The California Maritime Academy Dining Hall Menu

May 6th Through May9th, 2013

Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST FEATURES							
BREAKFAST	Scrambled Eggs Denver Scramble Cheese Blintz Ham Steaks Hash browns Oatmeal	Chorizo Scramble Scrambled Eggs Sausage Patty Strawberry Pancakes Country Potato Hash Cream of Wheat	Eggs Over Medium Scrambled Eggs S.O.S. (chipped beef) Biscuits Shredded Golden Hashbrown Grits	Scrambled Eggs Bacon French Toast&Fruit Compote Country Potato Hot Cereal Bar & Toppings	Scrambled Eggs Sausage, Mushroom & Cheese Scramble Corned Beef Hash Buttermilk Pancakes Hash Brown Patty Rice Porridge	***Brunch*** Omelets & Eggs to Order Scrambled Eggs Morning Pizza Golden Country Potato Bacon / Carved Ribeye Oatmeal	***Brunch*** Omelets & Eggs to Order Scrambled Eggs Egg Tomato Croissant Seasoned Potato Wedges Sausage Links / Carved Turkey Malt O Meal
	FRUIT SMOOTHE	OMELET STATION	PARFAIT	OMELET STATION	FRUIT SMOOTHE	MARKET CARVERY	
	Daily Selections: Assorted Breakfast Pastries, Muffins, Breads & Bagels, Fresh Fruit, Flavored Syrups, Flavored Yogurts, Fruit Juices, Daily Build-Your-Own Waffles, Assorted Hot & Cold Cereals						
LUNCH FEATURES							
TERRAVE VEGAN	Hummus Wrap	Creamy Polenta & Roasted Vegetables	Vegetable Curry	Tofu Almondine	Mushroom Fajita	DELI SELECTION Assorted Bread, Assorted Deli meats, Roasted Vegetables and salads.	DELI SELECTION Assorted Bread, Assorted Deli meats, Roasted Vegetables and salads.
LUNCH	Fish & Chips Beef Stew Steamed Rice Coleslaw	Meatloaf Baked Chicken Mashed Potato Rice Pilaf Peas	Beef Stir Fry Shrimp Scampi Fettucini Parmesan & Parsley Coined Carrots	Rosemary Chicken Tuna Noodle Casserole Roasted Potato Brussel Sprouts	Chicken Fajita Beef Fajita Spanish Rice Frijoles Corn		
	Bacon Double Cheddar Cheese Burger, French Fries	Grilled Cheese, Sweet Potato Fries	Turkey Sandwich Cole Slaw Garden Burger	Grilled Hot Links & Fries	Sourdough Melt & Sweet Potato Fries		
Origins	**Flatbread Bar** Olive Tapenade, Hummus, Babaganoush, Red Pepper Cream Spread. Flatbread and Seasoned Pita or Naan.	**Noodle Soups** Beef Pho, Chicken Pho, Cilantro, Basil, Sprouts, Carrots, Onions, Chef's Choice Noodles(2)	**Curry Bar** Green Chicken Curry, Tofu Vegetable Curry, Jasmine Rice, Thai Iced Tea	**Pasta Bar** Marinara Sauce, Meat Sauce, Light Alfredo, Linguini, Ziti pasta, Breadsticks, Parmesan Cheese	**Nacho Bar** Tortilla Chips, Nacho Cheese, Jalapeno, Olives, Salsa, Sour Cream		
DAILY FEATURES (AVAILABLE LUNCH THROUGH DINNER)							
	Pizza Supreme, Cheese Pizza	Sausage & Mushroom, Vegetarian Deluxe	Meat Lovers Delight, Roasted Veggies	Ground Beef Pizza, Thai Basil Pizza	Thin Crust Antipasto Pizza, Personal Pizzas	Pepperoni & Cheese	The Works, Artichoke, Fennel and Pesto
	A bountiful garden buffet of Fresh Lettuce and Greens, Seasonal Vegetables & Fruits, with a selection of condiments, toppings and dressings.						
	Deli Bar Turkey, Ham, Salami, Roast Beef, Lettuce, Tomato, Pickles. PULLED PORK SANDWICH SPECIAL	***Deli Bar*** Turkey, Ham, Salami, Roast Beef, Lettuce, Tomato, Pickles. BUFFALO CHICKEN MELT	***Deli Bar*** Turkey, Ham, Salami, Roast Beef, Lettuce, Tomato, Pickles. Grilled Chicken Breast	***Deli Bar*** Turkey, Ham, Salami, Roast Beef, Lettuce, Tomato, Pickles. BBQ Chicken Sandwich	***Deli Bar*** Turkey, Ham, Salami, Roast Beef, Lettuce, Tomato, Pickles. SHRIMP SALAD SANDWICH	**Crepe Blintz Bar & Waffle Bar Combo** Create your own Crepe or Blintz with a selection of fillings. Top your own Waffle!	**Frozen Yogurt Topping Bar** Fried Rice, Cured Island Pork Tocino, Corned Beef Hash. Waffle Bar also Available.
	Shrimp Caesar	***Classic Coleslaw***	***Chef Salad***	***Classic Caesar***	***Deviled Egg Salad***	***Fruit Salad***	***Tex Mex Salad***
	Beef Noodle Soup, Tomato Soup	**Vegetable Rice Soup, Chicken Soup with Rice**	**Malugatani Soup, Hot and Sour Soup**	**Beef Vegetable with noodles, Butternut Squash andArugela Soup**	**Minestrone Vegetable Soup, Tomato Bisque Soup**	**Chicken Soup, Vegetable Soup**	**Chicken Won Ton, Cream of Spinach Soup.**
BAKERY (AVAILABLE LUNCH THROUGH DINNER)							
	A generous assortment of fresh baked features including cookies, brownies, cakes, pies and cobblers. Specialties including pudding cups, mousse parfaits, and cheesecake with toppings. In addition, a selection of cool, refreshing frozen yogurt is always available.						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DINNER FEATURES							
TERRAVE	Brown Rice & Morning Star Saute	Wild Mushroom Taco	Pepper & Portabello Napolean	Stuffed Peppers	Fresh Lumpia Wrap	Quinoa and Roasted Yellow and Green Zucchini	Tamale Pie
	Chicken Tetrazinni Carved Roast Beef Scalloped Potato Rice Pilaf Mixed Gourmet Vegetables	Salisbury Steak Catfish and Mango Relish Roasted Yukon Gold Spinach	Braised Casino Roll Rice Medley Fresh Baked Dinner Rolls Deep Fried Trout California Blend Vegetables	Roasted Turkey Carved Ham Roasted Sweet Potato Mash Potato and Dressing Cranberry, Gravy Green Bean Casserole	Adobo Chicken Pork Lechon Pansit Steamed Rice Papaya Relish	Ribeye Steak Pan Seared Salmon Roasted Yukon Potato Orzo Pilaf Asparagus Dinner Rolls	Pork Roast Pan Seared Salmon Penne Pasta Creamy Polenta Tri Blend Vegetables
	Turkey Swiss Croissant, Hamburger, Tofu Wrap, Battered Fries , Houuse Seasoned Chips	Grilled Hot Links, Tuna Melt, Grilled Cheese, French Fries	Meatloaf Sandwich, Hot Dogs, Veggie Burger , French Fries, Onion rings	Sour Dough Patty Melt, Grilled Malibu Chicken Sandwich, Tofu Sandwich, Steak Fries, Zuccini Sticks	BLT, Philly Cheese Steak, Roasted Veggie Wrap, Potato Chips, Shoe String Fries	Cheese Quesadilla, Hamburgers, Veggie Burger, Onion Rings, French Fries	Turkey Burgers, Hamburger, Veggie Wrap, Fries, Zucchini Sticks
Origins	***Irish***	***Mexico***	***Napa Style***	***Americana***	***Eastern European***	***Seafood International***	***Italy***
	Pub Fish Stew, Shephard's Pie, Soda Bread, Corned Beef, Cabbage, Mustard	Super Burrito Bar, Carne Asada, Carnitas, Pollo Asado,Beans and Rice, Salsa Verde, Sour Cream and Guacamole	Cranberry Sage Chicken, Fingerling Potatoes, Baby Green Wilted Salad, Roasted Kabocha Squash	Assorted Pies, Apple, Pumpkin, Pecan, Cherry Pie & Fresh Whipped Cream.	Russian Salad,Beef Stroganoff, Hungarian Goulash, Egg Noodles	Fish and Chips, Calamari, Pop Corn Shrimp, Seaweed Salad.	Meat Lasagna, Vegetable Lasagna, Foccacia Bread, Marinara Sauce

Allergens Legend

Peanuts	Tree Nuts	Fish	Shellfish	Eggs	Soy	Wheat	Milk

***Menu items subject to change for any reason at anytime.

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Cycle 4 Chef Sam Bagos Spring 2013