

# TRACEN Petaluma Haley Hall Dining Facility

**17NOV25 - 23NOV25**

1	BREAKFAST	Calories	LUNCH	Calories	DINNER	Calories
<b>M O N D A Y</b>	FRESH FRUIT CREAM OF WHEAT ASST. TOPPINGS EGGS & OMELETS TO ORDER BOILED EGGS CHICKEN APPLE / CHORIZO LINKS HASH BROWNS CHOCOLATE CHIP PANCAKES SPINACH QUICHE	VARIES 110 VARIES VARIES 78 180 151 210 320	CREAM OF POTATO SOUP PORK LOIN W/ SUN DRIED TOMATOES CHICKEN DIJON RISSOLE POTATOES GORGONZOLA CREAM GNOCCHI PARMESAN CAULIFLOWER LEMON GARLIC SAUTEED SWISS CHARD  <u>PLATED ALTERNATIVE</u> BLACK BEAN BURGERS CRISPY SWEET POTATO FRIES	90 300 318 141 320 111 106  400 110	LONDON BROIL FLANK STEAK TWICE BAKED POTATOES NOODLES JEFFERSON BROCCOLI W/ LEMON PANKO CRUMBS EGGPLANT PARMESAN FRENCH BREAD	398 276 241 188 194 80
<b>T U E S D A Y</b>	FRESH FRUIT OATMEAL ASST. TOPPINGS EGGS & OMELETS TO ORDER BOILED EGGS BACON / SAUSAGE PATTIES SHREDDED HASH BROWNS FRENCH TOAST W/ BUTTER & SYRUP BISCUITS & SAUSAGE GRAVY	VARIES 158 VARIES VARIES 78 92/180 180 210 386	CHICKEN TORTILLA SOUP CARNE ASADA TACOS BAJA FISH TACOS SPANISH RICE REFRIED BEANS STEAMED CORN COTIJA ROASTED MEXICAN VEGETABLES FRESH SALSA BAR  <u>PLATED ALTERNATIVE</u> SOUTHWEST CHICKEN SALAD	140 350 424 211 205 96 110 VARIES  470	BBQ CHICKEN CAROLINA STYLE PULLED PORK RANCH STYLE BEANS MACARONI AND CHEESE GREEN BEAN LYONNAISE ROASTED TRI-COLOR CARROTS JALAPENO & CHEDDAR DROP BISCUITS	264 417 150 310 45 80 152
<b>W E D N E S D A Y</b>	FRESH FRUIT HOT GRITS ASST. TOPPINGS EGGS & OMELETS TO ORDER BOILED EGGS TURKEY / MAPLE PORK SAUSAGE LINKS HASH BROWNS BLUEBERRY PANCAKES GRILLED SPAM JASMINE RICE	VARIES 142 VARIES VARIES 78 180 110 210 180 200	MINESTRONE SOUP BRAISED ENGLISH SHORT RIBS NAPLES CHICKEN CREAMY POLENTA W/ BASIL OIL ROASTED POTATOES ZUCCHINI PROVENCAL TOSCANA VEGETABLES HOT DINNER ROLLS  <u>PLATED ALTERNATIVE</u> CIOPPINO W/ SOURDOUGH BREAD	360 458 475 300 141 35 87 80  318	BEEF AND BROCCOLI JASMINE RICE CHOW MEIN NOODLES STIR FRY VEGETABLES SESAME GARLIC EDAMAME EGG ROLLS W/ DIPPING SAUCE	341 160 214 171 189 157
<b>T H U R S D A Y</b>	FRESH FRUIT CREAM OF WHEAT ASST. TOPPINGS EGGS & OMELETS TO ORDER BOILED EGGS BACON / HOT SAUSAGE LINKS GOLDEN HASH BROWN PATTIES BUTTERMILK PANCAKES BREAKFAST SANDWICHES	VARIES 110 VARIES VARIES 78 92/180 180 210 340	CHICKEN & WILD RICE SOUP RED PEPPER CHICKEN BLACKENED SHRIMP ROSEMARY ROASTED RED POTATOES BROWN BUTTER ORZO ROASTED TURNIP W/ BALSAMIC FENNEL GRILLED TRI-COLOR PEPPERS  <u>PLATED ALTERNATIVE</u> CHICKEN SHAWARMAS W/ HUMMUS & PICKLED VEGETABLES	310 380 367 300 170 78 47  400 VARIES	CHIPOTLE HONEY BABY BACK RIBS CHICKEN WINGS BAKED BEANS POTATO & YAM GRATIN BRAISED COLLARD GREENS GRILLED CORN ON THE COB HONEY BUTTER CORNBREAD	418 400 225 328 160 155 94
<b>F R I D A Y</b>	FRESH FRUIT OATMEAL ASST. TOPPINGS EGGS & OMELETS TO ORDER BOILED EGGS CHICKEN APPLE / PORK SAUSAGE PATTIES HASH BROWNS FRENCH TOAST W/ BUTTER & SYRUP BREAKFAST BURRITOS	VARIES 158 VARIES VARIES 78 180 151 210 320	NEW ENGLAND CLAM CHOWDER CATCH OF THE DAY PRIME RIB W/ AU JUS BUTTERNUT SQUASH & SAGE RISOTTO BAKED POTATOES SAUTEED SPINACH W/ TOASTED PINENUTS CALIFORNIA BLEND VEGGIES FRIED SHRIMP & FISH BITES HOT DINNER ROLLS	301 VARIES 400 209 220 121 60 VARIES 80	CHICKEN BREAST POMODORO GARLIC MASHED POTATOES BROWN MUSHROOM GRAVY RICE PILAF ROASTED COLORFUL CAULIFLOWER SAUTEED GREEN BEANS BUTTERMILK BISCUITS	440 290 120 165 110 90 100
<b>S A T U R D A Y</b>	FRESH FRUIT HOT GRITS ASST. TOPPINGS EGGS & OMELETS TO ORDER BOILED EGGS BACON / MAPLE PORK SAUSAGE LINKS HASH BROWNS BUTTERMILK PANCAKES BISCUITS & SAUSAGE GRAVY	VARIES 142 VARIES VARIES 78 92/180 180 210 386	TORTILLA CHIPS W/ QUESO SEASONED GROUND BEEF BLACK BEANS ARROZ AMARILLO ROASTED GREEN PEPPERS TOPPINGS BAR	VARIES 120 218 180 96 VARIES	SAVORY ROASTED CHICKEN SWEET POTATOES W/ MAPLE PECAN BUTTER QUINOA PILAF CITRUS ROASTED ASPARAGUS BRAISED CARROTS FOCACCIA BREAD	451 190 199 50 110 142 110
<b>S U N D A Y</b>	FRESH FRUIT CREAM OF WHEAT ASST. TOPPINGS EGGS & OMELETS TO ORDER BOILED EGGS TURKEY / PORK SAUSAGE LINKS GOLDEN HASH BROWNS PATTIES FRENCH TOAST W/ BUTTER & SYRUP	VARIES 110 VARIES VARIES 78 180 151 210	EGGS & OMELETS TO ORDER CORNED BEEF HASH / SAUSAGE WAFFLES W/ BUTTER & SYRUP GRILLED REUBENS GARLIC PARMESAN FRENCH FRIES ITALIAN BLEND VEGETABLES CAPRESE PASTA SALAD	VARIES 320/180 210 530 260 110 289	SHEPARDS PIE BATTERED COD FILLETS STEAK FRIES CREAMY MASHED POTATOES STEAMED PEAS HOT DINNER ROLLS	420 443 365 290 261 103

WEEK 1

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 E. S. Sanchez Dining Facility Supervisor	Reviewed By:  CSCS N. E. Mogan Food Service Officer	Approved By:  Captain J. D. Burch Commanding Officer
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