

Forrest Rednour Hall

For the Week Of: 28-Oct to 3-Nov

W2	Breakfast 0630-0730	Calories	Lunch 1100-1230	Calories	Dinner 1645-1800	Calories
M O N D A Y	Assorted Beverages		Sinagang	Varies	French Onion	Varies
	Cheeddar Cheese Grits	200	Chicken Adobo	350	Braised Short Ribs w/ Red Wine Demi	245
	Hashbrowns	151	Pancit	200	Au Gratin Potatoes	200
	Bacon and Sausage	90/180	Steamed Jasmine Rice	145	Brussels Sprouts and Broccoli w/ Cranberry Agrodolce	75
	Assorted Fruit	120	Baby Bok Choy		Focaccia Bread	140
Hard Boiled Eggs	200	Beef Lumpia		Assorted Beverages and Desserts		
Scrambled Eggs	200	Ube Rolls		Salad Bar		
Pancakes w/ Syrup	240	Assorted Beverages and Desserts	90/180			
Assorted Breads and Pastries		Salad Bar	200			
			151			
T U E S D A Y	Assorted Beverages		Black Bean and Lime Soup	120	Chicken and Rice Soup	200
	Blueberry Oatmeal	150	Baja Grilled Shrimp Tacos	450	Pesto and Prosciutto Stuffed Pork Loin	450
	Shredded Hashbrowns	151	Mojo Chicken	200	Baked Sweet Potatoes W/ Topping Bar	250
	Bacon and Sliced Ham	90/140	Spanish Rice	240	Maple Roasted Carrots w/	75
	Assorted Fruit	120	Charro Beans	175	Tahini, Pomegranate & Pistachios	200
Hard Boiled Eggs	200	Mexican Roasted Zucchini	Varies	Rustic Dinner Rolls		
Scrambled Eggs	200	Chips and Queso Bar		Assorted Beverages and Desserts		
French Toast w/ Mixed Berry Compote	260	Assorted Beverages and Desserts		Salad Bar		
Assorted Breads and Pastries		Salad Bar				
W E D N E S D A Y	Assorted Beverages		Broccoli Cheese Soup	200	Split Pea Soup	185
	Hot Grits	142	Nashville Hot Chicken Sandwich W/	475	Mongolian Beef	375
	Hashbrown Patties	151	Dave's Hot Chicken Sauce	200	Fried Rice	200
	Bacon and Sausage Patties	90/180	Onion Rings	85	Steamed Broccoli	95
	Assorted Fruit	120	Seasoned Brussels Sprouts		Pot Stickers	140
Hard Boiled Eggs	200	Coleslaw		Assorted Beverages and Desserts		
Scrambled Eggs	200	Honey Cornbread		Salad Bar		
Belgian Waffles w/ Syrup	245	Assorted Beverages and Desserts				
Corned Beef Hash	250	Salad Bar				
Assorted Breads and Pastries						
T H U R S D A Y	Assorted Beverages		Creamy Wild Mushroom Soup	200	Chicken Noodle Soup	230
	Cream of Wheat	104	Smoked Grilled New York Strip Steak	326	Shrimp Po' Boys	325
	Loaded Hashbrowns	151	W/ Sauteed Mushrooms	225	Chicken Po' Boys	375
	Bacon and Spanish Chorizo	90/216	Baby Potatoes W/ Cherry Tomatoes and Feta	115	Remoulade Sauce	
	Assorted Fruit	120	Roasted Asparagus	125	Sweet Potato Waffle Fries	175
Hard Boiled Eggs	200	Homemade Honey Wheat Rolls		Stewed Okra	115	
Scrambled Eggs	200	Assorted Beverages and Desserts		Assorted Beverages and Desserts		
Biscuits and Gravy	245	Salad Bar		Salad Bar		
Assorted Breads and Pastries						
F R I D A Y	Assorted Beverages		Seafood Chowder	195	Zuppa Toscana	122
	Oatmeal w/ Assorted Toppings	150	Wasabi and Pistachio Crusted Salmon	285	Chicken Marsala	325
	O'Brien Potatoes	151	Quinoa Salad	200	Linguini	295
	Bacon and Maple Sausage Links	90/180	Sauteed Kale	250	Maple Roasted Carrots w/	220
	Assorted Fruit	120	Stone Crab	85	Tahini, Pomegranate & Pistachios	200
Hard Boiled Eggs	200	Assorted Beverages and Desserts		Garlic Breadsticks		
Scrambled Eggs	200	Salad Bar		Assorted Beverages and Desserts		
Breakfast Sandwiches	265	Speed Line		Salad Bar		
Assorted Breads and Pastries		Mini Corndogs w/ Assorted Sauces				
		Curly Fries				
S A T U R D A Y	Breakfast 0830-1000		Brunch 1100-1230		Soup of the Day	Varies
	Assorted Beverages	142	Soup of the Day	Varies	North Caolina Dipped Fried Chicken	325
	Hot Grits	151	Hot Pastrami and Swiss Sandwiches	230	Macaroni and Cheese	215
	Home Fries	90/120	Seasoned Tator Tots	170	Roasted Cauliflower W/ Sweet Potatoes	75
	Bacon or Sliced Ham	120	California Blend Vegetables	95	Buttermilk Biscuits	150
Assorted Fruit	200	Assorted Beverages and Desserts		Assorted Beverages and Desserts		
Hard Boiled Eggs	200	Salad Bar		Salad Bar		
Scrambled Eggs	318	Bacon or Sliced Ham	90/180			
Toasted Bagels with Cream Cheese	240	Scrambled or Hard Boiled Eggs	200			
Chocolate Chip Pancakes	210	Home Fries	151			
Assorted Breads and Pastries						
S U N D A Y	Breakfast 0830-1000		Brunch 1100-1230		Soup of the Day	Varies
	Assorted Beverages	150	Soup of the Day	Varies	Prime Rib	300
	Brown Sugar Maple Oatmeal	151	Pulled Pork Sandwiches	418	Garlic Mashed Potatoes	245
	Hashbrown Patties	90/180	Coleslaw	290	Green Beans with Caramelized Onions	105
	Bacon or Sausage Patties	120	Baked Beans	110	Honey Butter Rolls	200
Assorted Fruit	200	Assorted Beverages and Desserts		Assorted Beverages and Desserts		
Hard Boiled Eggs	200	Salad Bar		Salad Bar		
Scrambled Eggs	260	Bacon or Sausage Patties	90/180			
Pumpkin Spice French Toast Bake	142	Scrambled or Hard Boiled Eggs	200			
Assorted Breads and Pastries		Home Fries	151			

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: CS1 N. B. Acker Section Leader	Reviewed By: CSCM A. B. Rivers Food Service Officer	Approved By: CDR C. J. Bare Chief Comptroller & Personnel Division
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