

TRACEN Petaluma Haley Hall Dining Facility

20 - 26 FEBRUARY 2017

4	BREAKFAST	Calories	LUNCH	Calories	DINNER	Calories
M O N D A Y	Assorted Fresh Fruit	120	President's Day		Coconut Shrimp Soup	115
	Cream of Wheat	110	Coconut Shrimp Soup	115	Caribbean Pork Tenderloin Medallions	200
	Grilled Eggs & Omelets to Order	varies	Philly Cheese Steaks	440	Corn Salsa	60
	Hard Boiled Eggs	78	Chicken and Cheese Steaks	210	Grilled Plantains	95
	Grilled Bacon/Sausage	92/180	Onion Rings	411	Fire House Mac&Cheese	220
	Grilled Hash Browns	151	Steamed Peas	67	Roasted Cauliflower	65
	Pancakes	64	Eggs to Order and Omelets	varies	Sautéed Kale with Sweet Onions	95
Breakfast Burritos	varies	Bacon and Sausage	92/125	Jalapeno Cornbread	120	
			<u>Hashbrowns</u>	151		
T U E S D A Y	Assorted Fresh Fruit	120	Minestrone Soup	100	Savory Pea Soup	180
	Oatmeal Bar	158	Chicken Marsala	215	Roasted Turkey	195
	Assorted Oatmeal Toppings	varies	Sausage and Peppers	375	Cornbread Stuffing	160
	Grilled Eggs & Omelets to Order	varies	Pasta and Marinara	560	Mashed Potatoes with Gravy	170
	Hard Boiled Eggs	78	Creamy Risotto	210	Baked Sweet Potato Bar	varies
	Grilled Bacon/Sausage	92/180	Roasted Cauliflower	75	Green Bean Casserole	95
	Grilled Hash Browns	151	Patty Pan Squash	70	Roasted Asparagus	50
	French Toast	210	Sundried Tomato and Olive Foccacia	110	Cranberry Sauce	102
	Sausage Gravy	360	<u>Healthy Alternative Line</u>		Dinner Rolls	84
	Home-style Biscuits	170	Sauteed Shrimp			
			Black Bean Cakes			
W E D N E S D A Y	Assorted Fresh Fruit	120	Chicken Tortilla Soup	185	Roasted Red Pepper Bisque	210
	Hot Grits	142	Pork Carnitas or Shredded Beef Tacos	220	Crusted Rack of Lamb	280
	Grilled Eggs & Omelets to Order	varies	Mahi Mahi Tacos	150	Grilled Chicken Breast	168
	Hard Boiled Eggs	78	Cilantro Lime Black Beans	100	Wild Rice Pilaf	200
	Grilled Bacon/Sausage	92/180	Spanish Rice	120	Stuffed Mushrooms	250
	Grilled Hash Browns	151	Chili Lime Corn	80	Sautéed Spinach	93
	Waffle	190	Sautéed Spinach with Onions	93		
	Corned Beef Hash	382	Salsa Bar	varies		
			<u>Healthy Alternative Line</u>			
		Arabian Chicken Lettuce Wraps				
T H U R S D A Y	Assorted Fresh Fruit	120	Cream of Potato	220	Italian Wedding Soup	160
	Cream of Wheat	110	Flat Iron Steaks	200	Meat Lasagna	120
		varies	Shrimp and Scallop Sauté	220	Spinach Lasagna	160
	Hard Boiled Eggs	78	Herbed Linguini Noodles	200	Mozzarella Sticks	150
	Grilled Bacon/Sausage	92/180	Garlic Roasted Red Potatoes	170	Roasted Broccoli	95
	Grilled Hash Browns	151	Green Beans Almandine	90	Ratatouille	200
	French Toast	149	Roasted Root Vegetables	95	Garlic Bread	85
	Assorted Quiche	204	Hot Rolls	84		
	White & Wheat Toast Points	90/70	Healthy Alternative Line			
			<u>Grilled Chicken w/ Stripped Pico</u>			
		Spanish Barley Pilaf				
F R I D A Y	Assorted Fresh Fruit	120	Crab Bisque	410	Miso Soup	93
	Oatmeal Bar with Choice of Fresh & Dried Fruit, Brown Sugar, Cinnamon Sugar	158	Fresh Catch of the Day	160	Sweet and Sour Pork	304
	Grilled Eggs & Omelets to Order	varies	Prime Rib	varies	Teriyaki Chicken Quarters	299
	Hard Boiled Eggs	78	Lobster Risotto	440	Calrose Rice	152
	Grilled Bacon/Sausage	92/180	Mashed Yukon Potatoes	355	Stir Fried Veggies with Water Chestnuts	99
	Grilled Hash Browns	151	Braised Brussels Sprouts	105	Vegetable Lo Mein	95
	Pancakes	64	Tarragon Carrots	90	Egg Rolls	120
	Breakfast Burritos	varies	Honey Butter Rolls	120	Pot Stickers	110
		varies	Captains Platter	varies		
S A T U R D A Y	Assorted Fresh Fruit	120	BRUNCH		Cream of Broccoli	150
	Hot Grits	142	Cream of Broccoli	150	Fried Chicken	320
	Grilled Eggs & Omelets to Order	varies	Buffalo Chicken Sandwiches	445	Chicken Gravy	60
	Hard Boiled Eggs	78	Tangy Cole Slaw	410	Mashed Potatoes	90
	Grilled Bacon/Sausage	92/180	Jo-Jo Potatoes	31	Chuckwagon Blend Veggies	64
	Grilled Hash Browns	151	Vegetable Medley	20	Herb Cheddar Biscuits	150
	Pancakes	64	Eggs & Omelets to Order	varies		
	Sausage Gravy	360	Grilled Bacon/Sausage	92/180		
	Home-style Biscuits	103	Grilled Hash Browns	151		
S U N D A Y	Assorted Fresh Fruit	120	BRUNCH		Kale Potato Soup	135
	Cream of Wheat	110	Kale Potato Soup	135	Roast Beef	200
	Grilled Eggs & Omelets to Order	varies	Muffalata Sandwiches	390	Au Ju Gravy	80
	Hard Boiled Eggs	78	Onion Rings	130	Mashed Potatoes	150
	Grilled Bacon/Sausage	92/180	Peas and Pearl Onions	95	Steamed White Rice	65
	Grilled Hash Browns	151	Pasta Salad	140	Braised Brussels Sprouts	50
	French Toast	210	Grilled Eggs & Omelets to Order	varies	Clover Rolls	110
	Breakfast Sandwiches	varies	Grilled Bacon/Sausage	92/180		
			Grilled 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