

MILE ROCKS DINING HALL

USCG BASE ALAMEDA, CA

Menu Cycle #5

FOR MONDAY 05/08/2017 THROUGH SUNDAY 05/14/2017

MONDAY

<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		Teriyaki Chicken Dk 355/20/7/35-Wt 432/17/3/62	
Dry Cereals		Pulled Pork	
Hot Oatmeal	113/2/20/5	Yakisoba	
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	Bok Choy	66/4/7/2
Turkey Sausage Links	65/5/0/4	Dinner Rolls	84/2/14/2
Hot Cakes	173/7/22/5	Hamburger, Cheeseburger, Veggie Burger, Hot link	
Cholesterol Free Eggs		Deli Sandwich's	
Eggs to Order		French Fries	292/16/34/4
Breakfast Pastries		Coleslaw	41/2/7/1
Assorted Beverages		Full Salad Bar	
Breakfast Sandwiches		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		Chicken & Dumplings	97/6/6/6
Fruit Juices		Baked Alaskan Sole	514/22/54/4
Dry Cereals		Super Beef Burrito	
Hot Oatmeal	113/2/20/5	Refried Beans	
Grits	69/0/15/2	Steamed Rice	203/0/44/4
Hash Browns	162/11/17/2	Green Beans	36/2/4/1
Oven Fried Bacon	92/8/0/5	Cauliflower	34/2/3/1
Hot Cakes	173/7/22/5	Dinner Rolls	84/2/14/2
Cholesterol Free Eggs		Hamburger, Cheeseburger, Veggie Burger, Grilled Ham & Cheese	
Eggs to Order		Deli Sandwich's	
Breakfast Burritos	751/41/61/35	French Fries	292/16/34/4
Breakfast Pastries		Garden Pasta Salad	143/8/16/3
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		Egg Drop Soup	73/4/1/8
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	
Cholesterol Free Eggs		French Fries	292/16/34/4
Eggs to Order		Potato Salad	137/8/17/2
Breakfast Pastries		Full Salad Bar	
Assorted Beverages		Dessert Bar	
Spam & Garlic Rice		Assorted Beverages	

Menu Cycle #5 For Monday05/08/2017 Through Sunday 05/14/2017

THURSDAY

<u>BREAKFAST</u> (0630 - 0800)	Cal/Fat/Carbs/Protein	<u>DINNER</u> (1100 - 1300)	Cal/Fat/Carbs/Protein
Chilled Fresh Fruit		Chicken & Rice Soup	60/2/7/4
Fruit Juices		Fried Chicken	Dk 397/21/14/36-Wt474/18/10/67
Dry Cereals		Veal Parmesan	358/21/15/26
Hot Oatmeal	113/2/20/5	Pasta w/ Marinara Sauce	235/1/49/8
Grits	69/0/15/2	Steamed Rice	203/0/44/4
Hash Browns	162/11/17/2	Green Peas	79/2/11/4
Oven Fried Bacon	92/8/0/5	Corn	82/2/16/2
Grilled Ham	141/9/0/13	Dinner Rolls	84/2/14/2
French Toast	178/7/22/6	Hamburger, Cheeseburger, Veggie Burger, Pizza	
Cholesterol Free Eggs		Deli Sandwich's	
Eggs to Order		French Fries	292/16/34/4
Breakfast Pastries		Carrot Orange Toss	285/13/36/13
Assorted Beverages		Full Salad Bar	
Breakfast Sandwich		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	216/2/1/37
Dry Cereals		Roast Turkey	174/8/0/24
Hot Oatmeal	113/2/20/5	Steamed Rice	203/0/44/4
Grits	69/0/15/2	Mashed Potatoes	113/4/18/2
Hash Browns	162/11/17/2	Gravy	96/0/20/3
Oven Fried Bacon	92/8/0/5	Stuffing	228/11/28/4
Grilled Ham Slices	141/9/0/13	Veggie Combo	81/0/18/4
French Toast	178/7/22/6	Green Beans	36/2/4/1
Cholesterol Free Eggs		Hamburger, Cheeseburger, Veggie Burger, Turkey Burger	
Eggs to Order		Deli Sandwich's	
Chorizo & Eggs		French Fries	292/16/34/4
Breakfast Pastries		Waldorf Salad	320/20/36/14
Assorted Beverages		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	100/5/12/4
Fruit Juices		Chicken Stir Fry	272/11/28/14
Hot Cereal		Steamed Rice	203/0/44/4
Dry Cereals		Mixed Vegetables	81/0/18/4
Hash Browns	162/11/17/2	Speed Line Sandwich	79/2/11/4
Oven Fried Bacon	92/8/0/5	Dinner Rolls	84/2/14/2
Pork Links	76/6/0/6	Full Salad Bar	
Hot Cakes	173/7/22/5	Dessert Bar	
Cholesterol Free Eggs		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		Meat Loaf	306/18/9/24
Hot Cereal		Mashed Potatoes	113/4/18/2
Dry Cereals		Gravy	96/0/20/3
Hash Browns	162/11/17/2	Green Beans	36/2/4/1
Oven Fried Bacon	92/8/0/5	Speed Line Sandwich	82/2/16/2
Grilled Ham	141/9/0/13	Dinner Rolls	84/2/14/2
French Toast	178/7/22/6	Full Salad Bar	
Cholesterol Free Eggs		Dessert Bar	
Eggs to Order		Assorted Beverages	
Breakfast Pastries			
Assorted Beverages			