

TRACEN Petaluma Haley Hall Dining Facility

20JAN25 - 26JAN25

| 2 | BREAKFAST | Calories | LUNCH | Calories | DINNER | Calories |
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| M O N D A Y | FRESH FRUIT | VARIES | MARTIN LURTHER KING DAY | 210 | MARTIN LURTHER KING DAY | |
| | CREAM OF WHEAT | 110 | BOURBON CHICKEN | 320 | SOUTHERN FRIED CHICKEN | 175 |
| | EGGS & OMELETS TO ORDER | VARIES | FRIED CATFISH | 450 | SMOTHERED STEAK & ONIONS | 180 |
| | BOILED EGGS | 78 | JASMINE RICE | 200 | MACARONI AND CHEESE | 63 |
| | CHICKEN APPLE / PORK SAUSAGE LINKS | 92/180 | BLACK-EYED PEAS | 105 | ROASTED SWEET POTATOES | 98 |
| | HASH BROWNS | 151 | CHUCK WAGON VEGETABLES | 65 | BRAISED COLLARD GREENS | 140 |
| | BUTTERMILK PANCAKES | 210 | CORN ON THE COB | 90 | HONEY GLAZED CORN BREAD | 200 |
| | | | SWEET POTATO PIE | 195 | PECAN PIE | 210 |
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| T U E S D A Y | FRESH FRUIT | VARIES | SPICY BLACK BEAN SOUP | 317 | ROASTED TURKEY | 380 |
| | OATMEAL | 158 | GRILLED CHICKEN TACOS | 300 | BAKED HALIBUT W/ LEMON & DILL | 108 |
| | ASST. OATMEAL TOPPINGS | VARIES | AL PASTOR TACOS | 209 | ORZO PILAF | 210 |
| | EGGS & OMELETS TO ORDER | VARIES | FRIJOLE CHARROS | 205 | MASHED POTATOES W/ GRAVY | 180 |
| | BOILED EGGS | 78 | PAPAS BRAVAS | 235 | STEAMED BROCCOLI | 63 |
| | BACON / SAUSAGE PATTIES | 192/180 | CHARRED MEXICAN ZUCCHINI | 154 | GLAZED ROOT VEGETABLES | 90 |
| | HASH BROWNS | 151 | TRI COLORED PEPPERS | 54 | CHEDDAR BISCUITS | 110 |
| | FRENCH TOAST W/ BUTTER & SYRUP | 210 | | | | |
| | SAUSAGE GRAVY | 250 | <u>PLATED ALTERNATIVE</u> | | | |
| | HOME STYLE BISCUITS | 136 | CHARRED CHICKEN MOLE | 220 | | |
| W E D N E S D A Y | FRESH FRUIT | VARIES | COCONUT LENTIL SOUP | 380 | VEAL PARMESAN W/ MARINARA | 380 |
| | HOT GRITS | 142 | JAMAICAN BEEF STEW | 525 | ITALIAN HERBED CHICKEN BREAST | 341 |
| | EGGS & OMELETS TO ORDER | 156 | JERK CHICKEN | 202 | SPAGHETTI NOODLES | 235 |
| | BOILED EGGS | 78 | JASMINE RICE | 350 | ROASTED RED POTATOES | 228 |
| | TURKEY / MAPLE PORK SAUSAGE LINKS | 92/185 | RASTA PASTA | 210 | KALE & CHICKPEA MEDLEY | 180 |
| | HASH BROWNS | 110 | CARIBBEAN BLEND VEGETABLES | 62 | FRIED ZUCCHINI STICKS | 60 |
| | BUTTERMILK PANCAKES | 120 | TANGY SPINACH | 150 | | |
| | BREAKFAST QUICHE | 355 | FRESH BAGUETTE | | | |
| | | | <u>PLATED ALTERNATIVE</u> | | | |
| | | | LAMB CURRY | 221 | | |
| T H U R S D A Y | FRESH FRUIT | VARIES | ROASTED RED PEPPER BISQUE | 180 | CHURRASCO SKIRT STEAK W/ | 225 |
| | CREAM OF WHEAT | 110 | PORK KALAMATA | 360 | CHIMICHURRI SAUCE | 60 |
| | EGGS & OMELETS TO ORDER | VARIES | CHICKEN MARSALA | 320 | LONG GRAIN WHITE RICE | 120 |
| | BOILED EGGS | 78 | MEDITERRANEAN COUSCOUS | 100 | BLACK BEANS | 150 |
| | BACON / SAUSAGE HOT LINKS | 192 / 180 | AU GRATIN POTATOES | 70 | BROCCOLINI W/ LEMON CRUMBS | 90 |
| | HASH BROWNS | 151 | GLAZED CARROTS W/ SPICED NUTS | 75 | SWEET PLANTAINS | 80 |
| | FRENCH TOAST W/ BUTTER & SYRUP | 210 | ROASTED PURPLE CAULIFLOWER | 90 | | |
| | BREAKFAST SANDWICHES | 340 | | | | |
| | | | <u>PLATED ALTERNATIVE</u> | | | |
| | | | GRILLED CHICKEN & TABOULEH SALAD | 275 | | |
| F R I D A Y | FRESH FRUIT | VARIES | MANHATTAN CLAM CHOWDER | 324 | KOREAN FRIED CHICKEN | 328 |
| | OATMEAL | 158 | GRILLED SALMON | VARIES | GRILLED CHICKEN BREAST | 248 |
| | ASST. OATMEAL TOPPINGS | VARIES | NY STRIP STEAK | 278 | JASMINE RICE | 180 |
| | EGGS & OMELETS TO ORDER | 156 | WILD MUSHROOM RISOTTO | 200 | KIMCHI FRIED RICE | 45 |
| | BOILED EGGS | 78 | BAKED POTATO | 220 | ROASTED CAULIFLOWER | 95 |
| | CHICKEN APPLE / SAUSAGE PATTIES | 92/180 | SAUTEED YELLOW SQUASH | 65 | STEAMED EDAMAME | 190 |
| | HASH BROWNS | 151 | MARINATED PORTABELLA MUSHROOMS | 140 | POTSTICKERS W/ DIPPING SAUCE | 210 |
| | BLUEBERRY PANCAKES | 210 | CAPTAIN'S PLATTER | VARIES | | |
| | BREAKFAST BURRITOS | 320 | | | | |
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| S A T U R D A Y | FRESH FRUIT | VARIES | BEEF & LAMB GYROS | 350 | TARRAGON LIME CHICKEN | 226 |
| | HOT GRITS | 142 | HERDED LEMON GARLIC ROASTED POTATOES | 300 | HASSELBACK POTATOES | 260 |
| | EGGS & OMELETS TO ORDER | 156 | ROASTED VEGETABLES | 160 | ORZO PILAF | 325 |
| | BOILED EGGS | 78 | GREEK PASTA SALAD | 25 | MIXED VEGETABLES | 190 |
| | BACON / MAPLE PORK LINKS | 192/185 | FRESH HUMMUS | 110 | SAUTEED ASPARAGUS | 125 |
| | HASH BROWNS | 151 | TOMATOES, ONIONS AND LETTUCE | VARIES | WHOLE WHEAT ROLLS | 210 |
| | FRENCH TOAST W/ BUTTER & SYRUP | 210 | | | | |
| | S.O.S. GRAVY W/ TOAST POINTS | 320 | | | | |
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| S U N D A Y | FRESH FRUIT | VARIES | EGGS & OMELETS TO ORDER | VARIES | BBQ SHREDDED BEEF | 210 |
| | OATMEAL | 110 | CORNBEEF HASH / SAUSAGE | 92 | FRIED WING DINGS | 105 |
| | EGGS & OMELETS TO ORDER | 156 | WAFFLES W/ BUTTER & SYRUP | 180 | MACARONI SALAD | 140 |
| | BOILED EGGS | 78 | MEATBALL SUBS | 500 | BAKED BEANS | 152 |
| | TURKEY / PORK SAUSAGE LINKS | 92/180 | CURLY FRIES | 230 | SAUTEED SQUASH | 99 |
| | HASH BROWNS | 151 | ITALIAN PASTA SALAD | 210 | SOUTHERN GREEN BEANS | 136 |
| | WAFFLES W/ BUTTER & SYRUP | 230 | ITALIAN BLEND VEGETABLES | 115 | SWEET HAWAIIAN ROLLS | 220 |
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Week 2B

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:
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Dining Facility Supervisor

Reviewed By:
CSCS N. E. Mogan
Food Service Officer

Approved By:
Captain M. M. Chong
Commanding Officer