

# TRACEN Petaluma Haley Hall Dining Facility

**31MAR25 - 06APR25**

4	BREAKFAST	Calories	LUNCH	Calories	DINNER	Calories
<b>M O N D A Y</b>	FRESH FRUIT	VARIES	GRILLED TRI TIP STEAK	375	CHICKEN MILANESE	280
	CREAM OF WHEAT	110	ROASTED GARLIC CHICKEN	120	MARINARA SAUCE	168
	ASST. TOPPINGS	VARIES	CASSOULET BEANS	92	PENNE PASTA	210
	EGGS & OMELETS TO ORDER	VARIES	HERB ROASTED PEBBLE POTATOES	75	PESTO GNOCCHI	195
	BOILED EGGS	78	ROASTED CITRUS CAULIFLOWER	60	SUMMER VEGETABLES	75
	CHICKEN APPLE / PORK SAUSAGE LINKS	180	STEAMED PEAS	90	RAINBOW SWISS CHARD	95
	HASH BROWNS	151	HOT DINNER ROLLS	84	GARLIC BREAD	110
	WHOLE WHEAT PANCAKES	210				
	CORNED BEEF HASH	320	<u>PLATED ALTERNATIVE</u>			
			CHICKEN PHO	420		
<b>T U E S D A Y</b>	FRESH FRUIT	VARIES	MEXICAN BLACK BEAN SOUP	185	GARLIC BUTTER STEAK BITES	369
	OATMEAL	158	CHICKEN FAJITAS	380	CHIMICHURRI RICE	387
	ASST. TOPPINGS	VARIES	SHRIMP FAJITAS	280	CANDIED SWEET POTATOES	205
	EGGS & OMELETS TO ORDER	VARIES	REFRIED BEANS	165	BRAISED CARROTS	164
	BOILED EGGS	78	SPANISH RICE	195	MONACO BLEND VEGETABLES	150
	BACON / SAUSAGE PATTIES	92/180	ESQUITES	140	CHEDDAR & CHIVE DROP BISCUITS	136
	VEGAN SAUSAGE	180	VEGETABLE PISTO	40		
	SHREDDED HASH BROWNS	151	TOPPINGS BAR	VARIES		
	FRENCH TOAST W/ BUTTER & SYRUP	210	<u>PLATED ALTERNATIVE</u>			
	BISCUITS & SAUSAGE GRAVY	386	BEEF ENCHILADAS	220		
<b>W E D N E S D A Y</b>	FRESH FRUIT	VARIES	MINSTRONE	380	BLACKENED COD	200
	HOT GRITS	142	CHICKEN DELMONICO	525	GRILLED CAJUN CHICKEN W/	225
	ASST. TOPPINGS	VARIES	ITALIAN SAUSAGE AND PEPPERS	210	CREAMY CAJUN SAUCE	
	EGGS & OMELETS TO ORDER	VARIES	PASTA W/ MARINARA SAUCE		JAMBALAYA	180
	BOILED EGGS	78	RISOTTO RUSTICA	350	SPICY RED BEANS	295
	TURKEY / MAPLE PORK SAUSAGE LINKS	180	ASPARAGUS W/ CHARRED CHERRY TOMATOES	62	FRIED OKRA	90
	HASH BROWNS	110	PATTY PAN SQUASH	150	ROASTED CAULIFLOWER	112
	WAFFLES W/ BUTTER & SYRUP	210	FOCACCIA BREAD	95	FRENCH BREAD	80
	SPINACH QUICHE	355	<u>PLATED ALTERNATIVE</u>			
			PARMESAN CRUSTED FISH & CHIPS	450		
<b>T H U R S D A Y</b>	FRESH FRUIT	VARIES	KABOCHA SQUASH BISQUE	210	BRAISED BEEF BRISKET	600
	CREAM OF WHEAT	110	HULI HULI CHICKEN	280	POLENTA W/ WILD MUSHROOMS	108
	ASST. TOPPINGS	VARIES	PORK ADOBO	250	BAKED POTATOES	95
	EGGS & OMELETS TO ORDER	VARIES	GARLIC FRIED RICE	95	SAUTEED GARLIC GREEN BEANS	60
	BOILED EGGS	78	PANCIT BIHON	99	CORN ON THE COB	84
	BACON / HOT SAUSAGE LINKS	92/180	GRILLED BABY BOK CHOY	47	HOT DINNER ROLLS	42
	VEGAN SAUSAGE	180	SAUTEED NAPA CABBAGE	90		
	GOLDEN HASH BROWN PATTIES	151	LUMPIA W/ ASSORTED DIPPING SAUCE	VARIES		
	BUTTERMILK PANCAKES	210	<u>PLATED ALTERNATIVE</u>			
	BREAKFAST SANDWICHES	340	AHI POKE W/ SUSHI RICE	450		
<b>F R I D A Y</b>	FRESH FRUIT	VARIES	NEW ENGLAND CLAM CHOWDER	410	TARRAGON LIME CHICKEN	345
	OATMEAL	158	CATCH OF THE DAY	327	HASSELBACK POTATOES	400
	ASST. TOPPINGS	VARIES	MARINATED TOP SIRLOIN STEAK	410	ORZO PILAF	60
	EGGS & OMELETS TO ORDER	VARIES	VEGETABLE RICE PILAF	220	VEGETABLE MEDLEY	90
	BOILED EGGS	78	MASHED YUKON POTATOES W/ GRAVY	100	SAUTEED ASPARAGUS	160
	CHICKEN APPLE / PORK SAUSAGE PATTIES	180	TOSCANA VEGETABLES	90	WHOLE WHEAT ROLLS	80
	HASH BROWNS	151	STEAMED BROCCOLINI	70		
	FRENCH TOAST W/ BUTTER & SYRUP	210	COLD BAR	VARIES		
	BREAKFAST BURRITOS	320				
<b>S A T U R D A Y</b>	FRESH FRUIT	VARIES	PHILLY CHEESE STEAK SANDWICHES W/	450	BLACKENED CHICKEN	345
	HOT GRITS	142	GRILLED PEPPERS, ONIONS, & MUSHROOMS	VARIES	WILD RICE	60
	ASST. TOPPINGS	VARIES	STEAK FRIES	220	COTTAGE FRIES	90
	EGGS & OMELETS TO ORDER	VARIES	PASTA SALAD	220	SAUTEED SUCCOTASH	63
	BOILED EGGS	78	CALI BLEND VEGETABLES	110	VEGETABLE MEDLEY	55
	BACON / MAPLE PORK SAUSAGE LINKS	92/180			FRENCH BREAD	80
	VEGAN SAUSAGE	180				
	HASH BROWNS	151				
	BUTTERMILK PANCAKES	210				
	BISCUITS & SAUSAGE GRAVY	386				
<b>S U N D A Y</b>	FRESH FRUIT	VARIES	EGGS & OMELETS TO ORDER	VARIES	MEAT LASAGNA	450
	CREAM OF WHEAT	110	CORNED BEEF HASH / SAUSAGE	320/180	VEGETARIAN LASAGNA	380
	ASST. TOPPINGS	VARIES	WAFFLES W/ BUTTER & SYRUP	210	MOZZARELLA STICKS W/ MARINARA	290
	EGGS & OMELETS TO ORDER	VARIES	FRIED CHICKEN SANDWICHES	360	ROASTED BROCCOLI	95
	BOILED EGGS	78	SEASONED WAFFLE FRIES	230	ITALIAN BLEND VEGETABLES	200
	TURKEY / PORK SAUSAGE LINKS	180	CORN ON THE COB	160	GARLIC BREAD	85
	GOLDEN HASH BROWNS PATTIES	151				
	WAFFLES W/ BUTTER & SYRUP	210				

Week 4

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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