

Forrest Rednour Hall

For the Week Of: **18-Aug to 24-Aug**

3	Breakfast 0630-0730	Calories	Lunch 1100-1230	Calories	Dinner 1645-1800	Calories
M O N D A Y	Assorted Beverages		Japanese Chicken Noodle & Tofu Soup	220	Sausage and Kale Tortellini Soup	129
	Cheddar Cheese Grits	105	Grilled Teriyaki Chicken Thighs	380	Butter Pan Seared Chicken Breast	358
	Home Fries	150	Tuna Poke Bowls *contains raw fish*	280	Penne Pasta	214
	Bacon and Sausage Links	90/180	Avocado Seaweed, Sriracha Mayo, Green Onions	80	Alfredo Sauce	450
	Assorted Fruit	120	Carrots, Pickled Red Onion, Cucumber, Pineapple	180	Roasted Vegetable Medley	54
	Hard Boiled Eggs	200	Steamed Jasmine Rice	150	Cheese & Herb Garlic Bread	150
	Scrambled Eggs/ Eggs to Order	200	Edamame	80	Assorted Beverages and Desserts	
	Blueberry Pancakes	240	Assorted Beverages and Desserts		Salad Bar	
	Assorted Breads and Pastries		Salad Bar			
T U E S D A Y	Assorted Beverages		Aguadito De Pollo	150	Seco De Carne	234
	Brown Sugar Oatmeal	150	Shredded Chicken Tacos	300	Peruvian Chicken w/ Aji Verde	286
	Shredded Hash Browns	150	Spicy Shrimp Tacos w/ Cilantro Lime	330	Sweet Potato Hash	240
	Bacon and Sausage Patties	90/140	Coleslaw Cilantro Lime Rice	150	Roasted Asparagus	80
	Assorted Fruit	120	Seasoned Black Beans	150	Naan Bread	73
	Hard Boiled Eggs	200	Corn & Pepper Medley	130	Assorted Beverages and Desserts	95
	Scrambled Eggs/ Eggs to Order	200	Chips, Salsa, Queso, Guacamole	460	Salad Bar	15
	French Toast	260	Assorted Beverages and Desserts			
	Assorted Breads and Pastries		Salad Bar			
W E D N E S D A Y	Assorted Beverages		Italian Wedding Soup	300	Wonton Soup	470
	Hot Grits	145	Chicken Cacciatori	303	Szechuan Beef	350
	Hash Brown Patties	150	Gnocchi Pomodoro	450	Vegetable Lo Mein	165
	Bacon and Sausage Links	90/180	Broccolini	80	Steamed Jasmine Rice	210
	Assorted Fruit	120	Garlic & Rosemary Focaccia	122	Fresh Cut Stir Fry Veggies	39
	Hard Boiled Eggs	200	Assorted Beverages and Desserts		Pot Stickers	110
	Scrambled Eggs/ Eggs to Order	200	Salad Bar		Assorted Beverages and Desserts	
	Belgian Waffles w/ Syrup	245			Salad Bar	
	Assorted Breads and Pastries					
T H U R S D A Y	Assorted Beverages	105	Loaded Potato Soup	200	Okra Soup w/ Spinach & Shrimp	170
	Apple Cinnamon Oatmeal	150	Pan Seared Tenderloin Filet	320	Sudanese Peanut Curry	420
	Home Fries	90/216	With Mushroom Demiglace	118	Yellow Rice	210
	Bacon and Sausage Patties	120	Baked Potato Bar	300	Saute'd Zucchini & Red Peppers	220
	Assorted Fruit	200	Roasted Brussel Sprouts	53	Samosa w/ Mint Cilantro Chutney	180
	Hard Boiled Eggs	200	Dinner Rolls with Butter	100	Naan Bread	110
	Scrambled Eggs/ Eggs to Order	245	Assorted Beverages and Desserts		Assorted Beverages and Desserts	
	Biscuits and Gravy		Salad Bar		Salad Bar	
	Assorted Breads and Pastries					
F R I D A Y	Assorted Beverages		Seafood Cioppino	212	Chicken Noodle Soup	200
	Cheddar Cheese Grits	150	Seared Halibut w/ Lemon Cream Sauce	320	Cheese Pizza, Margherita Pizza, Meat Lovers Pizza	420
	Potatoes O'Brien	150	Grilled Dijon & Dill Chicken	250	Chicken Wings w/ Celery & Carrots	180
	Bacon and Maple Sausage Links	90/180	Fried Calamari w/ Lemon & Cocktail Sauce	125	Jalapeno Poppers	70
	Assorted Fruit	120	Orzo with Parmesan	210	Assorted Beverages and Desserts	
	Hard Boiled Eggs	200	Seasoned Green Beans	82	Salad Bar	
	Scrambled Eggs/ Eggs to Order	200	Focaccia	110		
	Chicken Biscuit	265	Assorted Beverages and Desserts			
	Assorted Breads and Pastries	325	Salad Bar			
S A T U R D A Y	Breakfast 0830-1000		Brunch 1100-1230		Soup of the Day	
	Assorted Beverages	142	Soup of the Day		Smoked Kahlua Pork	340
	Oatmeal w/ Assorted Topping Bar	150	Italian Shredded Beef Sandwich	460	Huli Huli Chicken	300
	Home Fries	90/120	Onion Rings	21	Hawaiian Macaroni Salad	90
	Bacon and Sausage Patties	120	Tortilini Pasta Salad	160	Jasmine Rice	44
	Assorted Fruit	200	Roasted Carrots & Parsnips	30	Roasted Broccoli & Pineapple	80
	Hard Boiled Eggs	200	Assorted Beverages and Desserts		Assorted Beverages and Desserts	
	Scrambled Eggs/ Eggs to Order	318	Salad Bar		Salad Bar	
	Breakfast Burritos	240	Bacon or Sausage Patties	86		
	Assorted Breads and Pastries	254	Scrambled or Hard Boiled Eggs	300		
			Home Fries	250		
S U N D A Y	Breakfast 0830-1000		Brunch 1100-1230		Soup of the Day	
	Assorted Beverages	150	Soup of the Day		Meatloaf	400
	Hot Grits	150	Turkey Monte Cristo Sandwich w/ Jelly	326	Mashed Potatoes with Gravy	300
	Hash Browns	90/180	Tater Tots	180	Roasted Honey Glazed Carrots	80
	Bacon or Sausage Links	120	Saute'd Zucchini	132	Dinner Rolls with Butter	110
	Assorted Fruit	200	Assorted Beverages and Desserts		Assorted Beverages and Desserts	
	Hard Boiled Eggs	200	Salad Bar		Salad Bar	
	Scrambled Eggs/ Eggs to Order	260	Bacon or Sausage Patties	86		
	French Toast Bake	142	Scrambled or Hard Boiled Eggs	300		
	Assorted Breads and Pastries	245	Home Fries	250		

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.

Submitted By:	Reviewed By:	Approved By:
CS1 D. P. Harrington Dining Facility Watch Captain	CSCM A. B. Rivers Food Service Officer	LCDR B.S. Hanover Chief Comptroller & Personnel Division