

TRACEN Yorktown Dining Facility

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

FA6	Breakfast 0630-0730	Calories	Lunch 1100-1230	Calories	Dinner 1645-1800	Calories
M O N D A Y	Assorted Fresh Fruit	120	Corn Chowder	155	Tuscan White Bean Soup	249
	Cream of Wheat	104	Grilled Chicken Sandwiches	175	Oso Buco	370
	Grilled Eggs & Omelets to Order	300	Toppings Bar		Veal Demi-Glace	99
	Scrambled Eggs	90	W/ Bacon, Avocado, & Sauces	Varies	Garlic Mashed Potatoes	250
	Hard Boiled Eggs	70	Orzo Pesto Salad	142	Roasted Green Beans	63
	Grilled Bacon and Sausage	90/180	Baked French Fries	181	Whole Wheat Rolls	140
	Hashbrown Patties	151	Roasted Broccoli	66	Deli Sandwich Bar	250
	Pancakes		Salad Bar		Salad Bar	
	Assorted Breads & Pastries		Assorted Desserts		Assorted Desserts	
	HEALTHY ALTERNATIVE		Grilled Swordfish W/ Mango Salsa	130		
T U E S D A Y	Assorted Fresh Fruit	120	Pozole Soup	150	Split Pea Soup	177
	Oatmeal Bar	150	Baja Style Pork Carnitas	267	Roasted Trussed Chicken	244
	Grilled Eggs & Omelets to Order	300	Spanish Rice	100	Garden Couscous Salad	96
	Scrambled Eggs	90	Refried Beans	110	Braised Kale	56
	Hard Boiled Eggs	70	Hot and Spicy Pickled Vegetables	65	Crispy French Bread	125
	Bacon and Sausage	90/180	Mexican Street Corn	80	Beach Blend	110
	Shredded Hashbrowns	151	Fresh Chips and Salsa	150	Deli Sandwich Bar	250
	Waffles	250	Salad Bar		Salad Bar	
	Eggs Benedict	428	Assorted Desserts		Assorted Desserts	
	Assorted Breads & Pastries		HEALTHY ALTERNATIVE LINE			
W E D N E S D A Y	Assorted Fresh Fruit	120	Lentil Soup	150	Vegetable Soup	130
	Hot Grits	142	Braised Short Ribs	215	Traditional Pizza Margherita	245
	Grilled Eggs & Omelets to Order	300	Tomato Garlic Red Wine Sauce	83	Boneless Buffalo Wings	150
	Scrambled Eggs	90	Basmati Rice Pilaf	188	Roasted Zucchini W/ Parmesan	100
	Hard Boiled Eggs	70	Grilled Asparagus	70	Celery, Carrots and Ranch Dip	90
	Grilled Bacon and Sausage	90/180	Hummus & Pita	70	Deli Sandwich Bar	110
	Home Fries	151	Salad Bar		Salad Bar	250
	French Toast	260	Assorted Desserts		Assorted Desserts	
	Corned Beef Hash	382	HEALTHY ALTERNATIVE LINE			
	Assorted Breads & Pastries		Zesty Lemon Chicken	140		
T H U R S D A Y	Assorted Fresh Fruit	120	Smoked Salmon Chowder	190	Red Beans & Rice Soup	285
	Cream of Wheat	104	Tri-Tip Steak W/	350	Grilled BBQ Pork Chops	330
	Grilled Eggs & Omelets to Order	300	Mushroom Demi-glace	120	Grilled Chicken Breast	125
	Scrambled Eggs	90	Potatoes Au Gratin	227	Roasted Potato Wedges	235
	Hard Boiled Eggs	70	Roasted Broccoli	66	Corn On the Cob	80
	Grilled Bacon and Sausage	90/180	Glazed Baby Carrots	61	Slow Cooked Collard Greens	70
	Hashbrown Patties	151	Salad Bar		Salad Bar	
	Pancakes	210	Assorted Desserts		Assorted Desserts	
	Breakfast Burritos	248				
	Assorted Breads & Pastries					
F R I D A Y	Assorted Fresh Fruit	120	New England Clam Chowder	278	Miso Soup	130
	Oatmeal Bar	150	Seared Mahi-Mahi W/	242	Korean BBQ Chicken	245
	Grilled Eggs & Omelets to Order	300	Pinapple Salsa		Sticky Rice	150
	Scrambled Eggs	90	Quinoa & Brown Rice Salad	229	Stir-Fry Vegetables	100
	Hard Boiled Eggs	70	California Blended Vegetables	73	Korean Cabbage Salad	90
	Bacon and Sausage	90/180	Sauteed Snap Peas	78	Grilled Pot Stickers	110
	Shredded Hashbrowns	151	Captains Platter (Popcorn Shrimp)	Varies	Deli Sandwich Station	250
	Sausage Gravy	340	Assorted Salad Bar & Desserts		Salad Bar	
	Fresh Biscuits	140	SPEED LINE		Assorted Desserts	
	Assorted Breads & Pastries		Buffalo Chicken Sandwiches	340		
S A T U R D A Y	BREAKFAST 0830-1000		BRUNCH		Sweet Potato Soup	241
	Assorted Fresh Fruit	120	Beef Barley Soup	237	Seafood Jambalaya	320
	Hot Grits	142	Bratwurst W/	315	Dirty Rice	240
	Grilled Eggs & Omelets to Order	300	Sauerkraut On A Pretzel Roll		Roasted Vegetable Medley	65
	Scrambled Eggs	90	Thick Cut Potato Chips	180	Fried Okra	75
	Hard Boiled Eggs	70	Fire Roasted Corn & Peppers	66	Corn Bread	110
	Bacon and Sausage	90/180	Salad Bar		Deli Sandwich Bar	250
	Home Fries	151	Assorted Desserts		Salad Bar	
	Waffles	125	Eggs & Omelets to Order	300	Assorted Desserts	
	Assorted Breads & Pastries		Grilled Bacon and Sausage	90/180		
S U N D A Y	BREAKFAST 0830-1000		BRUNCH		Chicken Noodle Soup	255
	Assorted Fresh Fruit	120	Sausage & Potato Soup	260	Garlic Crusted Roast Beef	307
	Cream of Wheat	104	Chicken & Waffles	490	Mashed Potatoes W/ Beef Gravy	260
	Grilled Eggs & Omelets to Order	300	Mixed Red Cabbage slaw	85	Roasted Carrots	65
	Scrambled Eggs	90	Roasted Broccoli	65	Garlic Cheddar Drop Biscuits	130
	Hard Boiled Eggs	70	Salad Bar		Deli Sandwich Bar	250
	Bacon and Sausage	90/180	Assorted Desserts		Salad Bar	
	Hashbrown Patties	151	Eggs & Omelets to Order	300	Assorted Desserts	
	French Toast	210	Grilled Bacon and Sausage	90/180		
	Assorted Breads & Pastries		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 A. Donahue
Dining Facility Supervisor

Reviewed By:

CSCS M.R. Simolon
Food Service Officer

Approved By:

CDR C.A. Passic
Chief Comptroller & Personnel Division