

MILE ROCK DINING HALL

USCG BASE SUPPORT UNIT ALAMEDA, CA



Menu Cycle #2
FOR MONDAY 10/22/12 THROUGH SUNDAY 10/28/12

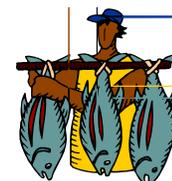
MONDAY

BREAKFAST (0630-0800)	Cal/Fat/Carbs/Protein	LUNCH (1100 - 1300)	Cal/Fat/Carbs/Protein	SUPPER (1630 - 1800)	Cal/Fat/Carbs/Protein
Chilled Fresh Fruit		Vegetable Beef Soup	230/12/15/16	Soup of the Day	230/12/15/16
Fruit Juices		Cornish Hens	792/55/0/68	Baked Chicken	Dark 355/20/7/35
Dry Cereals		Bar B Q Spareribs	248/18/3/17	White	432/17/3/62
Hot Oatmeal	113/2/20/5	Augratin Potatoes	158/7/22/4	O'Brien Potatoes	118/2/23/3
Grits	69/0/15/2	Steamed Rice	203/0/44/4	Carrots	43/2/6/1
Hash browns	162/11/17/2	Green Beans	36/2/4/1	Dinner Rolls	84/2/14/2
Oven Fried Bacon	92/8/0/5	Veggie Combo	81/0/18/4	Dinner Salad	22/0/4/2
Ham Slices	141/9/0/13	Dinner Rolls	84/2/14/2	Speed Line Sandwich	
French Toast	178/7/22/6	Hamburger, Cheeseburger,		Dessert Bar	
Eggs to Order		Veggie Burger, Grilled Ham & Cheese		Assorted Beverages	
Cholesterol Free Eggs		Deli Sandwiches			
Breakfast Pastries		French Fries	292/16/34/4		
Assorted Beverages		Potato Salad	138/8/15/3		
		Full Salad Bar			
		Dessert Bar			
		Assorted Beverages			



TUESDAY

BREAKFAST (0630-0800)	Cal/Fat/Carbs/Protein	LUNCH (1100 - 1300)	Cal/Fat/Carbs/Protein	SUPPER (1630 - 1800)	Cal/Fat/Carbs/Protein
Chilled Fresh Fruit		Chicken & Rice Soup	60/2/7/4	Soup of the Day	60/2/7/4
Fruit Juices		Pepper Steak		Veal Parmesan	358/21/15/26
Dry Cereals		Baked Salmon Steaks	292/13/1/41	Egg Noodles	217/2/41/8
Hot Oatmeal	113/2/20/5	Steamed Rice	203/0/44/4	Mixed Vegetables	81/0/18/4
Grits	69/0/15/2	Linguine /w Pesto	217/2/41/8	Dinner Rolls	84/2/14/2
Hash browns	162/11/17/2	Peas & Carrots	55/2/8/2	Dinner Salad	22/0/4/2
Oven Fried Bacon	92/8/0/5	Broccoli	68/4/7/4	Speed Line Sandwich	
Creamed Beef	327/20/18/18	Dinner Rolls	84/2/14/2	Dessert Bar	
Hot Biscuits	285/10/41/6	Hamburger, Cheeseburger,		Assorted Beverages	
Hot Cakes	173/7/22/5	Veggie Burger, Grilled Cheese			
Cholesterol Free Eggs		Deli Sandwiches			
Eggs To Order		French Fries	292/16/34/4		
Breakfast Burritos		German Style Tomatoes	149/15/1/7		
Breakfast Pastries		Full Salad Bar			
Assorted Beverages		Dessert Bar			
		Assorted Beverages			



WEDNESDAY

BREAKFAST (0630-0800)	Cal/Fat/Carbs/Protein	LUNCH (1100 - 1300)	Cal/Fat/Carbs/Protein	SUPPER (1630 - 1800)	Cal/Fat/Carbs/Protein
Chilled Fresh Fruit		Chicken Vegetable Soup	133/4/11/14	Soup of the Day	133/4/11/14
Fruit Juices		Pork Loin w/ Mustard Glaze		Chicken Pot Pie	
Dry Cereals		Bangkok Chicken		Corn	82/2/16/2
Hot Oatmeal	113/2/20/5	Quartered Potatoes	118/2/23/3	Dinner Rolls	84/2/14/2
Grits	69/0/15/2	Steamed Rice	203/0/44/4	Dinner Salad	22/0/4/2
Hash browns	162/11/17/2	Green Beans	36/2/4/1	Speed Line Sandwich	
Oven Fried Bacon	92/8/0/5	Bok Choy	66/4/7/2	Dessert Bar	
Corned Beef Hash	199/12/12/10	Dinner Rolls	84/2/14/2	Assorted Beverages	
Waffles	218/11/25/6	Hamburger, Cheeseburger,			
Hard Boiled Eggs	78/5/1/6	Veggie Burger, Pizza			
Eggs to Order		Deli Sandwiches			
Cholesterol Free Eggs		French Fries	292/16/34/4		
Breakfast Pastries		Crunchy Broccoli Salad	136/11/7/3		
Assorted Beverages		Full Salad Bar			
		Dessert Bar			
		Assorted Beverages			



THURSDAY

BREAKFAST (0630-0800)	Cal/Fat/Carbs/Protein	LUNCH (1100 - 1300)	Cal/Fat/Carbs/Protein	SUPPER (1630 - 1800)	Cal/Fat/Carbs/Protein
Chilled Fresh Fruit		French Onion Soup	58/2/8/4	Soup of the Day	58/2/8/4
Fruit Juices		Roast Prime Rib	833/72/0/43 Drk 355/20/7/35 Wht432/17/3/62	Salisbury Steak	191/12/6/14
Dry Cereals		Fried Chicken		Mashed Potatoes	113/4/18/2
Hot Oatmeal	113/2/20/5	Baked Potatoes	136/2/26/3	Gravy	96/0/20/3
Grits	69/0/15/2	Macaroni & Cheese	357/17/37/14	Mixed Vegetables	81/0/18/4
Hash Browns	162/11/17/2	Corn On The Cob	29/0/7/1	Dinner Rolls	84/2/14/2
Oven Fried Bacon	92/8/0/5	Green Beans	36/2/4/1	Dinner Salad	22/0/4/2
Cholesterol Free Eggs		Dinner Rolls	84/2/14/2	Speed Line Sandwich	
Eggs To Order		Hamburger, Cheeseburger,		Dessert Bar	
Creamed Beef	327/20/18/18	Veggie Burger, Fish Sandwich		Assorted Beverages	
Hot Biscuits	285/10/41/6	Deli Sandwichs			
Hot Cakes	173/7/22/5	French Fries	292/16/34/4		
Cholesterol Free Eggs		Parmesan-Basil Vegetable S;	129/5/17/5		
Breakfast Pastries		Full Salad Bar			
Assorted Beverages		Dessert Bar			
		Assorted Beverages			



FRIDAY

BREAKFAST (0630-0800)	Cal/Fat/Carbs/Protein	LUNCH (1100 - 1300)	Cal/Fat/Carbs/Protein	SUPPER (1630 - 1800)	Cal/Fat/Carbs/Protein
Chilled Fresh Fruit		Fish & Corn Chowder	192/5/12/23	Soup of the Day	192/5/12/23
Fruit Juices		Baked Fish	216/6/1/37	Grilled Pork Cutlet	426/25/0/47
Dry Cereal		Chili Relleno		O'Brien Potatoes	118/2/23/3
Hot Oatmeal	113/2/20/5	Steamed Rice	203/0/44/4	Carrots	43/2/6/1
Grits	69/0/15/2	Refried Beans	217/2/41/8	Dinner Rolls	84/2/14/2
Hash Browns	162/11/17/2	Corn	43/2/6/1	Dinner Salad	22/0/4/2
Oven Fried Bacon	92/8/0/5	Steamed Peas	79/2/11/4	Speed Line Sandwich	
Pork Sausage Links	76/6/0/6	Dinner Rolls	84/2/14/2	Dessert Bar	
French Toast	178/7/22/6	Hamburger, Cheeseburger,		Assorted Beverages	
Eggs to Order		Veggie Burger, Turkey Burger			
Cholesterol Free Eggs		Deli Sandwichs			
Chorizo & Eggs		French Fries	292/16/34/4		
Breakfast Pastries		Cucumber, Tomato & Onion ;	138/12/9/1		
Assorted Beverages		Full Salad Bar			
		Dessert Bar			
		Assorted Beverages			



SATURDAY

HAPPY COAST GUARD DAY!!!!

BREAKFAST (0630-0800)	Cal/Fat/Carbs/Protein	LUNCH (1100 - 1300)	Cal/Fat/Carbs/Protein	SUPPER (1730 - 1830)	Cal/Fat/Carbs/Protein
Chilled Fresh Fruit		Chicken Noodle Soup	127/3/7/18	Soup of the Day	127/3/7/18
Fruit Juices		Meatloaf	306/18/9/24	Lemon Chicken	370/21/19/25
Dry Cereal		Mashed Potatoes	118/2/23/3	Rice	203/0/44/4
Hot Oatmeal	113/2/20/5	Gravy	96/0/20/3	Green Beans	36/2/4/1
Hashbrowns	162/11/17/2	Carrots	43/2/6/1	Dinner Rolls	84/2/14/2
Turkey Sausage Links	65/5/0/4	Corn on the Cob	29/0/7/1	Dinner Salad	22/0/4/2
Oven Fried Bacon	92/8/0/5	Dinner Rolls	84/2/14/2	Speed Line Sandwich	
Hot Cakes	173/7/22/5	Speed Line Sandwich		Dessert Bar	
Eggs to Order		Dessert Bar		Assorted Beverages	
Cholesterol Free Eggs		Assorted Beverages			
Breakfast Pastries					
Assorted Beverages					



SUNDAY

BREAKFAST (0630-0800)	Cal/Fat/Carbs/Protein	LUNCH (1100 - 1300)	Cal/Fat/Carbs/Protein	SUPPER (1730 - 1830)	Cal/Fat/Carbs/Protein
Fruit Juices		Egg Drop Soup	73/4/1/8	Soup of the Day	73/4/1/8
Chilled Fresh Fruit		Salisbury Steak	191/12/6/14	Baked Fish	216/6/1/37
Dry Cereals		Mashed Potatoes	113/4/18/2	Steamed Rice	203/0/44/4
Hot Oatmeal	113/2/20/5	Gravy	96/0/20/3	Mixed Vegetables	81/0/18/4
Hashbrowns	162/11/17/2	Mixed Vegetables	81/0/18/4	Dinner Rolls	84/2/14/2
Grilled Ham Slices	141/9/0/13	Green Beans	36/2/4/1	Dinner Salad	22/0/4/2
Oven Fried Bacon	92/8/0/5	Dinner Rolls	84/2/14/2	Speed Line Sandwich	
French Toast	178/7/22/6	Full Salad Bar		Dessert Bar	
Eggs to Order		Speed Line Sandwich		Assorted Beverages	
Cholesterol Free Eggs		Dessert Bar			
Breakfast Pastries		Assorted Beverages			
Assorted Beverages					