

Forrest Rednour Hall

For the Week Of: 4-Jul to 10-Jul

W4	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 Fresh Fruit	120	Happy 4th of JULY Brunch 11-1230		Soup of the Day	225
	Hot Grits	104	Soup of the Day	150	Kung Pao Chicken	350
	Grilled Eggs & Omelets to Order	300	Grilled Hamburgers	225	Steamed Calrose Rice	175
	Scrambled Eggs	70	Grilled Hot Dogs	125	Vegetable Lo mein	96
	Hard Boiled Eggs	70	French Fries	230	Sauteed Edamame	120
	Bacon and Sausage	90/180	Corn on the Cob	88	Assorted Desserts	
	Hash Brown Patties	151	Salad Bar		Salad Bar	
	Pancakes	125	Assorted Desserts			
	Assorted Breads & Pastries	269	Eggs to Order/Scrambled Eggs	300		
			Bacon and Sausage Patties	90/180		
			Hash Browns	151		
T U E S D A Y	Assorted Fresh Fruit	120	"A Taste of the Spanish Caribbean"		Italian Wedding Soup	270
	Oatmeal Bar	150	Sancocho (Dominican Republic)	220	Italian Sausage and Beef Lasagna	375
	Grilled Eggs & Omelets to Order	300	Pernil (Puerto Rico)	315	White Spinach and Cheese Lasagna	355
	Scrambled Eggs	70	Ropa Vieja (Cuba)	275	Bruschetta Salad	150
	Hard Boiled Eggs	70	Arroz con Gandules (Puerto Rico)	175	Roasted Asparagus	135
	Bacon and Sausage	90/180	(Puerto Rican Rice with Pigeon Peas)	225	Garlic Breadsticks	200
	Shredded Hashbrowns	151	Tropical Sweet Potato with Honey	189	Assorted Desserts	
	French Toast	260	Crispy Tostones w/ Dipping Sauce	150	Salad Bar	
	Assorted Breads & Pastries	269	Salad Bar			
			Assorted Desserts			
W E D N E S D A Y	Assorted Fresh Fruit	120	Brunswick Stew	265	Filipino Ginger Garlic Chicken Soup	245
	Cheddar Cheese Grits	142	Buffalo Chicken Tenders	400	Pork Adobo	355
	Grilled Eggs & Omelets to Order	300	Smoked Poblano Mac and Cheese	225	Chicken Adobo	185
	Scrambled Eggs	70	Sauteed Green Beans	95	Steamed White Rice	225
	Hard Boiled Eggs	70	Celery and Carrot Stick	50	Okra w/ Tomatoes, Onions, and Garlic	
	Grilled Bacon and Sausage	90/180	W/ House Made Dressings	150/225	Crispy Lumpia	250
	Home fries	151	Buffalo Cauliflower Bites	150	Salad bar	
	Waffles	190	Salad Bar		Assorted Desserts	
	Corned Beef Hash	196	Assorted Desserts			
	Assorted Breads & Pastries	269				
T H U R S D A Y	Assorted Fresh Fruit	120	BOTH LINES	300	Creamy Chicken Tortilla Soup	175
	Oatmeal Bar	104	Loaded Potato Soup	285	Green Chili Chicken	225
	Grilled Eggs & Omelets to Order	300	Roasted Rosemary Garlic Prime Rib		Cilantro Lime Rice	215
	Scrambled Eggs	70	W/ Au Jus	250	Black Beans	195
	Hard Boiled Eggs	70	Twice Baked Potatoes	195	Sauteed Zucchini	220
	Bacon and Sausage	90/180	Crispy Brussels Sprouts w/ Caramelized Onions	176	South West Egg Rolls	
	Hash brown Patties	151	Hot Rolls	130	Assorted Desserts	
	Sausage Gravy	200	Salad Bar		Salad Bar	
	Fresh Biscuits	120	Assorted Desserts			
	Assorted Breads & Pastries	269				
F R I D A Y	Assorted Fresh Fruit	120	MAIN LINE		Chicken Noodle Soup	245
	Hot Grits	150	Crab and Corn Chowder	255	Poutine	355
	Grilled Eggs & Omelets to Order	300	Blackened Mahi Mahi	185	Shredded Beef or Chicken	185
	Scrambled Eggs	70	Coconut Rice	200	Cheese Curds and Gravy	225
	Hard Boiled Eggs	70	Mango Cilantro Coleslaw	200	Crispy French Fries	
	Bacon and Sausage	90/180	Grilled Pineapple	95	Glazed Carrots	
	Shredded Hash browns	151	Assorted Desserts		Salad Bar	
	Breakfast Burritos	360	Salad Bar		Assorted Desserts	
	Assorted Breads & Pastries	269	SPEED LINE			
			Corn Dogs w/ Assorted Dipping Sauces	300		
			Waffle Fries	185		
S A T U R D A Y	BREAKFAST 0830-1000		BRUNCH 1100-1230		Soup of the Day	225
	Assorted Fresh Fruit	120	Soup of the Day	185	Sweet Bourbon BBQ Chicken Thighs	275
	Oatmeal Bar	142	Monte Cristo Sandwiches	200	Macaroni and Cheese	215
	Grilled Eggs & Omelets to Order	300	Roasted Potato Wedges	95-225	Baked Beans	225
	Scrambled Eggs	70	Roasted Broccoli	185	Roasted Green Beans	275
	Hard Boiled Eggs	70	Assorted Desserts		Jalapeno Honey Corn Bread	185
	Grilled Bacon and Sausage	90/180	Salad Bar		Assorted Desserts	
	Home fries	151	Eggs & Omelets to Order	300	Salad Bar	
	Pancakes	125	Grilled Bacon and Sausage	90/180		
	Assorted Breads & Pastries	269	Hashbrowns	151		
S U N D A Y	BREAKFAST 0830-1000		BRUNCH 1100-1230		Soup of the Day	300
	Assorted Fresh Fruit	120	Soup of the Day	185	London Broil Steak	285
	Cheddar Cheese Grits	104	Chicken Ranch Wraps	260	Mashed Potatoes with Gravy	255
	Grilled Eggs & Omelets to Order	300	Grilled Shrimp Wraps	200	Tri-Color Cauliflower	195
	Scrambled Eggs	70	Crinkle Cut Fries	195	Hot Rolls	145
	Hard Boiled Eggs	70	Kale and Apple Salad		Salad Bar	120
	Grilled Bacon and Sausage	90/180	Assorted Desserts		Assorted Desserts	
	Hash brown Patties	151	Salad Bar			
	French Toast	210	Eggs & Omelets to Order	300		
	Assorted Breads & Pastries	269	Grilled Bacon and Sausage	90/180		
			Hashbrowns	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 J.H. Rosado
Dining Facility Supervisor

Reviewed By:

CSCM M.R. Simolon
Food Service Officer

Approved By:

CDR M.L. Nosselt
Chief Comptroller & Personnel Division