

# MILE ROCK DINING HALL

## USCG BASE ALAMEDA, CA

### Menu Cycle #6 FOR MONDAY 02/20/2017 THROUGH SUNDAY 02/26/2017

#### MONDAY

<u>BREAKFAST</u> (0700-0800)	Cal/Fat/Carbs/Protein	<u>DINNER</u> (1115-1230)	Cal/Fat/Carbs/Protein
Chilled Fresh Fruit		Bean Soup	137/4/19/7
Fruit Juices		Baked Chicken (Dark 355/20/7/35 White 432/17/3/62)	
Dry Cereals		Steamed Rice	203/0/44/4
Hot Oatmeal	113/2/20/5	Gravy	
Grits	69/0/15/2	Carrots	43/2/6/1
Hash Browns	162/11/17/2	Dinner Rolls	84/2/14/2
Oven Fried Bacon	92/8/0/5	Full Salad Bar	
Turkey Sausage Links	65/5/0/4	Dessert Bar	
Hot Cakes	173/7/22/5	Assorted Beverages	
Eggs to Order			
Cholesterol Free Eggs			
Breakfast Pastries			
Assorted Beverages			

#### TUESDAY

<u>BREAKFAST</u> (0630-0800)	Cal/Fat/Carbs/Protein	<u>DINNER</u> (1100 - 1300)	Cal/Fat/Carbs/Protein
Chilled Fresh Fruit		Beef Barley Soup	96/1/18/5
Fruit Juices		Baked Salmon Steaks	292/13/1/41
Dry Cereals		Lasagna	328/13/33/19
Hot Oatmeal	113/2/20/5	Rice	203/0/44/4
Grits	69/0/15/2	Seasoned Pasta	217/2/41/8
Hash Browns	162/11/17/2	Broccoli	68/4/7/4
Oven Fried Bacon	92/8/0/5	Corn	82/2/16/2
French Toast		Dinner Rolls	84/2/14/2
Eggs To Order		Hamburger, Cheeseburger,	
Cholesterol Free Eggs		Veggie Burger, Hot Link	
Breakfast Burritos	751/41/60/35	Deli Sandwiches	
Breakfast Pastries		French Fries	292/16/34/4
Assorted Beverages		Creamy Fruit Salad	320/20/36/14
		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		Lentil Soup	218/8/26/12
Fruit Juices		Glazed Corn Beef	356/27/1/26
Dry Cereals		Mango Chicken	454/26/10/42
Hot Oatmeal	113/2/20/5	Steamed Rice	203/0/44/4
Grits	69/0/15/2	Parsley Potatoes	173/4/31/3
Hash Browns	162/11/17/2	Cabbage	50/3/5/1
Oven Fried Bacon	92/8/0/5	Carrots	43/2/6/1
Corned Beef Hash	199/12/12/10	Dinner Rolls	84/2/14/2
Waffles	218/11/25/6	Hamburger, Cheeseburger,	
Eggs to Order		Veggie Burger, Pizza	
Hard Boiled Eggs	78/5/1/6	Deli Sandwiches	
Cholesterol Free Eggs		French Fries	292/16/34/4
Breakfast Pastries		Tomato Pasta Salad	143/8/16/3
Assorted Beverages		Full Salad Bar	
		Dessert Bar	
		Assorted Beverages	

**Menu Cycle #6 For Monday 02/20/2017 Through Sunday 02/26/2017**

**THURSDAY**

<u><b>BREAKFAST</b></u> (0630 - 0800)	Cal/Fat/Carbs/Protein	<u><b>DINNER</b></u> (1100 - 1300)	Cal/Fat/Carbs/Protein
Chilled Fresh Fruit		Split Pea Soup	165/3/27/9
Fruit Juices		Fried Chicken Drk 355/20/7/35-Wht432/17/3/62	
Dry Cereals		Carnitas	456/30/7/39
Hot Oatmeal	113/2/20/5	Mashed Potatoes & Gravy	113/4/18/2 - 96/0/20/3
Grits	69/0/15/2	Spanish Rice	162/3/31/4
Hash Browns	162/11/17/2	Mixed Vegetables	81/0/18/4
Oven Fried Bacon	92/8/0/5	Green Beans	36/2/4/1
Cholesterol Free Eggs		Dinner Rolls	84/2/14/2
Eggs To Order		Hamburger, Cheeseburger,	
Creamed Beef	327/20/18/18	Veggie Burger, Grilled Cheese	
Hot Biscuits	285/10/41/6	Deli Sandwiches	
Hot Cakes	173/7/22/5	French Fries	292/16/34/4
Breakfast Pastries		Parmesan-Basil Vegetable Salad	129/5/17/5
Assorted Beverages		Full Salad Bar	
		Dessert Bar	
		Assorted Beverages	

**FRIDAY**

<u><b>BREAKFAST</b></u> (0630 - 0800)	Cal/Fat/Carbs/Protein	<u><b>DINNER</b></u> (1100 - 1300)	Cal/Fat/Carbs/Protein
Chilled Fresh Fruit		Manhattan Clam Chowder	106/3/15/5
Fruit Juices		Chicken Jambalaya	298/16/17/20
Dry Cereals		Tempura Fish	339/19/11/28
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	Vegetable Combo	81/0/18/4
Oven Fried Bacon	92/8/0/5	Corn	82/2/16/2
Turkey Sausage Links	65/5/0/4	Dinner Rolls	84/2/14/2
Cholesterol Free Eggs		Hamburger, Cheeseburger,	
Eggs to order		Veggie Burger, Quesadilla	
Chorizo & Eggs		Deli Sandwiches	
French Toast	178/7/22/6	French Fries	292/16/34/4
Breakfast Pastries		Seafood Pasta Salad	245/17/3/19
Assorted Beverages		Full Salad Bar	
		Dessert Bar	
		Assorted Beverages	

**SATURDAY**

<u><b>BREAKFAST</b></u> (0700 - 0800)	Cal/Fat/Carbs/Protein	<u><b>DINNER</b></u> (1115 - 1230)	Cal/Fat/Carbs/Protein
Fruit Juices		Bean Soup	137/4/19/7
Chilled Fresh Fruit		Roasted Pork	191/12/6/14
Hot Oatmeal	113/2/20/5	Mashed Potatoes	113/4/18/2
Dry Cereals		Gravy	96/0/20/3
Hash Browns	162/11/17/2	Italian Vegetables	14/0/4/1
Oven Fried Bacon	92/8/0/5	Speed Line Sandwich	82/2/16/2
Pork Sausage Links	76/6/0/6	Dinner Rolls	84/2/14/2
Cholesterol Free Eggs		Full Salad Bar	
Eggs to Order		Dessert Bar	
Hot Cakes	173/7/22/5	Assorted Beverages	
Breakfast Pastries			
Assorted Beverages			

**SUNDAY**

<u><b>BREAKFAST</b></u> (0700 - 0800)	Cal/Fat/Carbs/Protein	<u><b>DINNER</b></u> (1115 - 1230)	Cal/Fat/Carbs/Protein
Fruit Juices		Beef Noodle Soup	166/6/8/19
Chilled Fresh Fruit		Baked Chicken - Dark	355/20/7/35
Hot Oatmeal	113/2/20/5	White	432/17/3/62
Dry Cereals		Gravy	96/0/20/3
Hash Browns	162/11/17/2	Rice	203/0/44/4
Oven Fried Bacon	92/8/0/5	Carrots	43/2/6/1
Grilled Ham Slices	141/9/0/13	Speed Line Sandwich	36/2/4/1
Cholesterol Free Eggs		Dinner Rolls	84/2/14/2
Eggs to Order		Full Salad Bar	
French Toast	178/7/22/6	Dessert Bar	
Breakfast Pastries		Assorted Beverages	
Assorted Beverages			