

TRACEN Petaluma Haley Hall Dining Facility						
03NOV25-09NOV25						
5	BREAKFAST	Calories	LUNCH	Calories	DINNER	Calories
M O N D A Y	FRESH FRUIT	VARIES	CHICKEN & DUMPLING SOUP	210	ROASTED PORK LOIN	164
	CREAM OF WHEAT	110	BOURBON CHICKEN	320	SAVORY ROASTED CHICKEN	175
	ASST. TOPPINGS	VARIES	PEPPER STEAK	450	CREAMY POLENTA	180
	EGGS & OMELETS TO ORDER	VARIES	JASMINE RICE	200	ROASTED FINGERLINGS	63
	BOILED EGGS	78	ROASTED RED POTATOES	105	LEMON ZESTED ASPARAGUS	98
	CHICKEN APPLE / PORK SAUSAGE LINKS	180	ROASTED VEGETABLES	65	BROWN SUGAR ACORN SQUASH	140
	HASH BROWNS	151	BROCCOLI PARMESAN	90	FOCACCIA BREAD	200
T U E S D A Y	CHOCOLATE CHIP PANCAKES	210				
		320	<u>PLATED ALTERNATIVE</u>			
			CHICKEN LETTUCE WRAPS	321		
	FRESH FRUIT	VARIES	SPICY BLACK BEAN SOUP	317	OVEN FRIED CHICKEN	380
	OATMEAL	158	CHICKEN TACOS	300	BROWN GRAVY	108
	ASST. TOPPINGS	VARIES	BEEF BIRRIA TACOS	209	APPLE CRANBERRY STUFFING	210
	EGGS & OMELETS TO ORDER	VARIES	FRIJOLES CHARROS	205	GARLIC MASHED POTATOES	180
W E D N E S D A Y	BOILED EGGS	78	SOUTHWESTERN RICE	235	CAJUN MUSHROOMS	63
	BACON / SAUSAGE PATTIES	92/180	CHARRED MEXICAN ZUCCHINI	154	GLAZED ROOT VEGETABLES	90
	SHREDDED HASH BROWNS	180	TRI COLORED PEPPERS	54	CHEDDAR BISCUITS	110
	FRENCH TOAST W/ BUTTER & SYRUP	210				
	BISCUITS & SAUSAGE GRAVY	386	<u>PLATED ALTERNATIVE</u>			
			CHARRED CHICKEN MOLE	220		
T H U R S D A Y	FRESH FRUIT	VARIES	ROASTED RED PEPPER BISQUE	380	CHICKEN PARMESAN	380
	HOT GRITS	142	GRILLED PORK CHOPS	525	SPAGHETTI W/ MARINARA	341
	ASST. TOPPINGS	VARIES	CHICKEN MARSALA	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
	TURKEY / MAPLE PORK SAUSAGE LINKS	180	GLAZED CARROTS W/ SPICED NUTS	62	GARLIC KNOTS	60
	HASH BROWNS	110	ROASTED PURPLE CAULIFLOWER	150		
F R I D A Y	BLUEBERRY PANCAKES	210	HOT DINNER ROLLS	80		
	SPINACH QUICHE	355	<u>PLATED ALTERNATIVE</u>			
			SEARED SHRIMP & GRITS	475		
	FRESH FRUIT	VARIES	HOT & SOUR SOUP	180	GRILLED SKIRT STEAK	225
	CREAM OF WHEAT	110	KOREAN SHORT RIBS	360	CHIMICHURRI SAUCE	60
	ASST. TOPPINGS	VARIES	CASHEW CHICKEN	320	CILANTRO RICE	120
	EGGS & OMELETS TO ORDER	VARIES	JAPCHAE	100	PATATAS BRAVAS	150
S A T U R D A Y	BOILED EGGS	78	CALROSE RICE	70	BROCCOLINI W/ LEMON CRUMBS	90
	BACON / HOT SAUSAGE LINKS	92/180	VEGAN BANG BANG BROCCOLI	75	RAINBOW BABY CARROTS	80
	GOLDEN HASH BROWN PATTIES	180	BOK CHOY BANCHAN	90	FRENCH BREAD	110
	BUTTERMILK PANCAKES	210	POTSTICKERS W/ DIPPING SAUCES	120		
	BREAKFAST SANDWICHES	340	<u>PLATED ALTERNATIVE</u>			
			KOREAN SPICY PORK BOWLS	367		
			(CRISPY TOFU ALT.)			
S U N D A Y	FRESH FRUIT	VARIES	MANHATTAN CLAM CHOWDER	324	STICKY CHICKEN	328
	OATMEAL	158	CATCH OF THE DAY	VARIES	KIMCHI FRIED RICE	248
	ASST. TOPPINGS	VARIES	GRILLED RIBEYE STEAKS	300	JASMINE RICE	180
	EGGS & OMELETS TO ORDER	VARIES	SUNDRIED TOMATO RISOTTO	160	MISO GLAZED ROOT VEGETABLES	45
	BOILED EGGS	78	ROASTED FINGERLING POTATOES	190	SAUTEED GREEN BEANS	95
	CHICKEN APPLE / PORK SAUSAGE PATTIES	180	SAUTEED YELLOW SQUASH	65	EGG ROLLS W/ DIPPING SAUCES	90
	HASH BROWNS	151	MARINATED PORTABELLA MUSHROOMS	140		
S A T U R D A Y	FRENCH TOAST W/ BUTTER & SYRUP	210	SWEET HAWAIIAN ROLLS	220		
	BREAKFAST BURRITOS	320	FRIED SHRIMP & CALAMARI	VARIES		
	FRESH FRUIT	VARIES	BEEF & LAMB GYROS	350	CHICKEN ALFEDO	500
	HOT GRITS	142	HERBED LEMON GARLIC ROASTED POTATOES	300	FETTUCCINI PASTA	260
	ASST. TOPPINGS	VARIES	ROASTED VEGETABLES	160	MOZZARELLA STICKS W/ MARINARA	325
	EGGS & OMELETS TO ORDER	VARIES	GREEK PASTA SALAD	25	STEAMED PEAS	160
S U N D A Y	BOILED EGGS	78	FRESH HUMMUS	110	ROASTED CAULIFLOWER	160
	BACON / MAPLE PORK SAUSAGE LINKS	92/180	TOPPINGS BAR	VARIES	GARLIC BREAD	190
	HASH BROWNS	180				
	BUTTERMILK PANCAKES	210				
	BISCUITS & SAUSAGE GRAVY	386				
S U N D A Y	FRESH FRUIT	VARIES	EGGS & OMELETS TO ORDER	VARIES	SALISBURY STEAK	210
	CREAM OF WHEAT	110	CORNED BEEF HASH / SAUSAGE	320/180	MASHED POTATOES W/ BROWN GRAVY	325
	ASST. TOPPINGS	VARIES	WAFFLES W/ BUTTER & SYRUP	210	STEAMED WHITE RICE	140
	EGGS & OMELETS TO ORDER	VARIES	MEATBALL SUBS	500	STEAMED CORN	152
	BOILED EGGS	78	FRENCH FRIES	230	ROASTED BROCCOLI	99
	TURKEY / PORK SAUSAGE LINKS	180	ITALIAN PASTA SALAD	210	HOME STYLE BISCUITS	136
	GOLDEN HASH BROWNS PATTIES	151	ITALIAN BLEND VEGETABLES	110		
S U N D A Y	FRENCH TOAST W/ BUTTER & SYRUP	210				
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:			Reviewed By:		Approved By:	
CSC E. S. Sanchez Dining Facility Supervisor			CSCS N. E. Mogan Food Service Officer		Captain J. D. Burch Commanding Officer	