

TRACEN Petaluma Haley Hall Dining Facility

16DEC24 - 22DEC24

6	BREAKFAST	Calories	LUNCH	Calories	DINNER	Calories
M O N D A Y	FRESH FRUIT	VARIES	CREAM OF MUSHROOM SOUP	210	BLACKENED CHICKEN	280
	CREAM OF WHEAT	110	HUNGARIAN BEEF AND ONION STEW	220	SPICY SHRIMP ETOUFFEE	395
	EGGS & OMELETS TO ORDER	VARIES	PAPRIKASH CHICKEN	300	STEAMED WHITE RICE	241
	BOILED EGGS	78	LETCHO HUNGARIAN RICE	200	CARROT ALMONDINE	41
	CHICKEN APPLE / PORK SAUSAGE LINKS	92/180	ROASTED PEBBLE POTATOES	235	STEWED LIMA BEANS	121
	HASH BROWNS	151	GRILLED EGGPLANT	120	CORNBREAD	190
	BUTTERMILK PANCAKES	210	SAUTEED BRUSSEL SPROUTS	30		
			HOT DINNER ROLLS	80		
			<u>PLATED ALTERNATIVE</u>			
			GRILLED CHICKEN W/ QUINOA SALAD	210		
T U E S D A Y	FRESH FRUIT	VARIES	CHICKEN AND RICE SOUP		ROASTED BEEF SIRLOIN	450
	OATMEAL	158	CHIPOTLE CHICKEN	317	MASHED POTATOES & GRAVY	380
	ASST. OATMEAL TOPPINGS	VARIES	PORK CARNITAS W/ TORTILLAS	300	ROASTED SWEET POTATOES	95
	EGGS & OMELETS TO ORDER	VARIES	CILANTRO LIME RICE	209	CREAMED SPINACH	200
	BOILED EGGS	78	CHARRED MEXICAN ZUCCHINI	205	CHEF SELECTION VEGETABLES	85
	BACON / SAUSAGE PATTIES	192/180	MEXICAN STREET CORN	135		
	HASH BROWNS	151			HOT DINNER ROLLS	
	FRENCH TOAST W/ BUTTER & SYRUP	210				
	SAUSAGE GRAVY	250	<u>PLATED ALTERNATIVE</u>			
	HOME STYLE BISCUITS	136	HUEVOS RANCHEROS	220		
W E D N E S D A Y	FRESH FRUIT	VARIES	HOT & SOUR SOUP	300	CHICKEN ALFREDO	350
	HOT GRITS	142	KOREAN SHORT RIBS	450	BASIL RUBBED SWORDFISH	214
	EGGS & OMELETS TO ORDER	156	CASHEW CHICKEN	335	HERBED PASTA	325
	BOILED EGGS	78	JAPCHAE	165	ROSEMARY ROASTED POTATOES	150
	TURKEY / MAPLE PORK SAUSAGE LINKS	92/185	CALROSE RICE	298	COLORFUL CAULIFLOWER	98
	HASH BROWNS	110	VEGAN BANG BANG BROCCOLI	50	GRILLED ASPARAGUS	#REF!
	BUTTERMILK PANCAKES	120	SPINACH BANCHAN	35	GARLIC BREAD	190
	HAM & CHEESE QUICHE	355				
			<u>PLATED ALTERNATIVE</u>			
			KOREAN SPICY PORK BELLY BOWLS	455		
T H U R S D A Y	FRESH FRUIT	VARIES	MINISTRONE SOUP		HONEY GLAZED HAM	350
	CREAM OF WHEAT	110	CHICKEN CACCIATORE	365	HERBED BAKED CHICKEN	214
	EGGS & OMELETS TO ORDER	VARIES	SHRIMP SCAMPI	165	MACARONI AND CHEESE	325
	BOILED EGGS	78	HERBED PASTA	189	SAVORY STUFFING	150
	BACON / SAUSAGE HOT LINKS	192 / 180	WILD MUSHROOM RISOTTO	84	ROASTED VEGETABLE MEDLEY	77
	HASH BROWNS	151	STEAMED PEAS AND CARROTS	76	BRAISED BRUSSEL SPROUTS	98
	FRENCH TOAST W/ BUTTER & SYRUP	210	BROCCOLI & CAULIFLOWER MEDLEY	VARIES	BUTTERMILK BISCUITS	190
	SAUSAGE & CHEESE MUFFIN	340				
			<u>PLATED ALTERNATIVE</u>			
			BLACK BEAN BURGERS W/ FRIES	275		
F R I D A Y	FRESH FRUIT	VARIES	NEW ENGLAND CLAM CHOWDER	410	CHICKEN KATSU	365
	OATMEAL	158	BRAZILIAN CITRUS SALMON	225	LO MEIN NOODLES	165
	ASST. OATMEAL TOPPINGS	VARIES	NY STRIP W/ RED WINE AU JUS	704	CALROSE RICE	189
	EGGS & OMELETS TO ORDER	156	ROASTED RED POTATOES	242	STEAMED EDAMAME	84
	BOILED EGGS	78	HERBED SAFFRON RICE	230	GRILLED BOK CHOY	76
	CHICKEN APPLE / SAUSAGE PATTIES	92/180	CANDIED GINGER ROOT VEGETABLES	35	POTSTICKERS W/ DIPPING SAUCE	VARIES
	HASH BROWNS	151	YELLOW SQUASH PROVENCAL	55		
	BLUEBERRY PANCAKES	210	COLD BAR	VARIES		
	BREAKFAST BURRITOS	320				
S A T U R D A Y	FRESH FRUIT	VARIES	SPAGHETTI & MEAT SAUCE	500	PERNIL PORK	500
	HOT GRITS	142	GRILLED CHICKEN BREAST	135	ARROZ CON POLLO	180
	SCRAMBLED EGGS	156	MOZZARELLA STICKS W/ MARINARA	180	PINTO BEANS	400
	BOILED EGGS	78	STEAMED GREEN BEANS	165	CHEF SELECTION VEGETABLES	VARIES
	BACON / MAPLE PORK LINKS	192/185	CHEF SELECTION VEGETABLES	VARIES	PLAINTAINS	159
	HASH BROWNS	151	GARLIC BREAD	92		
	FRENCH TOAST W/ BUTTER & SYRUP	210				
S U N D A Y	FRESH FRUIT	VARIES	FRENCH DIP SANDWICHES W/ AU JUS	350	MARINATED HANGER STEAK	320
	OATMEAL	110	TATER TOTS	165	WALDORF SWEET POTATOES	VARIES
	SCRAMBLED EGGS	156	BLACK BEAN QUINOA SALAD	132	ORZO PILAF	215
	BOILED EGGS	78	CHEF SELECTION VEGETABLES	VARIES	CHEF SELECTION VEGETABLES	VARIES
	TURKEY / PORK SAUSAGE LINKS	92/180			HOT DINNER ROLLS	145
	HASH BROWNS	151				
	WAFFLES W/ BUTTER & SYRUP	230				

Week 3B

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. Assorted beverages, desserts, and breakfast pastries are available during meal service.

Submitted By: CSC N. T. Gray Dining Facility Supervisor	Reviewed By: CSCS N. E. Mogan Food Service Officer	Approved By: Captain M. M. Chong Commanding Officer
---	--	---