

Forrest Rednour Hall

For the Week Of: 28-Apr to 4-May

15	Breakfast 0630-0730	Calories	Lunch 1100-1230	Calories	Dinner 1645-1800	Calories
M O N D A Y	Assorted Beverages		Miso Soup	130	Virginia Peanut Soup	200
	Cheddar Cheese Grits	105	Beef and Broccoli	415	Grilled Molasses & Cider Vinegar Pork Tenderloin	290
	Hash Browns	150	Steamed White Rice	150	Marinated Grilled Chicken Breasts	270
	Bacon and Sausage Links	90/180	Asian Blend Vegetables	50	Alabama White Barbecue Sauce	179
	Assorted Fruit	120	Rolls with Butter	110	Macaroni & Cheese	310
	Hard Boiled Eggs	200	Assorted Beverages and Desserts	160	Collard Greens	45
	Scrambled Eggs/ Eggs to Order	200	Salad Bar		Dinner Rolls with Butter	210
	Blueberry Pancakes	240			Assorted Beverages and Desserts	
	Assorted Breads and Pastries				Salad Bar	
T U E S D A Y	Assorted Beverages		Chicken Tortilla Soup	214	Split Pea Soup	183
	Brown Sugar Oatmeal	150	Chicken El Pastor Bowls	350	Chicken Lombardy	350
	Shredded Hash Brown	150	Cilantro Lime Rice	150	Garlic & Rosemary Potate al Forno	220
	Spam, Bacon and Sausage Patties	90/140	Spicy Black Beans	135	Spinach a la Romana	127
	Assorted Fruit	120	Saute'd Corn with Peppers	70	Dinner Rolls with Butter	160
	Hard Boiled Eggs	200	Chips, Salsa, Queso	450	Assorted Beverages and Desserts	
	Scrambled Eggs/ Eggs to Order	200	Guacamole	45	Salad Bar	
	French Toast	260	Assorted Beverages and Desserts			
	Assorted Breads and Pastries		Salad Bar			
	Spam Fried Rice	300				
W E D N E S D A Y	Assorted Beverages		Cheddar Broccoli Soup	350	Lentil & Farro Soup	230
	Hot Grits	145	Fried Chicken Sandwich	362	Beef & Sausage Lasagna	459
	Hash Brown Patties	150	Lettuce, Tomato, Onion	71	Chicken Sausage Lasagna	440
	Bacon and Sausage Links	90/180	House Honey Mustard & BBQ Sauce	35	Saute'd Zucchini	55
	Assorted Fruit	120	Waffle Fries	175	Garlic Bread	174
	Hard Boiled Eggs	200	Zucchini Blend Vegetables	70	Assorted Beverages and Desserts	
	Scrambled Eggs/ Eggs to Order	200	Assorted Beverages and Desserts		Salad Bar	
	Belgian Waffles w/ Syrup	245	Salad Bar			
	Assorted Breads and Pastries					
T H U R S D A Y	Assorted Beverages		Cuchuco de Maize	350	Kartoffelsuppe	142
	Apple Cinnamon Oatmeal	105	Baseball Steaks with Mushroom Demiglace	430	Pork Schnitzle with Dijon Gravy	435
	Shredded Hash Browns	150	Jumbo Fried Shrimp with Tartar & Cocktail Sauce	200	Roasted Chicken Quarters	300
	Bacon and Sausage Patties	90/216	Baked Potato Bar	180	Noodles Jefferson	221
	Assorted Fruit	120	Roasted Green Beans	75	German Red Cabbage	100
	Hard Boiled Eggs	200	Dinner Rolls with Butter	110	Dinner Rolls with Butter	210
	Scrambled Eggs/ Eggs to Order	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	276	Hot & Sour Soup	90
	Cheddar Cheese Grits	150	Seared Grouper with Lemon Capers Sauce	209	Kung Pao Chicken	340
	O'Brien Potatoes	150	Chicken Picatta	300	Vegetable Lo Mein	200
	Bacon and Maple Sausage Links	90/180	Lemon Pearl Couscous with Parsley & Tomatoes	200	Steamed Jasmine Rice	130
	Assorted Fruit	120	Saute'd Yellow Squash with Red Peppers	142	Garlic & Ginger Bok Choy	25
	Hard Boiled Eggs	200	Garlic Rosemary Focaccia		Assorted Beverages and Desserts	
	Scrambled Eggs/ Eggs to Order	200	Assorted Beverages and Desserts		Salad Bar	
	Breakfast Sandwiches	265	Salad Bar			
	Assorted Breads and Pastries					
S A T U R D A Y	Breakfast 0830-1000		Brunch 1100-1230 Saturday		Chicken and Rice Soup	200
	Assorted Beverages	142	Soup of the Day		Jaimacan Jerk Chicken Thighs	400
	Oatmeal w/ Assorted Topping Bar	150	Chicago Brat with Tomatoes & Sport Peppers	250	Caribbean Rice and "Peas"	235
	Home Fries	90/120	Sausage	115	Jamaican Run Down Vegetables	425
	Bacon or Sausage Patties	120	Kettel Potato Chips	150	Corn Bread	100
	Assorted Fruit	200	Corn on the Cob	75	Assorted Beverages and Desserts	
	Hard Boiled Eggs	200	Assorted Beverages and Desserts		Salad Bar	
	Scrambled Eggs/ Eggs to Order	318	Salad Bar			
	Pancakes w/ Syrup	240	Bacon or Sliced Ham	90		
	Assorted Breads and Pastries	254	Scrambled or Hard Boiled Eggs	200		
			Home Fries	88		
S U N D A Y	Breakfast 0830-1000		Brunch 1100-1230		Soup of the Day	
	Assorted Beverages	150	Soup of the Day		Bouef en Daube Provencal Pot Roast	252
	Hot Grits	150	Roast Beef Sandwich with Cheddar	300	Poppardelle Pasta	280
	Hash Browns	90/180	Horseradish Sauce, Lettuce, Tomato, Onion	115	Ratatouille Vegetable Medley	134
	Bacon or Sausage Links	120	Curley Fries	180	Dinner Rolls with Butter	210
	Assorted Fruit	200	Saute'd Green Beans	75	Assorted Beverages and Desserts	
	Hard Boiled Eggs	200	Salad Bar		Salad Bar	
	Scrambled Eggs/ Eggs to Order	260	Bacon or Sausage Patties	90		
	French Toast Bake	142	Scrambled or Hard Boiled Eggs	200		
	Assorted Breads and Pastries	245	Home Fries	88		

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:
CSC B. S. Alexander Dining Facility Supervisor	CSCM A. B. Rivers Food Service Officer	CDR C. J. Bare Chief Comptroller & Personnel Division