The California Maritime Academy Dining Hall Menu

April 1st through April 7th, 2013

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST FEATURES							
BREAKFAST	Scrambled Eggs Cheese & Bacon Scramble French Toast/Berry Compote Sausage Patty Hash browns Cream of Wheat	Three Cheese Scramble Scrambled Eggs Sunrise Breakfast Sandwich Logger Jack Pancakes Country Potato Oatmeal	Eggs Over Medium Scrambled Eggs S.O.S. (chipped beef) Biscuits Shredded Golden Hashbrown Grits	Scrambled Eggs Italian Scramble Sausage Patty French Toast & Fruit Compote Hash Brown Patty Malt O Meal	Breakfast Burrito Scramble Scrambled Eggs Chorizo Tortilla, Salsa, Guacamole Tator Tots Hacienda Beans	*Brunch* Omelets & Eggs to Order Scrambled Eggs Ham & Cheese Scramble Roasted Red Potato Bacon / Carved Ham Oatmeal	*Brunch* Omelets & Eggs to Order Scrambled Eggs Kitchen Sink Scramble Golden Chrisp Country Hash Sausage Links / Carved Roast Beef 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	Roasted Eggplant & Marinara	Vegetable Stew & Crackers	Coconut Savory Squash & Potato Curry With Naan	Boca Burger	Grilled Polenta & Roasted Vegetables	DELI SELECTION Assorted Bread, Assorted Deli meats, Roasted Vegetables and salads.	DELI SELECTION Assorted Bread, Assorted Deli meats, Roasted Vegetables and salads.
LUNCH	Bolognase Sauce Spaghetti Pasta Light Creamy Alfredo Italian Chicken Saute Italian Blend Vegetables	Chicken Caciatore Breast Orzo Pasta Beef Brocolli Sticky Rice Crinkle Cut Carrots	Breaded Pork Chops Baked Cod Filet Potato Au Gratin Rice Pilaf Green Beans	Sweet & Sour Chicken Beef Bistek Steamed White Rice Chow Mein Noodles Vegetable Stir Fry	Beef Curry Steamed Basmati Rice Pakoras Baked Chicken Brocolli	WEEKEND EVENTS SATURDAY	
GRILL	Deluxe Turkey Burger & House Seasoned Potato Chips	Pork Riblet Sandwich & Fries	Apple Sausage & Peppers, Sweet Potato Waffle Fries	Grilled Hamburgers, Steak Fries	BBQ Beef Sanwich & Onion Rings		
SPECIAL	Air Force Bar Buffalo Wings, Vietnamese Wings, BBQ Wings, Celery & Carrot Sticks with Ranch Dressing	Tostada Bowl Bar Taco Meat, Shredded Lettuce, Olives, Jalapenos, Fresh House Made Salsa, Guacamole, Sour Cream & Cheese	Loco Moco Sticky Rice, Salisbury Steak, Paniolo Brown Gravy, Egg Over Medium, Mac Salad	Tortellini Pasta Bar Tortelini in your Soup, Tortallini Pasta Toss, Tortallini in your Salad	Noodle Stir Fry Mongolian Style Stir Fry and Noodles. Asian Egg Noodles, Shaved Beef, Chicken, Bamboo Shoots, Carrots, Water Chestnuts, Baby Corn & Stir Fry Sauce. Green Onions & Fortune Cookie	SUNDAY	
DAILY FEATURES (AVAILABLE LUNCH THROUGH DINNER)							
PIZZA	Garden Pizza, Cheese Pizza	Pepperoni & Cheese, Classic Cheese	Combination Supreme, Caprese Thin Crust Pizza	Chef's Choice, Three Cheese	Hawaiian Pizza, Vegetarian Pizza	Combo Supreme, Artichoke Pizza	Meat Lover's Pizza, Mariana Classico
SALAD BAR	*A BOUNTIFUL GARDEN BUFFET OF FRESH LETTUCE AND GREENS, SEASONAL VEGETABLES & FRUITS, WITH A SELECTION OF CONDIMENTS, TOPPINGS AND DRESSINGS.*						
DELI	*Deli Bar* Turkey, Ham, Salami, Roast Beef, Lettuce, Tomato, Pickles. PHILLY CHICKEN CHEESESTEAK SANDWICH	*Deli Bar* Turkey, Ham, Salami, Roast Beef, Lettuce, Tomato, Pickles. HOT BUFFALO CHICKEN MELT HOAGIE	*Deli Bar* Turkey, Ham, Salami, Roast Beef, Lettuce, Tomato, Pickles. VIETNAMESE STYLE CHICKEN SANDWICH IN BAGUETTE	*Deli Bar* Turkey, Ham, Salami, Roast Beef, Lettuce, Tomato, Pickles. PULLED PORK SANDWICH	*Deli Bar* Turkey, Ham, Salami, Roast Beef, Lettuce, Tomato, Pickles. Meatball Sandwich.	WEEKEND BRUNCH SPECIALS Fried Chicken and Waffles Fried Chicken, Drop Biscuits, Mashed Potato & Gravy, Kernal Corn, Waffles and Syrup	Crepes Bar Create your own filled Crepes with a selection of fresh fruits fillings & toppings. Waffle Bar also Available.
SALAD SPECIAL	*Italian Pasta Salad*	*Seafood Louie*	*Hawaiian Mac Salad*	*Chicken Caesar*	*Cobb Salad*	*Ambrosia*	*Chicken Salad*
SOUP OF THE DAY	Creamy Potato Soup, Chicken Noodle Soup	Vegetable Soup, Thai Coconut Seafood Soup	Beef Noodle Soup, Butternut Squash Soup	Tomato Soup, Chicken and Sausage Gumbo	Fisherman's Stew, Vegetable Soup	Country Chicken dumpling Soup, Vegetarian Tortilla Soup	Hearty Beef Vegetable, Vegetable Curry Soup
BAKERY (AVAILABLE LUNCH THROUGH DINNER)							
BAKER'S CRUST THE BAKERY	*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	Vegetarian Burrito	Babaganoush & Dahl Wrap	Warm Couscous Almond and Cranberry Salad	Hummus and Babaganoush with Flat Bread	Vegetable Goulash	Korean TofuVegetable Lettuce Wrap	Vegetarian Paella
DINNER	Chicken Fajitas Beef Fajitas Frijoles Spanish Rice Corn	Roast Beef & Gravy Blackened Cat Fish Roasted Red Potatoes Dirty Rice Peas & Carrots	Ravioli & Marinara Green Bean Casserole Kalua Pork Carrots & Cabbage Steamed Calrose Rice	BBQ Chicken Grilled Flank Steak Warm Potato Salad Mac & Cheese Salsa Fresca	Roasted Pork Loin Chicken Cordon Bleu Scalloped Potato Pesto Parsley Spaghetti Capri Vegetables	Korean Short Ribs Spicy Pork Sticky Rice Jap Chae Steamed Carrots Kimchi	Beef Burgandy Tomato Lemon Cod Garlic Mashed Potatoes Rice Pilaf Mixed Vegetables
GRILL	Grilled Open Face Salmon Sandwich, Double BBQ Bacon Cheese Burger, Grilled Peanut Butter Jelly, Sweet Potato Fries	Pizza Po Boy, Hot Turkey Cranberry and Brie Sandwich, Turkey Burger	Bacon Swiss Burger, Hot Dog, Roasted Veggie Wrap, Potato Chips, Shoe String Fries	Hot BBQ Beef, Corn Dogs, Turkey Burger , French Fries, Onion rings	Pepperjack Cheese Burger, Grilled Vegetable Wrap, Cat Fish Po Boy, French Fries	Italian Meatball Sub, Chicken Patty, Veggie Burger, Battered Wedge, French Fries	Grilled Chicken Sandwich, Hamburger, Corn Dogs, Fries, Onion Rings
EAT DIVERSITY SPECIAL	*Asia* Pho Bar, Chicken Pho, Beef Stew Pho, Fresh Cilantro, Basil, Sprouts, Rice Noodle & Egg Noodle	*International* Fish & Chips, Calamari, Butterfly Shrimp, Tarter Sauce & Cocktail Sauce	*South East Asia* Tandoori Chicken, Basmati Rice, Curry Vegetables, Naan,	*European* Pork Stroganoff, Ratatoulli, Parisian Bread, Egg Noodles, Aubergine Gratin	*Midwest* Baked Potato Bar, Classic Baked Potato, Bacon Bits, Chives, Sour Cream Butter, Ground Brocoli, Cheese, Taco Meat.	*MexiCali* Fish Tacos, Wet Burrito, Fresh Chips, Salsa, Guacamole	*Black Heritage* Jamaican Black Bean Stew, Fried Green Plantain, Original "GUMBO", Broiled Fish & Sweet Potato

Allergens Legend

Peanuts	Tree Nuts	Fish	Shellfish	Eggs	Soy	Wheat	Milk

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

Chartwells Eat Learn Live

Cycle 3 Chef Sam Bagos Spring 2013