

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
W-3 LUNCH MENU	W-3 LUNCH MENU	W-3 LUNCH MENU	W-3 LUNCH MENU	W-3 LUNCH MENU	W-3 LUNCH MENU	W-3 LUNCH MENU
MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE
Blackened Catfish L-337-00	Chicken and Gravy L-149-00	Yankee Pot Roast L-010-02	Italian Stuffed Peppers Turkey L-040-02	Cajun Salmon L-322-00	Pollock w/ Herb Sauce L-119-66	Shepherd's Pie Turkey L-809-52
Grilled Strip Loin Steak L-007-51	Teriyaki Glazed Salmon L-319-01	Mexican Baked Chicken L-143-01	Baked Salmon L-137-02	Sweet and Sour Spareribs L-094-50	Beef Enchiladas L-063-01	Sukiyaki-Style Beef Stir Fry L-006-00
VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE
Plant Based Nuggets (RTU)	Potato Frittata F-300-02	Cheese Tortellini (RTU)	Southwestern Quinoa Casserole E-301-00	Vegetable Yakisoba	Teriyaki Tofu T-310-00	Spinach Frittata F-300-04
GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES
Natural Pan Gravy	Marinara Sauce - (RTU)	Chicken Gravy	Tomato Gravy		Salsa Verde - (RTU)	
VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES
Sauteed Green Beans	Japanese Vegetable Stir Fry	Seasoned Cauliflower	Mixed Vegetables	Roasted Carrots	Broccoli Au Gratin	Roasted Brussels Sprouts
Citrus Beets	Seasoned Lima Beans	Ginger Glazed Carrots	Sauteed Cabbage	Roasted Green Peas	Calico Corn	Sauteed Carrots
Grilled Mushrooms Onions	Caribbean Black Beans Q-301-00		Hacienda Corn and Black Beans Q-080-00			
STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES
Parmesan Garlic Orzo	Jasmine Rice	O'Brien Potatoes	Orzo w/ Lemon and Herbs	Oven Glo Potatoes	Brown Rice w/ Tomato	Ginger Seasoned Rice
Baked Potato Halves	Paprika Buttered Potatoes	Cheesy Brown Rice and Broccoli E-321-03	Roasted Sweet Potato	Sicilian Brown Rice E-015-00	Rosemary Roasted Potato	Buttered Egg Noodles E-012-50
BREADS	BREADS	BREADS	BREADS	BREADS	BREADS	BREADS
Dinner Rolls	Garlic Bread Sticks	Dinner Rolls	Country Style Biscuits	Dinner Rolls	Dinner Rolls	Dinner Rolls
				Jalapeno Cornbread		
SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS
Roasted Carrot Soup	Beef and Rice Soup	Tomato Basil Soup - (RTU)	Curried Vegetable Soup	Turkey Vegetable Soup	White Chicken Chili w/ Bean - (RTU)	Chickpea Tortilla Soup
SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR
	Pasta Monday	Taco Tuesday	Wings Wednesday	Gyro Thursday	Sandwich Friday	
GREEN	The menu offerings and food items are labeled green (eat often) based on the impact the food can have on a Soldier’s performance.					
YELLOW	The menu offerings and food items are labeled amber (eat occasionally) based on the impact the food can have on a Soldier’s performance.					
RED	The menu offerings and food items are labeled red (eat rarely) based on the impact the food can have on a Soldier’s performance.					
G4G 2.0 color-code assignment of foods and beverages is based on the following criteria: <i>saturated fats, fiber, sugar, processing, and total fat</i> . No one criterion (fat, sugar, fiber, etc.) determines the color code						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
W-3 DINNER MENU	W-3 DINNER MENU	W-3 DINNER MENU	W-3 DINNER MENU	W-3 DINNER MENU	W-3 DINNER MENU	W-3 DINNER MENU
MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE
Chicken Cordon Bleu L-839-00	Glazed Meatloaf L-035-50	Beef Pot Pie L-021-00	Roast Jerked Turkey L-844-00	Chicken Tikka Masala L-346-01	Mojo Grilled Pork Chop L-389-01	Grilled Hot Italian Sausage L-311-05
Swedish Meatballs L-041-52	Chicken Scampi L-391-00	Baked Cod w/ Garlic Butter L-119-01	Teriyaki Beef Strips L-008-52	Greek Beef L-411-01	Mustard Dill Cod L-119-05	Asian Barbecue Turkey L-217-00
VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE
Tofu Bolognese O-314-04	Italian Broccoli Pasta T-189-01	Cheese Manicotti (RTU)	Vegetable Curry w/ Brown Rice T-203-00	Cheese Ravioli (RTU)	Mushroom Spinach Frittata F-300-06	Vegetarian Pizza (RTU)
GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES
Chicken Gravy	Tomato Gravy O-015-00	Creole Sauce	Jerk Sauce			
VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES
Seasoned Corn	Sauteed Garlic Spinach Q-121-50	Seasoned Greens Peas	Hot Spiced Beets	Sesame Glazed Green Beans	California Blend	Mexican Corn
Seasoned Broccoli	Cauliflower Au Gratin	Corn Combo	Roasted Asparagus	Ginger Glazed Carrots Q-017-01	Tangy Spinach	Seasoned Peas and Carrots
				Caribbean Black Beans Q-301-00		Sauteed Peppers and Onions
STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES
Islander's Rice	Spicy Brown Rice	Lyonnaisé Rice	Rosemary Roasted Potatoes	Jasmine Rice	Red Beans and Rice E-010-50	Cilantro Lime Rice
Buttered Egg Noodles E-012-50	Garlic Mashed Potatoes	Herbed Potatoes	Orange Rice Pilaf	Mashed Sweet Potatoes	Rissole Potatoes	Roasted Sweet Potatoes
BREADS	BREADS	BREADS	BREADS	BREADS	BREADS	BREADS
Toasted Parmesan Bread	Dinner Rolls	Dinner Rolls	Dinner Rolls	Country Style Biscuits	Dinner Rolls	French Rolls
				Garlic Breadsticks		Country Style Biscuits
SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS
Moroccan Lentil Soup - (RTU)	Chipotle Sweet Potato Soup - (RTU)	Minestrone Soup	Texas Tortilla Soup	French Onion Soup	Chicken Noodle Soup	Tomato and Rice Soup
SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR
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