

# TRACEN Petaluma Haley Hall Dining Facility

**24MAR25 - 30MAR25**

3	BREAKFAST	Calories	LUNCH	Calories	DINNER	Calories
<b>M O N D A Y</b>	FRESH FRUIT CREAM OF WHEAT ASST. TOPPINGS EGGS & OMELETS TO ORDER BOILED EGGS CHICKEN APPLE / PORK SAUSAGE LINKS HASH BROWNS WHOLE WHEAT PANCAKES CORNEDED BEEF HASH	VARIES 110 VARIES VARIES 78 180 151 210 320	CALDO GALLEGO LAMB TAGINE SEARED CHICKEN BREAST W/ TARRAGON CREAM SAUCE ROASTED RED POTATOES BASMATI RICE BROCCOLINI W/ LEMON CRUMBS BRAISED BRUSSEL SPROUTS NAAN BREAD  <u>PLATED ALTERNATIVE</u> MOROCCAN VEGETABLE TAGINE W/ BASMATI RICE	210 400 220  120 235 68 80 95  292	CHICKEN BRUSCHETTA PARMESAN FINGERLING POTATOES TORTELLINI W/ PESTO SAUCE STUFFED PORTOBELLA MUSHROOMS WINTER ROOT VEGETABLES FRENCH BREAD	300 190 145 60 80 80
	FRESH FRUIT OATMEAL ASST. TOPPINGS EGGS & OMELETS TO ORDER BOILED EGGS BACON / SAUSAGE PATTIES VEGAN SAUSAGE SHREDDED HASH BROWNS FRENCH TOAST W/ BUTTER & SYRUP BISCUITS & SAUSAGE GRAVY	VARIES 158 VARIES VARIES 78 92/180 180 151 210 386	AJIACO SOUP CUBAN MOJO PORK MOJO CHICKEN ARROZ AMARILLO CILANTRO LIME BLACK BEANS GRILLED ZUCCHINI PLATANO FRITO  <u>PLATED ALTERNATIVE</u> CUBAN SANDWICHES W/ YUCCA FRIES	203 210 220 133 305 40 150  670	HOMESTYLE MEATLOAF GARLIC MASHED POTATOES BROWN GRAVY CREAMY MAC & CHEESE CREAMED CORN HONEY GLAZED CARROTS TEXAS ROLLS	350 250 75 325 63 98 80
<b>W E D N E S D A Y</b>	FRESH FRUIT HOT GRITS ASST. TOPPINGS EGGS & OMELETS TO ORDER BOILED EGGS TURKEY / MAPLE PORK SAUSAGE LINKS HASH BROWNS WAFFLES W/ BUTTER & SYRUP SPINACH QUICHE	VARIES 142 VARIES VARIES 78 180 110 210 355	ITALIAN WEDDING SOUP MAPLE MUSTARD CHICKEN BRAISED BEEF SHORT RIBS BAKED POTATO BAR CREAMY POLENTA ROASTED PARMESAN CAULIFLOWER SAUTEED GREEN BEANS BREADSTICKS  <u>PLATED ALTERNATIVE</u> SEARED SCALLOPS W/ POTATO COINS	185 493 190 165 298 155 35 87  375	CRANBERRY GLAZED PORKLOIN CRANBERRY GLAZED CHICKEN SAVORY STUFFING ROASTED PEBBLE POTATOES BROCCOLI MEDLEY ROASTED BUTTERNUT SQUASH HOT DINNER ROLLS	280 168 200 120 90 80 80
	FRESH FRUIT CREAM OF WHEAT ASST. TOPPINGS EGGS & OMELETS TO ORDER BOILED EGGS BACON / HOT SAUSAGE LINKS VEGAN SAUSAGE GOLDEN HASH BROWN PATTIES BUTTERMILK PANCAKES BREAKFAST SANDWICHES	VARIES 110 VARIES VARIES 78 92/180 180 151 210 340	ARROZ CALDO TERIYAKI BEEF TENDERLOIN MISO MARINATED SALMON GARLIC FRIED RICE YAKISOBA (STIR FRY NOODLES) VEGETABLE PINAKBET MISO GLAZED ROOT VEGETABLES LUMPRIA W/ ASSORTED DIPPING SAUCE  <u>PLATED ALTERNATIVE</u> TEMPURA SHRIMP W/ JAPANESE VEGAN CURRY	280 367 300 165 170 80 47 VARIES  212	SEAFOOD GUMBO LEMON PEPPER CHICKEN SPICY RED BEANS WHITE RICE FRIED OKRA CAJUN MUSHROOMS CHEDDAR DROP BISCUITS	395 160 180 160 90 80 110
<b>F R I D A Y</b>	FRESH FRUIT OATMEAL ASST. TOPPINGS EGGS & OMELETS TO ORDER BOILED EGGS CHICKEN APPLE / PORK SAUSAGE PATTIES HASH BROWNS FRENCH TOAST W/ BUTTER & SYRUP BREAKFAST BURRITOS	VARIES 158 VARIES VARIES 78 180 151 210 320	CAJUN SHRIMP SOUP CATCH OF THE DAY NEW YORK STRIP STEAKS TWICE BAKED POTATOES RISOTTO W/ SUN DRIED TOMATOES SAUTEED YELLOW SQUASH ROASTED ASPARAGUS CAPTAINS PLATTER	410 VARIES 704 440 201 100 70 VARIES	HONEY GARLIC CHICKEN HONEY GARLIC PORK CHOPS SCALLOPED POTATOES GARLIC & HERB PASTA ROASTED TOSCANA VEGETABLES MALIBU BLEND VEGGIES	236 180 160 78 80 87
	FRESH FRUIT HOT GRITS ASST. TOPPINGS EGGS & OMELETS TO ORDER BOILED EGGS BACON / MAPLE PORK SAUSAGE LINKS VEGAN SAUSAGE HASH BROWNS BUTTERMILK PANCAKES BISCUITS & SAUSAGE GRAVY	VARIES 142 VARIES VARIES 78 92/180 180 151 210 386	TURKEY BURGERS BEEF HOT DOGS W/ CHILI CON CARNE TATER TOTS POTATO SALAD STEAMED BROCCOLI & CAULIFLOWER TOPPINGS BAR	579  150 275 VARIES VARIES	TANDOORI CHICKEN BASMATI RICE CHICKPEA MEDLEY GRILLED GRAFFITI EGGPLANT GARLIC NAAN	300 190 145 60 80
<b>S U N D A Y</b>	FRESH FRUIT CREAM OF WHEAT ASST. TOPPINGS EGGS & OMELETS TO ORDER BOILED EGGS TURKEY / PORK SAUSAGE LINKS GOLDEN HASH BROWNS PATTIES WAFFLES W/ BUTTER & SYRUP	VARIES 110 VARIES VARIES 78 180 151 210	EGGS & OMELETS TO ORDER CORNEDED BEEF HASH / SAUSAGE WAFFLES W/ BUTTER & SYRUP GRILLED CHICKEN STREET TACOS CHARRO BEANS ELOTE CORN ON THE COB TOPPINGS BAR	VARIES 320/180 210 210 150 177 VARIES	CRUSTED BEEF TENDERLOIN RED WINE AU JUS LONG GRAIN WILD RICE ROASTED SWEET POTATO WEDGES STEAMED PEAS & PEARLED ONIONS ROASTED ASPARAGUS FRENCH BREAD	350 75 180 63 98 87 80
	<b>Week 3</b>					

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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