

TRACEN Petaluma Haley Hall Dining Facility

06JAN25 - 12JAN25

3	BREAKFAST	Calories	LUNCH	Calories	DINNER	Calories
M O N D A Y	FRESH FRUIT CREAM OF WHEAT EGGS & OMELETS TO ORDER BOILED EGGS CHICKEN APPLE / PORK SAUSAGE LINKS HASH BROWNS BUTTERMILK PANCAKES BREAKFAST EMPANADAS	VARIES 110 VARIES 78 92/180 151 210 220	CALDO GALLEGO MOROCCAN LAMB STEW SEARED CHICKEN BREAST ROASTED RED POTATOES MOROCCAN COUSCOUS BROCCOLINI W/ LEMON CRUMBS BRAISED BRUSSEL SPROUTS NAAN BREAD <u>PLATED ALTERNATIVE</u> MOROCCAN VEGETABLE TAGINE W/ RICE	210 185 225 VARIES 187 221 95 292	CRANBERRY GLAZED PORK LOIN GLAZED CHICKEN QUARTERS SAVORY STUFFING BROWN BUTTER ORZO ROASTED BUTTERNUT SQUASH BROCCOLI & CAULIFLOWER MEDLEY	280 168 210 195 180 95
T U E S D A Y	FRESH FRUIT OATMEAL ASST. OATMEAL TOPPINGS EGGS & OMELETS TO ORDER BOILED EGGS BACON / SAUSAGE PATTIES HASH BROWNS FRENCH TOAST W/ BUTTER & SYRUP	VARIES 158 VARIES VARIES 78 192/180 151 210	AJIACO SOUP CUBAN MOJO PORK MOJO BONE-IN CHICKEN THIGHS FRIJOLE DE LA OLLA CILANTRO LIME RICE CHARRED ZUCCHINI GRILLED PEPPERS & ONIONS PLANTAINS <u>PLATED ALTERNATIVE</u> BAJA FISH TACOS	203 210 220 133 305 90 150 220 270	HOMESTYLE MEATLOAF BROWN GRAVY MACARONI & CHEESE ROASTED RED POTATOES CREAMED CORN HONEY GLAZED CARROTS HOT DINNER ROLLS	369 387 205 164 150 136 210
W E D N E S D A Y	FRESH FRUIT HOT GRITS EGGS & OMELETS TO ORDER BOILED EGGS TURKEY / MAPLE PORK SAUSAGE LINKS HASH BROWNS BUTTERMILK PANCAKES HAM & CHEESE QUICHE	VARIES 142 156 78 92/185 110 120 355	ITALIAN WEDDING SOUP MAPLE MUSTARD CHICKEN BREASTS ANCHO BRAISED BEEF RIBS BAKED POTATO BAR CREAMY POLENTA ROASTED PARMESAN CAULIFLOWER SAUTEED GREEN BEANS HOT DINNER ROLLS <u>PLATED ALTERNATIVE</u> SEARED SCALLOPS W/ POTATO COINS	185 493 190 165 298 155 35 110 375	FRIED CATFISH LEMON CORIANDER CHICKEN LEGS SPICY RED BEANS STEAMED LONG GRAIN RICE BRAISED COLLARD GREENS CAJUN MUSHROOMS	280 250 295 299 147 178
T H U R S D A Y	FRESH FRUIT CREAM OF WHEAT EGGS & OMELETS TO ORDER BOILED EGGS BACON / SAUSAGE HOT LINKS HASH BROWNS FRENCH TOAST W/ BUTTER & SYRUP SAUSAGE & CHEESE MUFFIN	VARIES 110 VARIES 78 192 / 180 151 210 340	TINOLA CHICKEN ADOBO FRIED PORK BELLY STEAMED JASMINE RICE VEGETABLE VERMICELLI RICE NOODLES SAUTEED SNAP PEAS GRILLED BABY BOK CHOY <u>PLATED ALTERNATIVE</u> BONELESS CHICKEN SISIG LETTUCE WRAPS	210 280 367 145 165 95 180 212	DIJON CHICKEN BREAST PARMESAN FINGERLING POTATOES VEGETARIAN BAKED ZITI BRAISED BRUSSEL SPROUTS ROASTED CAULIFLOWER BREAD STICKS	305 160 290 195 210 225
F R I D A Y	FRESH FRUIT OATMEAL ASST. OATMEAL TOPPINGS EGGS & OMELETS TO ORDER BOILED EGGS CHICKEN APPLE / SAUSAGE PATTIES HASH BROWNS BLUEBERRY PANCAKES BREAKFAST BURRITOS	VARIES 158 VARIES 156 78 92/180 151 210 320	SCALLOP, SHRIMP & HALIBUT STEW PARMESAN CRUSTED SALMON NEW YORK STRIP STEAKS ROASTED SWEET POTATOES RISOTTO W/ SUN-DRIED TOMATOES SAUTEED YELLOW SQUASH ROASTED ASPARAGUS CAPTAINS PLATTER	410 465 704 440 201 100 70 VARIES	TANDOORI CHICKEN THIGHS ROASTED PORK TENDERLOIN BASMATI RICE CHICKPEA MEDLEY BABA GHANOUSH GARLIC NAAN	300 190 145 160 80 180
S A T U R D A Y	FRESH FRUIT HOT GRITS EGGS & OMELETS TO ORDER BOILED EGGS BACON / MAPLE PORK LINKS HASH BROWNS FRENCH TOAST W/ BUTTER & SYRUP S.O.S. GRAVY W/ TOAST POINTS	VARIES 142 156 78 192/185 151 210 320	BEEF & TURKEY BURGERS ONION RINGS MACARONI SALAD GRILLED ONIONS & MUSHROOMS KEY LARGO BLEND VEGETABLES LETTUCE, TOMATO, PICKLES & CHEESE	VARIES 225 250 175 96 VARIES	HONEY GARLIC CHICKEN GARLIC SHRIMP JASMINE RICE POTATO BRAVAS STEAMED PEAS STIR FRY VEGETABLES HAWAIIAN DINNER ROLLS	326 150 120 165 95 106 236
S U N D A Y	FRESH FRUIT OATMEAL EGGS & OMELETS TO ORDER BOILED EGGS TURKEY / PORK SAUSAGE LINKS HASH BROWNS WAFFLES W/ BUTTER & SYRUP	VARIES 110 156 78 92/180 151 230	EGGS & OMELETS TO ORDER CORNED BEEF HASH / SAUSAGE WAFFLES W/ BUTTER & SYRUP CHICKEN STREET TACOS CHARRO BEANS GRILLED PEPPERS LETTUCE, TOMATO, LIMES, CILANTRO SOUR CREAM, SALSA	VARIES 92 180 210 150 120 VARIES VARIES	SMOKED TRI TIP BBQ CHICKEN WINGS BAKED BEANS SWEET POTATO WEDGES FIVE WAY VEGETABLES ROASTED ASPARAGUS FRENCH BREAD	326 150 220 165 VARIES 110

Week 3A

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
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