

Forrest Rednour Hall

For the Week Of: 18-Sep to 24-Sep

W5	Breakfast 0630-0730	Calories	Lunch 1100-1230	Calories	Dinner 1645-1800	Calories
M O N D A Y	Assorted Beverages		AROUND THE WORLD MONDAY			
	Cheddar Cheese Grits	105	CUBA	120	Butternut Squash Soup	95
	Hashbrowns	151	Cuban Sandwich	395	Apple Cider Glazed Chicken Thighs	500
	Bacon and Sausage Links	90/180	Sweet Plantains	185	Pumpkin Risotto w/ Bacon and Parmesan	100
	Assorted Fruit	120	Cuban Black Beans	95	Sauteed Green Beans	44
	Hard Boiled Eggs	200	Yucca Fries w/Special Sauce	120	Hot Dinner Rolls	70
	Scrambled Eggs/ Eggs to Order	200	Assorted Beverages and Desserts	Varies	Assorted Beverages and Desserts	Varies
Blueberry Pancakes	240	Salad Bar	Varies	Salad Bar	Varies	
Assorted Breads and Pastries	Varies	Coconut Flan	235			
T U E S D A Y	Assorted Beverages		Albondigas Soup		Italian Wedding Soup	100
	Oatmeal w/ Assorted Toppings Bar	150	Mexican Mole Chicken Quarters	199	Lobster Ravioli	140
	Shredded Hashbrowns	151	Cilantro Lime Rice	300	Beef Ravioli	80
	Bacon and Sausage Patties	90/140	Pickled Jalapenos, Onions, and Radish	230	Vodka Sauce or Alfredo Sauce	220
	Assorted Fruit	120	Mexican Slaw	100	Roasted Asparagus	150
	Hard Boiled Eggs	200	Black Bean and Corn Salad	180	Garlic Breadsticks	120
	Scrambled Eggs/ Eggs to Order	200	Fresh Tortilla Chips with Salsa and Guac	80	Assorted Beverages and Desserts	Varies
French Toast w/ Mixed Berry Compote	260	Assorted Beverages and Desserts	Varies	Salad Bar	Varies	
Assorted Breads and Pastries	Varies	Salad Bar	Varies			
W E D N E S D A Y	Assorted Beverages		Chili Con Carne	175	Broccoli Cheese Soup	150
	Hot Grits	142	Smoked Pulled Pork Sandwiches	395	Alice Springs Chicken	300
	Hashbrown Patties	151	Crispy Chicken Sandwiches	400	Baked Potato w/ Topping Bar	200
	Bacon and Sausage Links	90/180	W/ Pickles and Coleslaw	200	Key Largo Blend Vegetables	75
	Assorted Fruit	120	Sweet Potato Casserole	275	Crispy Onion Rings	140
	Hard Boiled Eggs	200	Tri Colored Cauliflower	145	Assorted Beverages and Desserts	Varies
	Scrambled Eggs/ Eggs to Order	200	Fried Hushpuppies	220	Salad Bar	Varies
Belgian Waffles w/ Syrup	245	Assorted Beverages and Desserts	Varies			
Assorted Breads and Pastries	Varies	Salad Bar	Varies			
T H U R S D A Y	Assorted Beverages		New England Clam Chowder	225	Egg Drop Soup	185
	Oatmeal w/ Assorted Topping Bar	104	Petite Tender Loin Steak	255	Sweet and Sour Chicken	225
	Loaded Hashbrowns	151	w/ Creamy Mushroom Sauce	75	Vegetable Fried Rice	200
	Bacon and Sausage Patties	90/216	Tuscan Butter Gnocchi	215	Stir Fry Vegetables	170
	Assorted Fruit	120	Roasted Broccolini	165	Potstickers	200
	Hard Boiled Eggs	200	Honey Butter Rolls	175	Assorted Beverages and Desserts	Varies
	Scrambled Eggs/ Eggs to Order	200	Assorted Beverages and Desserts	Varies	Salad Bar	Varies
Biscuits and Gravy	245	Salad Bar	Varies			
Assorted Breads and Pastries	Varies					
F R I D A Y	Assorted Beverages		Main Line		Vegetable Soup	80
	Cheddar Cheese Grits	150	Carrot Ginger Soup	220	Bacon Wrapped Meatloaf	350
	O'Brien Potatoes	151	Grilled Mahi Fillets	280	Creamy Mac and Cheese	200
	Bacon and Maple Sausage Links	90/180	w/ Mango Habanero Salsa	40	Normandy Blend Vegetables	95
	Assorted Fruit	120	Sauteed Garlic Shrimp	270	Buttermilk Biscuits	140
	Hard Boiled Eggs	200	Tri Color Cous Cous	160	Assorted Beverages and Desserts	Varies
	Scrambled Eggs/ Eggs to Order	200	Sauteed Squash and Zucchini	98	Salad Bar	Varies
Breakfast Sandwiches	265	Assorted Beverages and Desserts	Varies			
Assorted Breads and Pastries	Varies	Salad Bar	Varies			
		Speed Line				
		Corn Dogs w/Dipping Sauces	700			
		Seasoned Potato Wedges	120			
S A T U R D A Y	Breakfast 0830-1000		Brunch 1100-1230		Soup of the Day	100/250
	Assorted Beverages	142	Soup of the Day	100/250	Shrimp or Chicken Fajitas	320
	Oatmeal w/ Assorted Topping Bar	151	Grilled Ham and Cheese Sandwiches	335	Sauteed Onions & Peppers	190
	Home Fries	90/120	Seasoned Tator Tots	188	Spanish Rice	140
	Bacon or Sausage Patties	120	California Veggie Blend	75	Pinto Beans	120
	Assorted Fruit	200	Assorted Beverages and Desserts	Varies	Assorted Beverages and Desserts	Varies
	Hard Boiled Eggs	200	Salad Bar	Varies	Salad Bar	Varies
Scrambled Eggs/ Eggs to Order	318					
Toasted Bagels with Cream Cheese	240	Bacon or Sliced Ham	90/180			
Pancakes w/ Syrup	254	Eggs to Order	200			
Assorted Breads and Pastries	Varies	Home Fries	151			
S U N D A Y	Breakfast 0830-1000		Brunch 1100-1230		Soup of the Day	100-250
	Assorted Beverages	150	Soup of the Day	100/250	Grilled Sirloin Steak	455
	Hot Grits	150	Chicken and Waffles	418	Mashed Potatoes w/ Gravy	220
	Hashbrowns	90/180	Cheddar Grits	290	Roasted Acorn Squash	155
	Bacon or Sausage Links	120	Collard Greens	90	Hot Dinner Rolls	150
	Assorted Fruit	200	Assorted Beverages and Desserts	Varies	Assorted Beverages and Desserts	Varies
	Hard Boiled Eggs	200	Salad Bar	Varies	Salad Bar	Varies
Scrambled Eggs/ Eggs to Order	260					
French Toast Bake	142	Bacon or Sausage Patties	90/180			
Biscuits and Gravy	245	Eggs to Order	200			
Assorted Breads and Pastries	Varies	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: CSC M.L. Mullen Dining Facility Supervisor	Reviewed By: CSCM M.R. Simolon Food Service Officer	Approved By: CDR C.J. Bare Chief Comptroller & Personnel Division
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