

Forrest Rednour Hall

For the Week Of: 14-Jul to 20-Jul

5	Breakfast 0630-0730	Calories	Lunch 1100-1230	Calories	Dinner 1645-1800	Calories
M O N D A Y	Assorted Beverages Cheddar Cheese Grits Hashbrowns Bacon and Spam Assorted Fruit Hard Boiled Eggs Scrambled Eggs Pancakes w/ Syrup Assorted Breads and Pastries	200 151 90/180 120 200 200 240	Baked Potato Soup BBQ Chicken Thighs BBQ Ribs Macaroni & Cheese Baked Beans Coleslaw & Potato Salad Collard Greens Assorted Beverages and Desserts Salad Bar	350 264 103 20 120 90	Vegetable Lentil Soup Roasted Sky Line Chicken With Mustard Cream Sauce Noodles Jefferson Steamed Broccoli Dinner Rolls with Butter Assorted Beverages and Desserts Salad Bar	320 400 190 170 54 110
T U E S D A Y	Assorted Beverages Blueberry Oatmeal Shredded Hashbrowns Bacon and Sliced Ham Assorted Fruit Hard Boiled Eggs Scrambled Eggs French Toast w/ Mixed Berry Compote Assorted Breads and Pastries	150 151 90/140 120 200 200 260	Chicken Pozole Chicken Enchiladas Beef Enchiladas Spanish Rice Refried Beans Roasted Elote Corn Chips, Salsa, Queso, Guacamole Assorted Beverages and Desserts Salad Bar	150 380 150 406 237 460	Spicy Beef Noodle Soup Beef Bulgogi Steamed Jasmine Rice Garlic & Ginger Bok Choy Fried Lumpia Assorted Beverages and Desserts Salad Bar	210 300 103 20 130
W E D N E S D A Y	Assorted Beverages Hot Grits Hashbrown Patties Bacon and Sausage Patties Assorted Fruit Hard Boiled Eggs Scrambled Eggs Belgian Waffles w/ Syrup Corned Beef Hash Assorted Breads and Pastries	142 151 90/180 120 200 200 245 250	Zuppa Toscana Spaghetti & Meatballs Grilled Chicken Marinara Alfredo Sauce Sautéed Broccoli & Zucchini Garlic Toast Assorted Beverages and Desserts Salad Bar	220 400 284 565 303 95	Chicken & Wild Rice Soup Rosemary Pork Tenderloin with Gravy Honey Garlic Grilled Chicken Rice Pilaf Honey Glazed Carrots Dinner Roll with Butter Assorted Beverages and Desserts Salad Bar	101 204 388 175 90 160
T H U R S D A Y	Assorted Beverages Cream of Wheat Loaded Hashbrowns Bacon and Spanish Chorizo Assorted Fruit Hard Boiled Eggs Scrambled Eggs Biscuits and Gravy Assorted Breads and Pastries	104 151 90/216 120 200 200 245	Clam Chowder Grilled Baseball Steaks Garlic herb Butter Mashed Potatoes Roasted Asparagus Dinner Rolls with Butter Assorted Beverages and Desserts Salad Bar	350 400 150 90 40 180	Spicy Tofu Noodle Soup Japanese Chicken Curry Udon Noodles Steamed Jasmine Rice Roasted Broccoli, Carrots, & Red Peppers Egg Rolls Assorted Beverages and Desserts Salad Bar	250 450 110 103 100 157
F R I D A Y	Assorted Beverages Oatmeal w/ Assorted Toppings O'Brien Potatoes Bacon and Maple Sausage Links Assorted Fruit Hard Boiled Eggs Scrambled Eggs Breakfast Sandwiches Assorted Breads and Pastries	150 151 90/180 120 200 200 265	Seafood Bisque Low Country Shrimp & Sausage Boil Lemon Wedges & Cocktail Sauce Chicken Tenders Roasted Red Potatoes Corn on the Cob Dinner Rolls with Butter Assorted Beverages and Desserts Salad Bar	350 325 80 350 110 80 110	Minestrone Assorted Pizzas Chicken Wings w/ Assorted Sauces Carrots and Celery Mozzarella Sticks Ranch and Blue Cheese Assorted Beverages and Desserts Salad Bar	199 500 250 75 199 110
S A T U R D A Y	Breakfast 0830-1000 Assorted Beverages Hot Grits Home Fries Bacon or Sliced Ham Assorted Fruit Hard Boiled Eggs Scrambled Eggs Toasted Bagels with Cream Cheese Pancakes w/ Syrup Assorted Breads and Pastries	142 151 90/120 120 200 200 318 240 210	Brunch 1100-1230 Soup of the Day Fried Chicken Sandwich with Honey BBQ Sauce French Fries California Blend Vegetables Assorted Beverages and Desserts Salad Bar Bacon or Sliced Ham Scrambled or Hard Boiled Eggs Home Fries	390 300 70 86 300 250	Soup of the Day T-Bone Steaks Baked Potato Bar Steamed Broccoli Assorted Beverages and Desserts Salad Bar	245 450 320 150 160 70
S U N D A Y	Breakfast 0830-1000 Assorted Beverages Brown Sugar Maple Oatmeal Hashbrown Patties Bacon or Sausage Patties Assorted Fruit Hard Boiled Eggs Scrambled Eggs French Toast Bake Assorted Breads and Pastries	150 151 90/180 120 200 200 260 142	Brunch 1100-1230 Soup of the Day Pulled Pork Cuban Sandwichs Macaroni Salad Fried Plantains Sautéed Green Beans Assorted Beverages and Desserts Salad Bar Bacon or Sausage Patties Scrambled or Hard Boiled Eggs Home Fries	400 180 45 86 300 250	Soup of the Day Marinated Grilled Chicken Parmesan Orzo Oven Roasted Brussel Sprouts Buttermilk Biscuits Assorted Beverages and Desserts Salad Bar	310 350 345 200

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.

Submitted By: CS1 D. P. Harrington Dining Facility Watch Captain	Reviewed By: CSCM A. B. Rivers Food Service Officer	Approved By: LCDR B.S. Hanover Chief Comptroller & Personnel Division
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