

MILE ROCKS DINING HALL

USCG BASE ALAMEDA, CA

Menu Cycle #5
FOR MONDAY 02/13/17 THROUGH SUNDAY 02/19/17

MONDAY

<u>BREAKFAST</u> (0630 - 0800)	Cal/Fat/Carbs/Protein	<u>DINNER</u> (1100 - 1300)	Cal/Fat/Carbs/Protein
Chilled Fresh Fruit		Bean Soup	137/4/19/7
Fruit Juices		Braised Beef Tips	411/26/0/42
Dry Cereals		Baked Fish	
Hot Oatmeal	113/2/20/5	Steamed Rice	203/0/44/4
Grits	69/0/15/2	Egg Noodles	217/2/41/8
Hash Browns	162/11/17/2	Green Beans	36/2/4/1
Oven Fried Bacon	92/8/0/5	Cauliflower	51/4/4/2
Turkey Sausage Links	65/5/0/4	Dinner Rolls	84/2/14/2
Hot Cakes	173/7/22/5	Hamburger, Cheeseburger, Veggie Burger, Grilled Ham & Cheese	
Eggs to Order		Deli Sandwiches	
Breakfast Pastries		French Fries	292/16/34/4
Assorted Beverages		Garden Pasta Salad	143/8/16/3
Breakfast Sandwich		Full Salad Bar	
		Dessert Bar	
		Assorted Beverages	

TUESDAY

<u>BREAKFAST</u> (0630 - 0800)	Cal/Fat/Carbs/Protein	<u>DINNER</u> (1100 - 1300)	Cal/Fat/Carbs/Protein
Chilled Fresh Fruit		Minestrone Soup	233/13/22/9
Fruit Juices		Roast Pork	350/21/0/38
Dry Cereals		Lemon Chicken	
Hot Oatmeal	113/2/20/5	Mashed Potatoes & Gra	113/4/18/2-96/0/20/3
Grits	69/0/15/2	Steamed Rice	203/0/44/4
Hash Browns	162/11/17/2	Carrots	43/2/6/1
Oven Fried Bacon	92/8/0/5	Italian Vegetables	14/0/4/1
French Toast		Dinner Rolls	84/2/14/2
Eggs To Order		Hamburger, Cheeseburger, Veggie Burger, Quesadilla	
Cholesterol Free Eggs		Deli Sandwiches	
Breakfast Burritos	751/41/61/35	French Fries	292/16/34/4
Breakfast Pastries		Cucumber Tomato Sala	89/8/6/0
Assorted Beverages		Full Salad Bar	
		Dessert Bar	
		Assorted Beverages	

WEDNESDAY

<u>BREAKFAST</u> (0630 - 0800)	Cal/Fat/Carbs/Protein	<u>DINNER</u> (1100 - 1300)	Cal/Fat/Carbs/Protein
Chilled Fresh Fruit		Potato Soup	104/4/14/4
Fruit Juices		Grilled New York Steak	651/45/0/58
Dry Cereals		Szechwan Chicken	262/17/9/22
Hot Oatmeal	113/2/20/5	Baked Potato	136/2/26/3
Grits	69/0/15/2	Steamed Rice	203/0/44/4
Hash Browns	162/11/17/2	Broccoli	68/4/7/4
Oven Fried Bacon	92/8/0/5	Peas & Carrots	55/2/8/2
Corned Beef Hash	199/12/12/10	Dinner Rolls	84/2/14/2
Hard Boiled Eggs	78/5/1/6	Hamburger, Cheeseburger, Veggie Burger, Hot Dog	
Waffles	218/11/25/6	Deli Sandwiches	
Eggs to Order		French Fries	292/16/34/4
Breakfast Pastries		Potato Salad	138/8/15/3
Assorted Beverages		Full Salad Bar	
Spam, Egg, & Rice		Dessert Bar	
		Assorted Beverages	

Menu Cycle #5 For Monday 02/13/17 Through Sunday 02/19/17

THURSDAY

<u>BREAKFAST</u> (0630-0800)	Cal/Fat/Carbs/Protein	<u>DINNER</u> (1100-1300)	Cal/Fat/Carbs/Protein
Chilled Fresh Fruit		Beef Barley Soup	69/2/9/4
Fruit Juices		Fried Chicken	174/8/0/24
Dry Cereals		Veal Parmigiana	113/4/18/2
Hot Oatmeal	113/2/20/5	Noodles	96/0/20/3
Grits	69/0/15/2	Steamed Rice	228/11/28/4
Hash Browns	162/11/17/2	Swee Peas	36/2/4/1
Oven Fried Bacon	92/8/0/5	Golden Corn	81/0/18/4
Creamed Beef	327/20/18/18	Dinner Rolls	146/4/28/1
Biscuits	285/10/41/6	Hamburger, Cheese Burg.	110/0/29/0
Hot Cakes	173/7/22/5	Veggie Burger, Pizza	
Eggs to Order		Deli Sandwich	
Breakfast Pastries		French Fries	
Assorted Beverages		Carrot Orange Toss	
		Full Salad Bar	
		Dessert Bar	
		Assorted Beverages	

FRIDAY

<u>BREAKFAST</u> (0630 - 0800)	Cal/Fat/Carbs/Protein	<u>DINNER</u> (1100 - 1300)	Cal/Fat/Carbs/Protein
Chilled Fresh Fruit		Fish Chowder	192/5/12/23
Fruit Juices		Baked Fish	216/6/1/37
Dry Cereals		Beef Fritter	280/15/20/14
Hot Oatmeal	113/2/20/5	Mashed Potatoes/Gravy	113/4/18/2-96/0/20/3
Grits	69/0/15/2	Steamed Rice	203/0/44/4
Hash Browns	162/11/17/2	Vegetable Combo	81/0/18/4
Oven Fried Bacon	92/8/0/5	Green Beans	36/2/4/1
Grilled Ham Slices	141/9/0/13	Dinner Rolls	84/2/14/2
French Toast	178/7/22/6	Hamburger, Cheeseburger,	
Eggs to Order		Veggie Burger, Grilled Cheese	
Chorizo & Eggs		Deli Sandwiches	
Breakfast Pastries		French Fries	292/16/34/4
Assorted Beverages		Creamy Fruit Salad	165/7/28/1
		Full Salad Bar	
		Dessert Bar	
		Assorted Beverages	

SATURDAY

<u>BREAKFAST</u> (0700 - 0800)	Cal/Fat/Carbs/Protein	<u>DINNER</u> (1115 - 1230)	Cal/Fat/Carbs/Protein
Chilled Fresh Fruit		Vegetable Soup	
Fruit Juices		Italian Mat Sauce/ Spaghe	491/31/17/34
Hot Cereal		Mixed Vegetables	217/2/41/8
Dry Cereals		Speed Line Sandwich	81/0/18/4
Hash Browns	162/11/17/2	Dinner Rolls	
Oven Fried Bacon	92/8/0/5	Full Salad Bar	84/2/14/2
Pork Links	76/6/0/6	Dessert Bar	
Hot Cakes	173/7/22/5	Assorted Beverages	
Eggs to Order			
Breakfast Pastries			
Assorted Beverages			

SUNDAY

<u>BREAKFAST</u> (0700 - 0800)	Cal/Fat/Carbs/Protein	<u>DINNER</u> (1115 - 1230)	Cal/Fat/Carbs/Protein
Chilled Fresh Fruit		Chicken Rice Soup	60/2/7/4
Fruit Juices		Baked Chicken	306/18/9/24
Hot Cereal		Mashed Potatoes/Gravy	113/4/18/2-96/0/20/3
Dry Cereals		Green Beans	36/2/4/1
Hash Browns	162/11/17/2	Speed Line Sandwich	82/2/16/2
Oven Fried Bacon	92/8/0/5	Dinner Rolls	84/2/14/2
Grilled Ham	141/9/0/13	Full Salad Bar	
French Toast	178/7/22/6	Dessert Bar	
Eggs to Order		Assorted Beverages	
Breakfast Pastries			
Assorted Beverages			