GOURMET BURGER BAR	365
	OATMEAL	158	BRAZILIAN CRUSTED SALMON	VARIES	CAJUN SPICED FRENCH FRIES	165
	ASST. OATMEAL TOPPINGS	VARIES	NY STRIP W/ RED WINE AU JUS	704	BAKED BEANS	189
	EGGS & OMELETS TO ORDER	VARIES	ROASTED RED POTATOES	242	BROCCOLI & CAULIFLOWER MEDLEY	84
	BOILED EGGS	78	HERBED SAFFRON RICE	230	STEAMED PEAS AND CARROTS	76
	BACON / SAUSAGE	92/180	CANDIED GINGER ROOT VEGETABLES	35	RELISH TRAY	VARIES
	HASH BROWNS	151	YELLOW SQUASH PROVENCAL	55		
	FRENCH TOAST W/ BUTTER & SYRUP	210	COLD BAR	VARIES		
	BREAKFAST BURRITOS	320				
S A T U R D A Y	FRESH FRUIT	VARIES	SPAGHETTI & MEATBALLS	500	ROASTED BEEF SIRLOIN	500
	HOT GRITS	142	GRILLED CHICKEN BREAST	135	MASHED POTATOES & GRAVY	180
	EGGS & OMELETS TO ORDER	VARIES	PASTA W/ MARINARA	180	ROASTED SWEET POTATOES	400
	BOILED EGGS	78	MOZZARELLA STICKS W/ MARINARA	165	CREAMED SPINACH	186
	BACON / SAUSAGE	92/180	STEAMED GREEN BEANS	92	CHEF SELECTION VEGETABLES	VARIES
	SHREDDED HASH BROWNS	151	CHEF SELECTION VEGETABLES	VARIES	HOT DINNER ROLLS	80
	BUTTERMILK PANCAKES	210	GARLIC BREAD	92		
	SAUSAGE GRAVY	250				
	HOME STYLE BISCUITS	136				
S U N D A Y	FRESH FRUIT	VARIES	EGGS & OMELETS TO ORDER	VARIES	MARINATED HANGER STEAK	320
	CREAM OF WHEAT	110	BACON / SAUSAGE	92	WALDORF SWEET POTATOES	VARIES
	EGGS & OMELETS TO ORDER	VARIES	WAFFLES W/ BUTTER & SYRUP	180	ORZO PILAF	215
	BOILED EGGS	78	FRENCH DIP SANDWICHES W/ AU JUS	350	GREEN BEAN CASSROLE	120
	BACON / SAUSAGE	92/180	TATER TOTS	165	ROASTED ASPARAGUS	45
	HASH BROWNS	151	BLACK BEAN QUINOA SALAD	132	HOT DINNER ROLLS	80
	FRENCH TOAST W/ BUTTER & SYRUP	230	CHEF SELECTION VEGETABLES	VARIES		

Week 3B

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
---	--	---