The California Maritime Academy Dining Hall Menu

Happy Valentine's Day

February 11th Through the 17th, 2013

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST FEATURES							
BREAKFAST	Scrambled Eggs Cheesey Scramble Pancakes Sausage Links Hash browns Cream of Wheat	Denver Scramble Scrambled Eggs Apple Smoked Bacon Chocolate Chip Pancakes Country Potato Oatmeal	Eggs Over Medium Scrambled Eggs S.O.S. (chipped beef) Biscuits Shredded Golden Hashbrown Grits	Breakfast Burrito Scramble Scrambled Eggs Chorizo Tortilla, Salsa, Guacamole Tator Tots Hacienda Beans	Scrambled Eggs Italian Scramble Sausage Patty French Toast & Fruit Compote Hash Brown Patty Malt O Meal	*Brunch* Omelets & Eggs to Order Scrambled Eggs Ham & Cheese Scramble Golden Country Potato Bacon / Carved Roast Beef Oatmeal	*Brunch* Omelets & Eggs to Order Scrambled Eggs Florentine Scramble Baked Red Quarter Potatoes Sausage Links / Carved Ham Rice Porridge
	FRUIT SMOOTHIE	OMELET STATION	PARFAIT	OMELET STATION	FRUIT SMOOTHIE	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	Vegetable Soup & Bulgar Salad	Veggie Wrap & Quinoa Salad	Curry Lentil and Flat Bread	Bean & Bean Burrito, Guacamole & Salsa Fresca	Vegetable Stew & Ciabatta Bread	DELI SELECTION Assorted Bread, Assorted Deli meats, Roasted Vegetables and salads.	DELI SELECTION Assorted Bread, Assorted Deli meats, Roasted Vegetables and salads.
LUNCH	Chicken Fried Fritters Mushrooms & Onions Potato Au Gratin Fried Rice General Tsu Chicken Capri Vegetables	Sausage and Shrimp Jambalaya Fried Chicken Greens Dirty Rice Corn	Sandwich Special French Dip Macaroni And Cheese Seafood Sautee w/ Orzo Roasted Vegetables	Grilled Salmon Braised Beef garlic mash Veggie Frittata Brocollini	Beef Stew Steamed Rice Shrimp Scampi Buttered Pasta Glazed Carrots	WEEKEND EVENTS SATURDAY	
GRILL	Catfish Poboy & Fries	Grilled Chicken Breast Sammie & Criss cut Fries	Pork Riblet Sandwich Cole Slaw Garden Burger	Cheese Burger & Fries	BBQ Beef Sanwich & Onion Rings		
SPECIAL	Nachos Nacho Cheese, Chips & Toppings	Specialty Soups & Salads Gumbo, Chili, Ham and Black Eyed Peas.	Wings Wings 3 assorted styles, ranch, carrots and celery.	Antipasto Bar Roasted Vegetables, Picnic Style Italian Pasta in two styles.	Saimin Bar Saimin Noodles, Boiling Broth, Vegetalbes and selection of meats and Sauce	SUNDAY GO OUT AND ENJOY	
DAILY FEATURES (AVAILABLE LUNCH THROUGH DINNER)							
PIZZA	Pepperoni and Cheese, Florentine	Pesto Chicken, Mariana	Meat Lovers Delight, Roasted Veggies	Classic Italiano, Three Cheese	Chef's Special, Vegetarian Pizza	Combo Supreme, Artichoke Pizza	Hawaiian, BBQ Chicken, Classic Cheese

SALAD BAR	A BOUNTIFUL GARDEN BUFFET OF FRESH LETTUCE AND GREENS, SEASONAL VEGETABLES & FRUITS, WITH A SELECTION OF CONDIMENTS, TOPPINGS AND DRESSINGS.					WEEKEND BRUNCH SPECIALS	
DELI	Deli Bar	Deli Bar	Deli Bar	Deli Bar	Deli Bar		
	Turkey, Ham, Salami, Roast Beef, Lettuce, Tomato, Pickles. HOT BBQ BEEF SANDWICH SPECIAL	Turkey, Ham, Salami, Roast Beef, Lettuce, Tomato, Pickles. HOT BUFFALO CHICKEN MELT HOAGIE	Turkey, Ham, Salami, Roast Beef, Lettuce, Tomato, Pickles. VIETNAMESE STYLE SANDWICH IN BAGUETTE	Turkey, Ham, Salami, Roast Beef, Lettuce, Tomato, Pickles. ITALIAN MEATBALL POORBOY	Turkey, Ham, Salami, Roast Beef, Lettuce, Tomato, Pickles. CRAB SALAD SANDWICH	Parfait Bar & Waffle Bar Combo Create your own parfait with a selection of yogurts & toppings. Top your own Waffle!	Fruitopia! Create your own Fruit Bowl with a selection of fresh fruits, jello, yogurts & toppings. Waffle Bar also Available.
SALAD SPECIAL	*Quinoa Salad*	*Cous Cous Salad*	*Farfalle Salad*	*Asparagus Salad*	*Hawaiian Mac Salad*	*Ambrosia*	*Penne Pasta Salad*
SOUP OF THE DAY	Vegetarian Navy Bean Soup, Beef Barley Soup	Vegetarian Minestrone Soup, Chicken Noodle Soup.	Egg Flower Soup, Split Pea Soup with Ham	Tomato Soup, Shrimp and Sausage Gumbo	New England Clam Chowder, Vegetable Soup	Wedding Soup, Vegetarian Tortilla Soup	Italian Garden with Sausage, Vegetable Curry Soup
BAKER'S CRUST THE BAKERY	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 VEGAN	Antipasto Vegetables	BBQ Tofu Wrap	Asian Spring Roll	Happy Valentine's Day	Morning Star Stir Fry	Basmati Rice and Vegetable Curry with Tofu	Nacho Chips, Housemade Guacamole & Salsa
DINNER	Yankee Pot Roast Fluffy Rice Herb Baked Chicken Mac and Cheese Vegetables	Pork Chops Blackened Catfish Rice Pilaf Apple Sauce Mix Vegetable	Turkey Pot Pie Corned Beef Red Potato Carrots & Cabbage Gourmet Bread & Butter	Grilled Chicken Breast Steak Night Rice Pilaf Asparagus Lasagna (V) Crème Brulee	Roasted Chicken Butter Lemon Pepper Cod Au Gratin Potatoes Rice Pilaf Steamed Carrots	BBQ Chicken Roast Beef Mashed Potato Gravy Carrots	Honey Mustard Pork Loin Beef Stew Steamed Potatoes Cob Corn Rice Medley
GRILL	Fish Patty Sandwich, Hamburger, Tofu Wrap, Battered Fries , Steak Fries	Grilled Cheese, Polish Dog, Bacon Burger ,Onion Rings and Battered Fries	Hot BBQ Beef, Corn Dogs, Turkey Burger , French Fries, Onion rings	Sour Dough Patty Melt, Grilled Chicken Sandwich, Tofu Sandwich, Steak Fries, Zuccini Sticks	Bacon Swiss Burger, Hot Dog, Roasted Veggie Wrap, Potato Chips, Shoe String Fries	Hot Meatball Sub, Chicken Patty, Veggie Burger, Battered Wedge, French Fries	BBQ Chicken Sandwich, Hamburger, Corn Dogs, Fries, Onion Rings
EAT DIVERSITY SPECIAL	*Taco Bar*	*Mediteranean Flavor*	*South Pacific Style*	*Southern Creole*	*Italian*	*South East Asia*	*Hispanic*
	Cruchy Shells, Meat Filling, Assorted Topping.	Gyro, Hummus, Babaganoush, flat breads	Kalua Pork Bar, Sticky Rice, Seaweed Salad, Kim Chi and Korean Nori for the Wraps! Pineapple Mac	Dirty Rice, Chicken Sausage Gumbo, Vegetarian Okra, Popcorn Shrimp.	Assorted Pastas, Sauces, Toppings and Sides. Minestrone Soup and Italian Salad Tossed to Order	Curry Chicken, Vegetariian Sides, Raita Yogurt. Basmati Rice, Samosas, Chutney	Tamales & Burritos with assorted Side

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

Chartwells Eat · Learn · Live

Cycle 1 Chef Sam Bagos Spring 2013