



USCG BASE ALAMEDA MILE ROCK DINING HALL



MAY 4th 2020 - MAY 10th 2020

1	BREAKFAST	Serving Time	LUNCH	Serving Time	SPEED LINE	Lunch option
M O N D A Y	Chilled Fresh Fruit Fresh Fruit Juices Eggs & Omelets to Order Oatmeal w/toppings / Grits Bacon / Sausage Breakfast Red Potatoes Traditional Pancakes Assorted Pastry or Coffee Cake Assorted Fresh Fruit Juice	0630-0800	Minestrone Soup Chicken Cacciatore Carbonara Pasta Brown Rice Mixed Veg Roasted Cauliflower Garlic Bread Sticks	1100 -1300	Traditional Burger Cheese Burger Chicken Sandwich w/Habanero Cheese Veggie Burger French Fries Sandwich Bar Salad Bar	
T U E S D A Y	Chilled Fresh Fruit Fresh Fruit Juices Eggs & Omelets to Order Oatmeal w/toppings / Grits Bacon / Sausage Breakfast Red Potatoes French Toast Oatmeal w/toppings / Grits	0630-0800	Chicken and Rice Soup Pork Carnitas Chicken Burrito Spanish Rice Pinto Beans Green Beans Mixed Veggies Salsa Bar	1100 -1300	Traditional Burger Cheese Burger Chicken Sandwich w/Habanero Cheese Veggie Burger French Fries Sandwich Bar Salad Bar	
W E D N E S D A Y	Chilled Fresh Fruit Fresh Fruit Juices Eggs & Omelets to Order Oatmeal w/toppings / Grits Bacon / Sausage Breakfast Red Potatoes Waffles w/ Syrup and Melted Butter Hard Boiled Eggs Breakfast Pastries	0630-0800	Corn Chowder Soup Pad Thai / chicken Tempura Fish Steamed Brown Rice Fried Rice Peas and Carrots Sautéed Cabbage Hawaiian Roll	1100 -1300	Traditional Burger Cheese Burger Chicken Sandwich w/Habanero Cheese Veggie Burger French Fries Sandwich Bar Salad Bar	
T H U R S D A Y	Chilled Fresh Fruit Fresh Fruit Juices Eggs & Omelets to Order Oatmeal w/toppings / Grits Bacon / Sausage Breakfast Red Potatoes Buttermilk Pancakes	0630-0800	Vegetable Soup Pulled Pork Slider Chicken Fried Steak Loaded Mashed Potatoes Baked Beans Mixed Veggie Broccoli	1100 -1300	Traditional Burger Cheese Burger Chicken Sandwich w/Habanero Cheese Veggie Burger French Fries Sandwich Bar Salad Bar	
F R I D A Y	Assorted Fresh Fruit Oatmeal Bar Assorted Oatmeal Toppings Eggs & Omelets to Order Bacon / Sausage Breakfast Red Potatoes French Toast w/ Syrup & Melted Butter	0630-0800	Bean Soup Horse Salmon Turkey or Patty Melt Rice Pilaf Garlic Fries Veggie Combo Peas Dinner Roll	1100 -1300	Traditional Burger Cheese Burger Chicken Sandwich w/Habanero Cheese Veggie Burger French Fries Sandwich Bar Salad Bar	
S A T U R D A Y	Fresh Fruit Juices Fresh Whole Fruit Eggs & Omelets to Order Oven Baked Bacon Breakfast Sausage Shredded Hash Browns Waffles w/ Syrup and Melted Butter	0700-0800	<u>Soup de Jour</u> Meat Loaf Mashed Potatoes w/ Gravy Cabbage Corn Bread	1115 -1230	Sandwich Bar Salad Bar	
S U N D A Y	Fresh Fruit Juices Fresh Whole Fruit Eggs & Omelets to Order Bacon / Sausage Hash Browns French Toast	0700-0800	<u>Soup de Jour</u> Sweet and Sour Pork Steamed Rice Mixed Vegetables	1115 -1230	Sandwich Bar Salad Bar	

The COR 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: Kali Bell Dining Facility Supervisor	Reviewed By: Kali Bell Dining Facility Supervisor	Approved By: CSC Sean Richmond COR
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