



USCG BASE ALAMEDA MILE ROCK DINING HALL



MONDAY OCTOBER 18TH THRU SUNDAY OCTOBER 24TH

| 0 | BREAKFAST | Serving Time | LUNCH | Serving Time | SPEED LINE | Lunch option |
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| 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 | Minastroni Soup Chicken Pot Pie Pene Prima Vera w/ Spicy Italian Sausage Rice Pilaf Roasted Fall Vegetables Maple mGlazed Carrotsw Buttered Dinner Rolls 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 & Yogurt 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 | Green Pork Pasole Achiotte Chicken Style Tacos Barbacoa - Style Shredded Beef Tacos Seasoned Pinto Beans / Mexican Rice Sauted Mexican Zucchini and Chiote Squash Braised Cabbage Pico De Gallo / Sour Cream Guacomole & Tortilla Chips Salad Bar / Fresh Fruit Salad Dessert Bar | 1100 -1300 | Chicken Taquitos Pico de gallo / Sour Cream / Guacamole Hamburger - Cheeseburger or Veggie Burger w/ Pickles,Tomato & 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 | Fall Vegetable with Rice Soup Sesame Cashew Chicken Pancit Bihon with Shrimp Jasmin Rice Steamed Broccoli Sauted Green Beans with Ginger, Garlic and Mushrooms Egg Roll's Salad Bar / Fresh Fruit Salad Dessert Bar | 1100 -1300 | <u>Poke Wednesday</u> Spicy Chili Tuna / Spicy Mayo Tuna Poke Furakiake Rice 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 & Yogurt 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 | Tuscan White Bean Soup Beef Stew Roast Pork Loin w/ Orange Cranberry Glaze Herbed Noodles w/ Garlic Butter Roasted Red Potatoes Steamed Mixed Vegetables Roasted Brussels Sprouts Foccoccia Salad Bar / Fresh Fruit Salad Dessert Bar | 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 & Yogurt 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 Seared Salmon Fillet w/ Lemon Buerre Blanc Smothered Pork Chops Saffron Orzo Mashed Red Potatoes Roasted Asparagus Steamed Fall Vegetable Meadly Cornbread Salad Bar / Fresh Fruit Salad Dessert Bar | 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 & Yogurt Parfait Eggs & Omelets to Order Buttermilk Pancakes Bacon & Sausage Breakfast Potatoes Breakfast Pastry/Coffee Cake Hard Boiled Eggs | 0700-0800 | Soup Du Jour Chicken Adobo Jasmin Rice Sauted Mixed Vegetables Diner Rolls Salad Bar / Fresh Fruit Salad Dessert Bar | 1115 -1230 | Deli Sandwiches & Wraps Made to Order Asst. Chips | |
| S U N D A Y | Fresh Fruit & Yogurt Parfait Eggs & Omelets to Order Golden Waffles Bacon & Sausage Breakfast Potatoes Breakfast Pastry/Coffee Cake Hard Boiled Eggs | 0700-0800 | Soup Du Jour Smothered Chicken Mashed Potatoes w/ Gravy Green Beans Cornbread Salad Bar / Fresh Fruit Salad Dessert Bar | 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.

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| Submitted By: Harold Solomon Dining Facility Sr. Project Manager | Reviewed By: Harold Solomon Dining Facility Sr. Project Manager | Approved By: CSC Sean Richmond COR |
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