The California Maritime Academy Dining Hall Menu

October 1 through October 7th, 2012

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST FEATURES							
BREAKFAST	Scrambled Eggs Denver Scramble Bellinis Ham Steaks Hash browns Oatmeal	Country Scramble Scrambled Eggs Sausage Patty Blue Berry Pancakes Tator Tots 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 Mushroom & Cheese Scramble Corned Beef Hash Buttermilk Pancakes Hash Brown Patty Malt O Meal	*Brunch* Omelets & Eggs to Order Scrambled Eggs Eggs Benedict Golden Country Potato Bacon / Carved Ribeye Oatmeal	*Brunch* Omelets & Eggs to Order Scrambled Eggs Ham and Cheese Scramble Seasoned Potato Wedges Sausage Links / Carved Turkey Rice Porridge
		OMELET STATION		OMELET STATION		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	Veggie Wrap	Ciabatta Boca Burger	Couscous Melon Open Face Sandwich	Tex Mex Meatless Taco Salad	Antipasto & Crostini	DELI SELECTION Assorted Bread, Assorted Deli meats, Roasted Vegetables and salads.	DELI SELECTION Assorted Bread, Assorted Deli meats, Roasted Vegetables and salads.
LUNCH	Sloppy Joe Mac & Cheese Blackened Catfish Beans & Rice Roasted Squash	Tilapia Rose Tomato & Butter Drunken Chicken Potato Au Gratin Orzo Pasta Glazed Baby Carrots	Chicken Stir Fry Wild Mushroom Ravioli Garlic Bread Steamed Yukon Potato with Chimichuri	Chicken Breast and Capers Thin Sliced Pork Loin Brown Rice Linguine Tri Blend Vegetables	Taco Meat Soft and Hard Taco Shells Taco Toppings Bean and Cheese Burrito Cassersole Black Beans, Spanish Rice , Kernal Corn	WEEKEND EVENTS SATURDAY	
GRILL	BBQ Bacon Cheese Burger, Onion Rings and Fries	Grilled Ham & Cheese, Sweet Potato Fries	Turkey Sandwich Cole Slaw Garden Burger	Grilled Hot Links & Fries	Sourdough Melt & Sweet Potato Fries		
Origins SPECIAL	California Roll Seasoned Rice, Nori, Crab Salad, Cucumbers, Carrots, Avocado, Wasabi, Ginger & Soy Sauce	Finger Foods Crudite & Dip, Zuchinni & Mozzerella Cheese Sticks, Pepper Poppers and Dip.	Curry Bar Chicken Curry, Tofu Vegetable Curry, Jasmine Rice, Thai Iced Tea	Fresh Bread & Spreads Fresh Breads & Spreads, Mom's Fresh Baked Choice of Breads (3) and Chef's Spread Creation (3)	Tex Mex Whole Cob Corn, Mayo, Lime and Cheese, Whoel Hearty Beef Chili, Drop Biscuits & Jalapeno Cornbread	SUNDAY	
DAILY FEATURES (AVAILABLE LUNCH THROUGH DINNER)							
PIZZA	The Works, Three Cheese	Classic Pepperoni & Cheese, The Vegetarian Special	Meat Lovers Delight, Roasted Veggies	Classic Italian Combo, Three Cheese	Pesto Chicken Pizza, Thin Crust Veggie	Pepperoni & Cheese	Sausage, Mushroom, Olives & 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. PULLED PORK SANDWICH SPECIAL	Turkey, Ham, Salami, Roast Beef, Lettuce, Tomato, Pickles. RANCH CHICKEN SALAD MELT	Turkey, Ham, Salami, Roast Beef, Lettuce, Tomato, Pickles. KOREAN PORK LETTUCE WRAP	Turkey, Ham, Salami, Roast Beef, Lettuce, Tomato, Pickles. BBQ Chicken Sandwich	Turkey, Ham, Salami, Roast Beef, Lettuce, Tomato, Pickles. SHRIMP SALAD SANDWICH	Smoothie Bar & Waffle Bar Combo Create your own smoothie with a selection of yogurts & fruits. Top your own Waffle!	Island Style Fried Rice, Cured Island Pork Tocino, Corned Beef Hash. Waffle Bar also Available.
SALAD SPECIAL	*Haricot Salad*	*Apple Raisin Coleslaw*	*Couscous Salad*	*Quinoa Salad*	*Confetti Gelatin Fruit Salad*	*Potato Salad*	*Bulgar Salad*
SOUP OF THE DAY	Cream of Mushroom Soup, Beef Vegetable Soup	Vegetable Curry Soup, Chili Con Carne	Vegetable Soup, Hot and Sour Soup	Minestrone Vegetable Soup, Tomato Bisque Soup	Potato Corn Chowder, Albonidgas Soup	Chicken Soup, Vegetable Soup	Manhattan Clam Chowder, Cream of Brocolli 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	Teriyaki Tofu	Hummus & Roasted Eggplant Wrap	Asian Lettuce Wrap	Roasted Squash & Almond Sandwich	Roasted Savory Squash	Thai Rice Noodles with Tofu	Spicey Hummus, Roasted Vegetables and Flatbread
DINNER	Baked Chicken Bistek Steamed Rice Beans Broccoli & Cauliflower	Hearty Beef Stew Pan Fried Trout Rice Pilaf Dinner Rolls Mix Vegetables	Roast Beef Chicken Pot Pie Mashed Potato Beef Gravy California Blend Vegetables	Pork Chops Apple Sauce Scalloped Potatoes Chicken Marsala Normandy Blend Vegetables	Roasted Turkey Carved Ham Roasted Sweet Potato Mash Potato and Dressing Cranberry, Gravy Green Bean Casserole	BBQ PORK RIBS Meat Lasagna Baked Beans, Cornbread Peas Cheese Bread Sticks	Chicken Fried Steak Salt and Pepper Wings Red Mashed Potato Country Gravy Rice Medley
GRILL	Turkey Swiss Croissant, Hamburger, Battered Fries , House Seasoned Chips	Deluxe Beef Hot Dog, Double Bacon Cheese Burger and Battered Fries	Hot BBQ Beef, Hot Dogs, Turkey Burger , French Fries	Sour Dough Patty Melt, Grilled Malibu Chicken Sandwich, Tofu Sandwich, Steak Fries	BLT, Philly Cheese Steak, Roasted Veggie Wrap, Potato Chips	Cheese Quesadilla, Hamburgers, Veggie Burger, Onion Ring	Turkey Burgers, Hamburger, Fries, Zucchini Sticks
EAT DIVERSITY SPECIAL	*Italian*	*Mexican*	*Out to the Movies*	*Hawaii*	*Eastern European*	*Asia*	*Americana*
	Penne Pasta, Linguine, Hearty Vegetable Ragu, Light Creamy Alfredo, Meatballs, Bread Sticks.	Tamale Selection, Refried Beans, Rice, Sour Cream & Salsa	Hot Nachos, Foil Wrapped Hot Dogs, Licorice, Milk Duds & Dibs	Sam Choy's Style Fried Rice, Calamari, Poke Salad, Seaweed Salad, Mac Salad, Haupia	Beef Goulash, Warm Potato Salad, Beet Salad, Salt & Pepper Pollack.	Thai Rice Noodles with Tofu, Potstickers, Steamed Pork Buns & Eggrolls. Selection of Dips and Sauces.	Chili Dogs, Chili Fries & Onion Rings, Shredded Cheese .

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

Chartwells Eat·Learn·Live

Cycle 2 Chef Sam Bagos 2012-2013