

Forrest Rednour Hall

For the Week Of: 21-Nov to 27-Nov

W1	Breakfast 0630-0730	Calories	Lunch 1100-1230	Calories	Dinner 1645-1800	Calories
M O N D A Y	<ul style="list-style-type: none"> Assorted Fresh Fruit Cream of Wheat Grilled Eggs & Omelets to Order Scrambled Eggs Hard Boiled Eggs Bacon and Sausage Hash brown Patties Pancakes Assorted Breads & Pastries 	<ul style="list-style-type: none"> 120 104 300 70 70 90/180 151 125 	<ul style="list-style-type: none"> Miso Soup Char Sui Pork Basil Chicken Vegetable Fried Rice Sauteed Snap Peas Crispy Egg Rolls Assorted Beverages and Desserts Salad Bar 	<ul style="list-style-type: none"> 110 420 295 200 115 140 	<ul style="list-style-type: none"> Beer Cheese Soup Chicken Schnitzel W/ Mushroom Gravy Buttered Egg Noodles German Potato Salad Brasied Red Cabbage Pretzels Assorted Beverages and Desserts Salad Bar 	<ul style="list-style-type: none"> 125 350 150 96 140 240
T U E S D A Y	<ul style="list-style-type: none"> Assorted Fresh Fruit Oatmeal Bar Grilled Eggs & Omelets to Order Scrambled Eggs Hard Boiled Eggs Bacon and Sausage Shredded Hashbrowns French Toast Assorted Breads & Pastries 	<ul style="list-style-type: none"> 120 150 300 70 70 90/180 151 260 	<ul style="list-style-type: none"> Chicken Pozole Soup Ropa Vieja Tacos Grilled Jerk Chicken Tacos Cilantro Lime Rice Homemade Refried Beans Black Bean and Corn Salsa Chips, Salsa, Guac, and Queso Assorted Beverages and Desserts Salad Bar 	<ul style="list-style-type: none"> 245 225 200 210 175 150 Varies 	<ul style="list-style-type: none"> Chicken Noodle Soup Grilled Kielbasa Roasted Chicken Sausage Potato Pierogis Roasted Acorn Squash Hot Dinner Rolls Assorted Beverages and Desserts Salad Bar 	<ul style="list-style-type: none"> 180 325 278 222 110 140
W E D N E S D A Y	<ul style="list-style-type: none"> Assorted Fresh Fruit Hot Grits Grilled Eggs & Omelets to Order Scrambled Eggs Hard Boiled Eggs Grilled Bacon and Sausage Home fries Waffles Corned Beef Hash Assorted Breads & Pastries 	<ul style="list-style-type: none"> 120 142 300 70 70 90/180 151 190 250 	<ul style="list-style-type: none"> Hearty Chili Grilled Herbed Lemon Chicken Thighs Grilled Maple Glazed Pork Chops Roasted Red Potatoes Cinnamon Baked Apples Butternut Squash w/ Butter and Sage Assorted Beverages and Desserts Salad Bar 	<ul style="list-style-type: none"> 250 225 295 200 175 125 	<ul style="list-style-type: none"> Vegetable Soup Chicken Parmesan Buttered Linguine Hearty Meat Sauce Sauteed Green Beans Garlic Bread Assorted Beverages and Desserts Salad Bar 	<ul style="list-style-type: none"> 400 245 200 75 25 250
T H U R S D A Y	<ul style="list-style-type: none"> BREAKFAST 0830-1000 Assorted Fresh Fruit Cream of Wheat Grilled Eggs & Omelets to Order Scrambled Eggs Hard Boiled Eggs Bacon and Sausage Hash brown Patties Sausage Gravy Fresh Biscuits Assorted Breads & Pastries 	<ul style="list-style-type: none"> 120 104 300 70 70 90/180 151 200 120 	<ul style="list-style-type: none"> BRUNCH 1100-1230 Broccoli Cheddar Soup Spicy Italian Subs Italian Pasta Salad Roasted Broccoli Assorted Beverages and Desserts Salad Bar Scrambled Eggs Bacon and Sausage Hash Brown Patties 	<ul style="list-style-type: none"> 200 325 200 85 70 90/180 151 	<ul style="list-style-type: none"> Happy Thanksgiving! Creamy Butternut Squash Soup Roasted Turkey Glazed Ham Mashed Potatoes and Gravy Buttered Corn Sweet Potato Casserole Cornbread Stuffing Green Bean Casserole Cranberry Sauce Assorted Beverages and Desserts Salad Bar 	<ul style="list-style-type: none"> 150 275 250 300 95 185 140 155 115
F R I D A Y	<ul style="list-style-type: none"> Assorted Fresh Fruit Oatmeal Bar Grilled Eggs & Omelets to Order Scrambled Eggs Hard Boiled Eggs Bacon and Sausage Shredded Hash browns Breakfast Burritos Assorted Breads & Pastries 	<ul style="list-style-type: none"> 120 150 300 70 70 90/180 151 360 	<ul style="list-style-type: none"> Pesto Gnocchi Soup Pub Style Fish and Chips Fried Battered Cod Seasoned Steak Fries Peas and Pearl Onions Assorted Beverages and Desserts Salad Bar SPEED LINE Chili Cheese Dogs Seasoned Steak Fries 	<ul style="list-style-type: none"> 150 200 250 110 535 250 	<ul style="list-style-type: none"> Greek Beans Soup Chicken Shawarma Bowls Greek Marinated Chicken Thighs Saffron Rice Tomato Cucumber Salad Sliced Pickles Fresh Hummus Chopped Lettuce, Olives, Garlic Sauce, and Lemon Wedges Assorted Beverages and Desserts Salad Bar 	<ul style="list-style-type: none"> 400 245 200 75 25 140 Varies
S A T U R D A Y	<ul style="list-style-type: none"> BREAKFAST 0830-1000 Assorted Fresh Fruit Hot Grits Grilled Eggs & Omelets to Order Scrambled Eggs Hard Boiled Eggs Grilled Bacon and Sausage Home fries Pancakes Assorted Breads & Pastries 	<ul style="list-style-type: none"> 120 142 300 70 70 90/180 151 125 	<ul style="list-style-type: none"> BRUNCH 1100-1230 Soup of the Day Shredded BBQ Chicken Sandwiches Crispy Tater Tots BBQ Baked Beans Collard Greens Assorted Beverages and Desserts Salad Bar Eggs & Omelets to Order Grilled Bacon and Sausage Hashbrowns 	<ul style="list-style-type: none"> 150/300 200 175 200 100 300 90/180 151 	<ul style="list-style-type: none"> Soup of the Day Roasted Pork Tenderloin Grilled Chicken Breast W/ Balsamic Reduction Creamy Parmesan Risotto California Blend Vegetables Sliced French Bread Assorted Beverages and Desserts Salad Bar 	<ul style="list-style-type: none"> 150/300 275 195 55 200 75 140
S U N D A Y	<ul style="list-style-type: none"> BREAKFAST 0830-1000 Assorted Fresh Fruit Cream of Wheat Grilled Eggs & Omelets to Order Scrambled Eggs Hard Boiled Eggs Grilled Bacon and Sausage Hash brown Patties French Toast Assorted Breads & Pastries 	<ul style="list-style-type: none"> 120 104 300 70 70 90/180 151 210 	<ul style="list-style-type: none"> BRUNCH 1100-1230 Soup of the Day Chicken Salad Sandwich Curly French Fries Squash and Zucchini Medley Assorted Beverages and Desserts Salad Bar Eggs & Omelets to Order Grilled Bacon and Sausage Hashbrowns 	<ul style="list-style-type: none"> 150/300 260 200 85 300 90/180 151 	<ul style="list-style-type: none"> Soup of the Day Red Wine Braised Beef Tips W/ Demi Glace Mashed Potatoes Honey Glazed Carrots Hot Dinner Rolls Assorted Beverages and Desserts Salad Bar 	<ul style="list-style-type: none"> 150/300 236 330 310 85 140

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
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