

[illegible]

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
W-1 DINNER MENU	W-1 DINNER MENU	W-1 DINNER MENU	W-1 DINNER MENU	W-1 DINNER MENU	W-1 DINNER MENU	W-1 DINNER MENU
MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE
Teriyaki Beef Steak	Beef w/ Broccoli	Mexican Spiced Pork Chop	Savory Baked Chicken	Salmon Chili Lime Sauce	Caribbean Catfish	Shepherd's Pie Turkey
Baked Cod w/ Garlic Butter	Chicken Tikka Masala	Sukiyaki-Style Beef Stir Fry	Marinated Flank Steak	Buffalo Chicken MacCheese	Sweet and Sour Chicken	Mustard Dill Cod
VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE
Spinach Lasagna	Vegetable Curry	Mushroom Spinach Frittata	Teriyaki Tofu	SouthwestScrambledTofu	Plant Based Chili Macaroni	Cheese Tortellini
GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES
Teriyaki Sauce		Sweet Chili Sauce	Chimichuri Sauce	Cilantro Chili Lime Sauce	Creole Sauce	Dill Sauce
						Marinara Sauce
VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES
Seasoned Green Peas	Seasoned Broccoli	Seasoned Greens Peas	Hot Spiced Beets	Sesame Glazed Green Beans	California Blend	Steamed Corn
Corn Combo	Cauliflower Au Gratin	Mexican Corn	Sauteed Garlic Asparagus	Ginger Glazed Carrots	Sauteed Spinach	Sauteed Zucchini
Grilled Mushrooms & Onions			Grilled Mushroom Onions			
STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES
Steamed Brown Rice	Garlic Fried Rice	Cilantro Lime Rice	Oven Glo Potatoes	Red Beans and Rice	Sicilian Brown Rice	Jasmine Rice
Mashed Potatoes	Rosemary Roasted Potato	Buttered Egg Noodles	Islander's Rice	Roasted Potato Wedges	Scalloped Potatoes	Paprika Buttered Potatoes
			Caribbean Black Beans			
BREADS	BREADS	BREADS	BREADS	BREADS	BREADS	BREADS
Dinner Rolls	Country Style Biscuits	Dinner Rolls	Dinner Rolls	Dinner Rolls	Dinner Rolls	Country Style Biscuits
Toasted Parmesan Bread		Jalapeno Corn Bread	Country Style Biscuits			Toasted Parmesan Bread
SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS
Vegetable Rice Soup	White Chicken Chili Bean	Black Bean Soup	Moroccan Lentil Soup	Chipotle Sweet Potato Soup	Tomato Noodle Soup	Chicken Tortilla Soup
SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR
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						