

Forrest Rednour Hall

For the Week Of: 3-Oct to 9-Oct

W1	Breakfast 0630-0730 (Quarantined 0715-0730)	Calories	Lunch 1100-1230 (Quarantined 1215-1230)	Calories	Dinner 1645-1800 (Quarantined 1745-1800)	Calories
M O N D A Y	Assorted Beverages		Miso Soup	120	Beer Cheese Soup	290
	Hot Grits	104	Char Sui Pork	420	Chicken Schnitzelw/ Mushroom Gravy	450
	Hashbrowns	151	Basil Chicken	200	Buttered Egg Noodles	200
	Bacon and Sausage Links	90/180	Vegetable Fried Rice	296	German Potato Salad	220
	Assorted Fruit	120	Sauteed Snap Peas	150	Braised Red Cabbage	95
	Hard Boiled Eggs	200	Crispy Egg Rolls	140	Baked Pretzels	225
	Scrambled Eggs/ Eggs to Order	200	Assorted Beverages and Desserts		Assorted Beverages and Desserts	
	Pancakes w/ Syrup	240	Salad Bar		Salad Bar	
	Assorted Breads and Pastries	269				
T U E S D A Y	Assorted Beverages		Chicken Pozole Soup	244	Polish Chicken Soup	180
	Oatmeal w/ Assorted Toppings	150	Ropa Vieja Tacos	225	Roasted Kielbasa	325
	Shredded Hashbrowns	151	Grilled Jerk Chicken Tacos	265	Paprika Chicken	278
	Bacon and Sliced Ham	90/140	Cilantro Lime Rice	214	Potato Pierogis	222
	Assorted Fruit	120	Homemade Refried Beans	140	Roasted Acorn Squash	110
	Hard Boiled Eggs	200	Spicy Black Bean and Corn Salad	225	Sourdough Bread	220
	Scrambled Eggs/ Eggs to Order	200	Assorted Beverages and Desserts		Assorted Beverages and Desserts	
	French Toast w/ Mixed Berry Compote	260	Salad Bar		Salad Bar	
	Assorted Breads and Pastries	269				
W E D N E S D A Y	Assorted Beverages		White Chicken Chili	212	Vegetable Soup	212
	Cheddar Grits	142	Grilled Lmon Herbed Chicken Thighs	334	Chicken Parmesan	334
	Hashbrown Patties	151	Shrimp Scampi	275	Buttered Linguine	275
	Bacon and Sausage Patties	90/180	Roasted Red Potatoes	239	Hearty Marinara	239
	Assorted Fruit	120	Butternut Squash with Butter and Sage	115	Sauteed Green Beans	63
	Hard Boiled Eggs	200	Assorted Beverages and Desserts		Hot Garlic Bread	140
	Scrambled Eggs/ Eggs to Order	200	Salad Bar		Assorted Beverages and Desserts	
	Belgian Waffles w/ Syrup	245			Salad Bar	
	Corned Beef Hash	196				
	Assorted Breads and Pastries	269				
T H U R S D A Y	Assorted Beverages		She Crab Soup	225	Minestrone Soup	127
	Oatmeal w/ Assorted Toppings	104	Grilled Ribeye Steaks	357	Turkey Pesto Panini	385
	Loaded Hashbrowns	151	Fried Butterflied Shrimp	200	w/ Fresh Mozzarella, Tomato, and Onion	75
	Bacon and Spanish Chorizo	90/216	Creamy Macaroni and Cheese	150	French Fries	200
	Assorted Fruit	120	Sauteed Brussels Sprouts w/ Bacon	112	Grilled Zucchini	195
	Hard Boiled Eggs	200	Fresh Made Focaccia	180	Assorted Beverages and Desserts	
	Scrambled Eggs/ Eggs to Order	200	Assorted Beverages and Desserts		Salad Bar	
	Biscuits and Gravy	245	Salad Bar			
	Assorted Breads and Pastries	269				
F R I D A Y	Assorted Beverages		Pesto Gnocchi Soup	225	Chicken and Rice Soup	117
	Hot Grits	150	Honey Garlic Glazed Salmon	310	Chicken Shawarma	418
	O'Brien Potatoes	151	Rice Pilaf	320	Warm Flatbread	155
	Bacon and Maple Sausage Links	90/180	Roasted Asparagus	226	w/ Lettuce, Tomato, and Onion	75
	Assorted Fruit	120	Hot Dinner Rolls	175	Falafel with Tzatziki	185
	Hard Boiled Eggs	200	Assorted Beverage and Desserts		Chickpea Salad	100
	Scrambled Eggs/ Eggs to Order	200	Salad Bar		Garlic Potato Wedges	175
	Breakfast Sandwiches	265	Speed Line Options		Assorted Beverages and Desserts	
	Assorted Breads and Pastries	269	Chili Cheese Hot Dogs	535	Salad Bar	
			Waffle Fries	365		
S A T U R D A Y	Breakfast 0830-1000		Brunch 1100-1230		Soup of the Day	Varies
	Assorted Beverages		Soup of the Day	Varies	Roasted Pork Tenderloin Medallions	400
	Oatmeal w/ Assorted Toppings	142	Cheese Quesadillas	450	w/ Balsamic Reduction	248
	Home Fries	151	Curly Fries	240	Creamy Risotto	67
	Bacon or Sliced Ham	90/120	Sauteed Corn	90	California Blend Vegetables	174
	Assorted Fruit	120	Assorted Beverages and Desserts		French Bread	150
	Hard Boiled Eggs	200	Salad Bar		Assorted Beverages and Desserts	
	Scrambled Eggs/ Eggs to Order	200	Bacon or Sliced Ham	90/180	Salad Bar	
	Toasted Bagels with Cream Cheese	318	Eggs to Order	200		
	Pancakes w/ Syrup	240	Home Fries	151		
	Assorted Breads and Pastries	269				
S U N D A Y	Breakfast 0830-1000		Brunch 1100-1230		Soup of the Day	Varies
	Assorted Beverages		Soup of the Day	Varies	Red Wine Braised Beef Tips	250
	Cheddar Grits	150	Crispy Chicken Caesar Wraps	380	w/ Demi Glace	45
	Hashbrown Patties	151	Italian Pasta Salad	220	Mashed Potatoes	200
	Bacon or Sausage Patties	90/180	Mixed Italian Blend Vegetables	75	Honey Glazed Carrots	115
	Assorted Fruit	120	Assorted Beverages and Desserts		Hot Dinner Rolls	140
	Hard Boiled Eggs	200	Salad Bar		Assorted Beverages and Desserts	
	Scrambled Eggs/ Eggs to Order	200	Bacon or Sausage Patties	90/180	Salad Bar	
	French Toast Bake	260	Eggs to Order	200		
	Buttered Sourdough Toast	142	Home Fries	151		
	Assorted Breads and Pastries	269				

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 J. H. Rosado Dining Facility Supervisor	Reviewed By: CSCM M.R. Simolon Food Service Officer	Approved By: CDR M.L. Nosssett Chief Comptroller & Personnel Division
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