



USCG BASE ALAMEDA MILE ROCK DINING HALL



MONDAY NOVEMBER 15TH THRU SUNDAY NOVEMBER 24TH

0	BREAKFAST	Serving Time	LUNCH	Serving Time	SPEED LINE	Lunch option
M O N D A Y	Fresh Fruit & Yogurt Parfait Breakfast Sandwich's Eggs & Omeletes to Order Oatmeal w/Toppings Bacon & Sausage Breakfast Potatoes Buttermilk Pancakes Breakfast Pastry/Coffee Cake Hard Boiled Eggs	0630-0800	Roasted Butternut Squash Soup Baked Garlic Rosmary Chicken Stuffed Manacoti w/ Aribiata Sauce w/ Ground Italian Pork Sausage Oven Roasted Red Potatoes Potatoes Italian Vegetable Medley Steamed carrots Fresh Garlic Bread Salad Bar / Fresh Fruit Salad Dessert Bar	1100 -1300	Philly Cheesesteaks w/ Saluted Peppers & Onions Hamburger - Cheeseburger or Veggie Burger w/ Pickles,Lettuce, Tomato & Onion Deli Sandwiches & Wraps Made to Order Seasoned Steak Fries Assorted Chips	
T U E S D A Y	Fresh Fruit & Yoqurt Parfait Breakfast Burrito Eggs & Omeletes to Order Southern Style Country Grits Bacon & Sausage Breakfast Potatoes French Toast Breakfast Pastry/Coffee Cake Hard Boiled Eggs	0630-0800	Black Bean and Corn Chowder Carne Asada or Achote Chicken Street Tacos Roasted Peppers, Onions & Chiote Squash Mexican Rice / Seasoned Pinto Beans Roasted Summer Vegetables Pico de gallo - Sour Cream - Guacamole Tortilla Chips & Salsa Salad Bar / Fresh Fruit Salad Dessert Bar	1100 -1300	Chicken Taquitos Pico de gallo / Sour Cream / Guacamole Hamburger - Cheeseburger or Veggie Burger w/ PicklesTomato & Onion,Lettuce, Deli Sandwiches & Wraps Made to Order French Fries / Assorted Chips	
W E D N E S D A Y	Fresh Fruit & Yogurt Parfait Eggs & Omeletes to Order Spam & Eggs Corned Beef Hash Oatmeal w/Toppings Bacon & Sausage Breakfast Potatoes Golden Waffles Breakfast Pastry/Coffee Cake Hard Boiled Eggs	0630-0800	Won Ton Soup Shrimp Chow Mein Hunan Peppered Beef Choice of Vegetable Fried Rice or Steamed Jasmine Rice Sauted Green Beans w/ Mushrooms Steamed Baby Bok Choi Fortune Cookie Salad Bar / Fresh Fruit Salad Dessert Bar	1100 -1300	Hand Crafted Pizza Pizza Sauce, Mozzarella Cheese Chef's Choice of Pepperoni,Sausage, or Veggie Hamburger - Cheeseburger or Veggie Burger w/ Pickles,Tomato,Onion & Lettuce Deli Sandwiches & Wraps Made to Order French Fries / Assorted Chips	
T H U R S D A Y	Fresh Fruit & Yoqurt Parfait Eggs & Omeletes to Order Biscuits & Country Gravy Southern Style Grits Bacon & Sausage Breakfast Potatoes Buttermilk Pancakes Breakfast Pastry/Coffee Cake Hard Boiled Eggs	0630-0800	Three Bean Soupw/ Smoked Ham Hocks Blackened Catfish Souther Fried Chicken Loaded Mashed Potatoes w/ (Bacon,Cheddar Cheese & Green Onion) Collard Greens Maple Glazed Carrots Corn Bread w/ Honey Butter	1100 -1300	Buffalo Chicken Wings w/ Celery and Carrot Sticks Ranch Dressing Hamburger - Cheeseburger or Veggie Burger w/ Pickles Tomato & Onion, Lettuce, Deli Sandwiches & Wraps Made to Order French Fries / Assorted Chips	
F R I D A Y	Fresh Fruit & Yoqurt Parfait Chorizo & Eggs Eggs & Omelets to Order Oatmeal w/Toppings Bacon & Sausage French Toast Breakfast Pastry/Coffee Cake Hard Boiled Eggs	0630-0800	New England Clam Chowder Balsamic Glazed Salmon Fillet Marniated Prawns and Cheezy Grits Wild Rice Pilaf Roasted Asperaus Sauted Brussels Sprouts w/ bacon Dinner Roll	1100 -1300	Fish and Chips w/ Tarter Sauce / Malt Vinegar Hamburger - Cheeseburger or Veggie Burger w/ Pickles Tomato & Onion, Lettuce, Deli Sandwiches & Wraps Made to Order French Fries / Assorted Chips	
S A T U R D A Y	Fresh Fruit & Yoqurt Parfait Eggs & Omelets to Order Buttermilk Pancakes Bacon & Sausage Breakfast Potatoes Breakfast Pastry/Coffee Cake Hard Boiled Eggs	0700-0800	Soup du Jour Fish & Chips Mac ~n~ Cheese Steamed Broccoli Coleslaw Dinner Roll	1115 -1230	Deli Sandwiches & Wraps Made to Order Asst. Chips	
S U N D A Y	Fresh Fruit & Yoqurt Parfait Eggs & Omelets to Order Golden Waffles Bacon & Sausage Breakfast Potatoes Breakfast Pastry/Coffee Cake Hard Boiled Eggs	0700-0800	Soup du Jour Chicken Florentine Fettuccini Alfredo Steamed Peas and Carrots Garlic Bread	1115 -1230	Deli Sandwiches & Wraps Made to Order Asst. Chips	

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: Harold Solomon Dining Facility Sr. Project Manager	Reviewed By: Harold Solomon Dining Facility Sr. Project Manager	Approved By: Sean L.Richmond COR
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