

# TRACEN Petaluma Haley Hall Dining Facility

26APR2021 - 02MAY2021

1	BREAKFAST	Calories	LUNCH	Calories	DINNER	Calories
<b>M O N D A Y</b>	Cream of Wheat 110 Eggs & Omelets to Order varies Hard Boiled Eggs 78 Bacon / Sausage 92/180 Hash Browns 151 Whole Wheat Pancakes 210 Breakfast Burritos 300		Vegetable Barley Soup 211 Pulled Pork 375 Ranch Style Beans 142 Mac-N-Cheese 300 Sauteed Green Beans 92 Roasted Peppers and Mushrooms 85 Cornbread 150  <u>Healthy Alternative Line</u> Seared Chicken w/ Roasted Root Vegetables and Mushroom Jus 380		Chicken Bruschetta 220 Fettuccini Noodles 160 Broccoli w/ Lemon Crumbs 95 Roasted Yellow Squash 105 Garlic Cheese Bread 156	
<b>T U E S D A Y</b>	Assorted Oatmeal Toppings 159 Eggs & Omelets to Order varies Hard Boiled Eggs varies Bacon / Sausage 78 Shredded Hash Browns 92/180 French Toast w/ Melted Butter & Syrup 160 Sausage Gravy 210 Home-style Biscuits 180 170		Chicken Tortilla Soup 280 Carne Asada w/ Chimichuri Sauce 525 Shrimp Tacos 275 Spanish Rice 120 Refried Beans 180 Calico Corn 62 Mexican Stir Fried Vegetables 100  <u>Healthy Alternative Line</u> Roasted Salmon w/ White Bean Salad 450		Apple Smoked Baby Back Ribs 450 Baked Beans 200 Roasted Red Skin Potatoes 60 Braised Collard Greens 90 Hoppin John Vegetables 115 Coleslaw 120 Buttermilk Biscuits 181	
<b>W E D N E S D A Y</b>	Hot Grits 142 Eggs & Omelets to Order varies Hard Boiled Eggs 78 Apple Smoked Bacon 100 Breakfast Sausage 180 Hash Browns 110 Waffles w/ Syrup and Melted Butter 120 Corned Beef Hash 250		Lemon Chicken Soup 186 Roasted Beef Tenderloin w/ Garlic Demi 450 Herbed Roasted Fingerlings 165 Creamy Polenta 298 Roasted Parmesan Cauliflower 155 Grilled Eggplant 35 Dinner Rolls 180  <u>Healthy Alternative Line</u> Black Bean Burgers w/ Sweet Potato Wedges 400		Southern Fried Chicken 401 White Rice 180 Red Eye Gravy 150 Garlic Mashed Potatoes 45 Cajun Mushrooms 115 Jalapeno Cheddar Cornbread 135	
<b>T H U R S D A Y</b>	Cream of Wheat 110 Eggs & Omelets to Order varies Hard Boiled Eggs 78 Bacon / Sausage 92/180 Golden Hash Brown Patties 151 Buttermilk Pancakes 210 Quiche 216		Egg Drop Soup 380 General Tso Chicken 400 Steamed Jasmine Rice 367 Chow-Mein Noodles 300 Sauteed Bok Choy 110 Asian Stir Fry Vegetables 85 Pot Stickers w/ Dipping Sauce 78  <u>Healthy Alternative Line</u> Jerk Chicken Salad w/ Habanero Slaw 390		London Broil Style Flank Steak 501 Twice Baked Potatoes 108 Steamed Broccoli 90 Honey Glazed Carrots 80 Warm Dinner Rolls 180 Roasted Yellow Squash 105	
<b>F R I D A Y</b>	Oatmeal Bar varies Assorted Oatmeal Toppings varies Eggs & Omelets to Order varies Hard Boiled Eggs 78 Bacon / Sausage 92/180 Hash Browns 151 French Toast w/ Syrup & Melted Butter 210 Breakfast Burritos 320		New England Clam Chowder 410 Fresh Catch of the Day varies Prime Rib w/ Au Jus 704 Wild Mushroom Risotto 300 Roasted Fingerling Potatoes 100 Green Bean Lyonnaise 110 Sauteed Brussel Sprouts 70 Captain's Platter varies Herbed Focaccia varies		Chicken Kabobs 380 Greek Style Roasted Potatoes 150 Spanakopita 60 Sauteed Zucchini 84 Roasted Cauliflower 78 Garlic Pita Bread 98	
<b>S A T U R D A Y</b>	Hot Grits 142 Scrambled Eggs varies Hard Boiled Eggs 78 Bacon 110 Breakfast Sausage 180 Shredded Hash Browns 151 Pancakes w/ Syrup and Melted Butter 210 Sausage Gravy 250 Home-style Biscuits 103		Roasted Tomato Soup 169 Flame Grilled Beef Burgers 410 w/Relish Tray 50 JoJo Potatoes 160 Steamed Peas 65 Roasted Summer Vegetables varies  <u>Vegan Option</u> Beyond Burgers 350		Meatsauce and Marinara 250 Spaghetti 169 Cheese Tortellini & Pesto sauce 205 Braised Carrots & Onions 180 Italian Blend Vegetables 45 Buttery Garlic Bread 165	
<b>S U N D A Y</b>	Cream of Wheat 110 Scrambled Eggs varies Hard Boiled Eggs 78 Bacon / Sausage 92/180 Hash Browns 151 French Toast 230 Corned Beef Hash 320		Chicken Noodle Soup 135 Grilled Chicken Wraps 275 Gyros 350 Seasoned Curly Fries 60 Steamed Peas 120 Vegetable Crudites varies		Grilled Pork Chops 135 Mashed Red Skins 304 California Blended Vegetable 150 Green Bean Almondine 65 Dinner Rolls 180  <u>Vegan Option</u> Spaghetti & Meatballs 450	

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 J.A. Cermeno  
Dining Facility Supervisor

Reviewed By:

CSCS C. R. Knesek  
Food Service Officer

Approved By:

Captain S. E. Ramassini  
Commanding Officer