

TRACEN Petaluma Haley Hall Dining Facility

13 - 19 February 2017

3	BREAKFAST	Calories	LUNCH	Calories	DINNER	Calories
M O N D A Y	Assorted Fresh Fruit	120	Broccoli and Cheese Soup	160	Spicy Red Pepper Bisque	280
	Cream of Wheat	110	Grilled London Broil	300	Grilled Chicken w/ Creamy Pesto Sauce	300
	Grilled Eggs & Omelets to Order	varies	Chicken Pot Pie	260	Garlic Herb Linguini	340/80
	Hard Boiled Eggs	78	Brown Butter Orzo	120	Romanesco	70
	Grilled Bacon or Turkey Bacon	92/70	Roasted Fingerling Potatoes	100	Sautéed Kale	95
	Sausage Links	160	Steamed Broccolini	70	French Bread	180
	Ranch Style Hash Browns	190	Roasted Acorn Squash	80		
	Pancakes	64	Cheese Biscuits	85		
	Breakfast Burritos	varies	<u>Healthy Alternative Line</u>			
			Mexican Chicken Salad			
T U E S D A Y	Assorted Fresh Fruit	120	Minestrone	213	Cream of Mushroom	213
	Oatmeal Bar with choice of Fresh & Dried Fruit, Brown Sugar, Cinnamon Sugar	158	Jamaican Pork Tenderlion	190	Corn Beef and Cabbage	240
	Grilled Eggs & Omelets to Order	varies	BBQ Chicken	210	Irish Lamb Stew	202
	Hard Boiled Eggs	78	Garlic Mashed Potatoes	151	Boiled Potatoes	210
	Grilled Bacon / Turkey Sausage	92/44	Quinoa w/ Leek Puree	60	Dunmerry Rice	279
	Grilled Hash Browns	151	Roasted Brussel Sprouts	81	Tricolor Carrots	90
	French Toast	210	Steamed Cauliflower	71	Sauteed Green Beans	89
	Sausage Gravy	360	Cornbread Muffins	150	Herbed Dinner Rolls	84
	Home-style Biscuits	170	<u>Healthy Alternative Line</u>			
			Salmon Poached in Tomato Fennel Jus			
		White Bean Salad				
W E D N E S D A Y	Assorted Fresh Fruit	120	Beef Barley	185	Roasted Vegetable Soup	210
	Hot Grits	142	Grilled Tri Tip	300	Seafood Newburg	280
	Grilled Eggs & Omelets to Order	varies	Duck Confit w/Winterberry Gastrique	190	Herb Roasted Chicken	170
	Hard Boiled Eggs	78	Cassoulette Beans	165	Seasoned Bow Tie Pasta	200
	Grilled Bacon / Sausage	92/125	Roasted Fingerling Potatoes	240	Rice Pilaf	250
	Grilled Hash Browns	151	Braised Carrots	85	Grilled Asparagus	
	Waffles	190	Steamed Broccoli	61	Mixed Vegetables	67
	Corned Beef Hash	382	Hot Rolls	84	French Knots	110
	Croissant Sandwiches	440	<u>Healthy Alternative Line</u>			
			Seared Polenta w/ Butternut Squash on a Bed of Shredded Zucchini			
T H U R S D A Y	Assorted Fresh Fruit	120	Locro (Argentine Honimy Stew)	180	Thom Kha	160
	Oatmeal	110	Ropa Viejas	200	Thai Peanut Chicken	120
	Grilled Eggs & Omelets to Order	varies	Pollo al Ajillo (Panamanian Garlic Chicken)	150	Pineapple and Tofu Fried Rice	160
	Hard Boiled Eggs	78	Spanish Rice	300	Jasmine Rice	60
	Grilled Bacon / Sausage	92/157	Refried Beans	170	Thai Curry Vegetables	90
	Grilled Hash Browns	151	Mexican Corn	80	Sautéed Snap Peas	95
	French Toast	149	Sauteed Chayote	85	Spring Rolls	126
	Quiche	216	Fresh Fried Tortilla Chips w/Con Queso	120		
			<u>Healthy Alternative Line</u>			
			Bahn Mi Chicken Sandwiches			
		Healthy Chips				
F R I D A Y	Assorted Fresh Fruit	120	Cioppino	410	Creamy Pesto Gnocci Soup	460
	Cream of Wheat	158	Fresh Catch of the Day	160	Pepperoni Pizza	304
	Grilled Eggs & Omelets to Order	varies	NY Strip Steaks w/ Mushrooms and Onions	varies	Assorted Pizza	299
	Hard Boiled Eggs	varies	Garlic Shrimp in Cream Sauce	440	Fried Mushrooms	152
	Grilled Bacon / Sausage	78	Roasted Pebble Potatoes	355	Chicken Wings	200
	Grilled Hash Browns	151	Farro Pilaf	201	Mozzarella Sticks	130
	Pancakes	275	Fresh Vegetable Medley	70	Vegetable Platter	90
	Italian Eggs	varies	Steamed Baby Carrots	95	Ranch and Blue Cheese	varies
			Hot Rolls	84		
			Captains Platter	varies		
S A T U R D A Y	Assorted Fresh Fruit	120	Vegetable Barley Soup	170	Vegetable Barley soup	170
	Hot Grits	142	Grilled Reuban Sandwich	400	Kalua Pork	330
	Grilled Eggs & Omelets to Order	varies	Tator Tots	180	Fried Rice	1089
	Hard Boiled Eggs	78	Vegetable Ragout	85	Steamed Wonton	60
	Grilled Bacon / Sausage	92/90			Fried Cabbage	110
	Grilled Hash Browns	151	Eggs to Order and Omelets	varies	Sautéed Green Beans	95
	Pancakes	64	Grilled Bacon and Sausage	92/90	King Hawaiian Rolls	160
	Sausage Gravy	360	Hash Browns	151	Dipping Sauce	varies
	Home-style Biscuits	103				
S U N D A Y	Assorted Fresh Fruit	120	Sweet Potato Soup	140	Sweet Potato Soup	140
	Cream of Wheat	110	Lobster Rolls	135	Kobe and Turkey Burgers	612/180
	Grilled Eggs & Omelets to Order	varies	Grilled Cheese Sandwiches	390	Veggie Burgers	170
	Hard Boiled Eggs	78	Waffle Fries	130	Burger Bar	varies
	Grilled Bacon and Sausage	92/90	Sautéed Spinach	90	Sweet Potato Wedges	220
	Grilled Hash Browns	151			Steamed Broccoli	80
	French Toast	210	Eggs to Order and Omelets	varies		
	Corned Beef Hash	387	Grilled Bacon and Sausage	92/90		
			Hash Browns	151		

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 K. M. Ball Dining Facility Supervisor	Reviewed By: CSCS M. T. Epley Food Service Officer	Approved By: Captain P.A. Flynn Commanding Officer
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