

# Forrest Rednour Hall

**For the Week Of: 1-Aug to 7-Aug**

W1	Breakfast 0630-0730 (Quarantined 0715-0730)	Calories	Lunch 1100-1230 (Quarantined 1215-1230)	Calories	Dinner 1645-1800 (Quarantined 1745-1800)	Calories
<b>M O N D A Y</b>	Assorted Beverages		Hawaiian Samin Soup	120	Minestrone	95
	Hot Grits	104	"The Island Bowl"		Spaghetti w/ Meatballs	500
	Hashbrowns	151	Braised Hawaiian Short Rib	300	Hearty Marinara Sauce	100
	Bacon and Sausage Links	90/180	Sliced Huli Huli Chicken	180	Italian Blend Vegetables	44
	Assorted Fruit	120	Steamed Jasmine Rice	140	Bruschetta Salad	70
	Hard Boiled Eggs	200	Seasoned Black Beans	125	Garlic Breadsticks	150
	Scrambled Eggs/ Eggs to Order	200	Pickled Onions and Jalapenos	50	Assorted Beverages and Desserts	
	Pancakes w/ Syrup	240	Island Slaw w/ Cilantro Lime Aioli	80	Salad Bar	
	Assorted Breads and Pastries	269	Fried Sweet Plantains	150		
			Assorted Beverages and Desserts			
			Salad Bar			
<b>T U E S D A Y</b>	Assorted Beverages		Both Lines		Creamy Potato and Corn Chowder	100
	Oatmeal w/ Assorted Toppings	150	Cilantro Lime Chicken Soup	199	Grilled Porterhouse Pork Chops	140
	Shredded Hashbrowns	151	Smokey Beef Barbacoa Tacos	300	w/ Maple Bourbon Glaze	80
	Bacon and Sliced Ham	90/140	Rojo Chicken Tacos	230	Garlic Rosemary Chicken Quarters	220
	Assorted Fruit	120	Frijolos Charros	100	Roasted Herb Potatoes	150
	Hard Boiled Eggs	200	Spanish Rice	180	Roasted Green Beans	120
	Scrambled Eggs/ Eggs to Order	200	Mexican Corn Medley	100	Warm Dinner Rolls	115
	French Toast w/ Mixed Berry Compote	260	Chips and Queso	280	Assorted Beverages and Desserts	
	Assorted Breads and Pastries	269	Assorted Beverages and Desserts		Salad Bar	
			Salad Bar			
<b>W E D N E S D A Y</b>	Assorted Beverages		BBQ Day!!!		Italian Wedding Soup	150
	Cheddar Grits	142	Chuckwagon Chili	150	Chicken Caprese	185
	Hashbrown Patties	151	Smoked Beef Brisket	325	Gnocchi w/ Pomodoro Sauce	225
	Bacon and Sausage Patties	90/180	Smoked Turkey Legs	280	Roasted Cauliflower	75
	Assorted Fruit	120	Hot Smoked Sausage Links	190	Garlic Bread	140
	Hard Boiled Eggs	200	Creamy Macaroni and Cheese	250	Assorted Beverages and Desserts	
	Scrambled Eggs/ Eggs to Order	200	BBQ Baked Beans	150	Salad Bar	
	Belgian Waffles w/ Syrup	245	Sauteed Zucchini	75		
	Corned Beef Hash	196	Assorted Beverages and Desserts			
	Assorted Breads and Pastries	269	Salad Bar			
<b>T H U R S D A Y</b>	Assorted Beverages		Both Lines		Egg Drop Soup	200
	Oatmeal w/ Assorted Toppings	104	New England Clam Chowder	225	Bourbon Chicken	350
	Loaded Hashbrowns	151	Grilled Hangar Steak	275	Vegetable Lo Mein	200
	Bacon and Spanish Chorizo	90/216	w/ Whiskey Mushroom Cream Sauce	75	White Rice	140
	Assorted Fruit	120	Baked Potato W/ Topping Bar	200	Stir Fry Vegetables	85
	Hard Boiled Eggs	200	Crispy Brussels Sprouts	110	Crispy Egg Rolls	140
	Scrambled Eggs/ Eggs to Order	200	Honey Butter Rolls	140	Assorted Beverages and Desserts	
	Biscuits and Gravy	245	Assorted Beverages and Desserts		Salad Bar	
	Assorted Breads and Pastries	269	Salad Bar			
<b>F R I D A Y</b>	Assorted Beverages		Dining Facility Closed		Vegetable Soup	80
	Hot Grits	150	Happy Coast Guard Day!		Country Fried Steak	250
	O'Brien Potatoes	151	Pulled Pork Sliders		Creamy Mashed Potatoes	20
	Bacon and Maple Sausage Links	90/180	Macaroni Salad		Country Style Gravy	140
	Assorted Fruit	120	Coleslaw		Sauteed Succotash	45
	Hard Boiled Eggs	200	Meal will be served at the Parade Field		Buttered Biscuits	120
	Scrambled Eggs/ Eggs to Order	200			Assorted Beverages and Desserts	
	Breakfast Sandwiches	265			Salad Bar	
	Assorted Breads and Pastries	269				
<b>S A T U R D A Y</b>	Assorted Beverages		Brunch 1100-1230		Soup of the Day	100/250
	Oatmeal w/ Assorted Toppings	142	Soup of the Day	100/250	Blackened Chicken Thighs	210
	Home Fries	151	Grilled Reuben Sandwiches	335	Cajun Dirty Rice	200
	Bacon or Sliced Ham	90/120	Seasoned Tator Tots	188	Simmered Collard Greens	50
	Assorted Fruit	120	California Veggie Blend	75	Honey Corn Bread	210
	Hard Boiled Eggs	200	Assorted Beverages and Desserts		Assorted Beverages and Desserts	
	Scrambled Eggs/ Eggs to Order	200	Salad Bar		Salad Bar	
	Toasted Bagels with Cream Cheese	318	Bacon or Sliced Ham	90/180		
	Pancakes w/ Syrup	240	Eggs to Order	200		
	Assorted Breads and Pastries	269	Home Fries	151		
<b>S U N D A Y</b>	Assorted Beverages		Brunch 1100-1230		Soup of the Day	100/250
	Cheddar Grits	150	Soup of the Day	100/250	Grilled Sirloin Steak	350
	Hashbrown Patties	151	Buffalo Chicken Sandwich	418	Crispy Steak Fries	250
	Bacon or Sausage Patties	90/180	Italian Pasta Salad	290	Roasted Broccolini	155
	Assorted Fruit	120	Corn on the Cob	90	Hot Dinner Rolls	140
	Hard Boiled Eggs	200	Assorted Beverages and Desserts		Assorted Beverages and Desserts	
	Scrambled Eggs/ Eggs to Order	200	Salad Bar		Salad Bar	
	French Toast Bake	260	Bacon or Sausage Patties	90/180		
	Buttered Sourdough Toast	142	Eggs to Order	200		
	Assorted Breads and Pastries	269	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 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
---	---	--