

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
W-2 LUNCH MENU	W-2 LUNCH MENU	W-2 LUNCH MENU	W-2 LUNCH MENU	W-2 LUNCH MENU	W-2 LUNCH MENU	W-2 LUNCH MENU
MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE
Caribbean Beef Curry	Mexican Pepper Steak	Cod w/ Herb Sauce	Italian Sausage Hash Frittata	Grilled Strip Loin Steak	Chicken Adobo	Baked Chicken
BBQ Pork Ribs	Citrus Herb Chicken	Swiss Steaks TomatoSauce	Greek Lemon Chicken	Baked Salmon w/ Vinaigrette	Parmesan Cod	Spicy Italian Pork Chop
VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE
Black Bean w/Spinach Burrito	Tofu Curry	Pasta Primavera	Vegetable Curry	Cheese Manicotti	Vegetable Quesadilla	Potato Frittata
GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES
Salsa Verde	Mushroom Gravy	Herb Sauce	Creole Sauce	Creole Sauce	Salsa Verde	Chicken Gravy
				Pizza Sauce		
VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES
Sauteed Cabbage	Seasoned Green Beans	Sauteed Brussel Sprouts	Carrots and Celery Amandine	South of the Border Medley	Parmesan Cauliflower	Seasoned Corn
Sauteed Zucchini	Ginger Glazed Carrots	Hot Spiced Beets	Parmesan Spinach	Oven-Fried EggplantParmesan	Seasoned Carrots	Sauteed Collard Greens
				Grilled Mushrooms & Onions		Caribbean Black Beans
STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES
Jasmine Rice	Brown Rice	Mediterranean Orzo	Herbed Potatoes	Vegetable Fried Rice	Garlic Fried Rice	Spanish Rice
Baked Sweet Potatoes	Garlic Roasted Potatoes	Garlic Mashed Potatoes	Mexican Brown Rice	Hacienda Potatoes	Sweet Potatoes w/ Apples	Cajun Oven Fries
BREADS	BREADS	BREADS	BREADS	BREADS	BREADS	BREADS
Dinner Rolls	Dinner Rolls	Dinner Rolls	Dinner Rolls	Dinner Rolls	Country Style Biscuits	Country Style Biscuits
Jalapeno Cornbread						
SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS
Vegetable and Bean Chili	Clam Chowder	Zesty Bean Soup	Light Corn Chowder	Cream of Broccoli Soup	Chicken Gumbo	Chicken Noodle 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-2 DINNER MENU	W-2 DINNER MENU	W-2 DINNER MENU	W-2 DINNER MENU	W-2 DINNER MENU	W-2 DINNER MENU	W-2 DINNER MENU
MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE
Ginger Soy Catfish	Turkish Style Meatballs Beef	Pineapple Chicken	Pesto Topped Salmon	Ginger Pot Roast	Baked Tuna and Noodles	Cheesy Tamale Pie
Buffalo Chicken	Oven Fried Shrimp	Teriyaki Beef Strips	Lasagna (Beef)	Pollock w/ Garlic Butter	Pineapple-Marinate PorkChop	Pork Carnitas
VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE
Plant Based Nuggets	Spinach Frittata	Plant Based Chili Macaroni	Taco Spiced Tofu	Spaghetti Plant Based Meat	Italian Broccoli Pasta	Black BeanSweet Potato Burrito
GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES
BBQ Sauce		Pineapple Sauce	Pesto Sauce	Natural Pan Gravy		Salsa Verde
VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES
Collard Greens w/ White Beans	Mexican Corn	Creole Green Beans	Steamed Broccoli	Sauteed Garlic Spinach	Roasted Brussel Sprouts	Peas and Carrots
California Blend	Sauteed Cabbage	Ginger Glazed Carrots	Cream Style Corn	Parmesan Cauliflower	Corn on the Cobb	Steamed Broccoli
STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES
Lyonnais Brown Rice	Buttered Egg Noodles	Jasmine Rice	Parmesan Garlic Mashed Potato	Black Beans and Rice	Shrimp Fried Rice	Cilantro Lime Rice
Baked Macaroni and Cheese	Mexican Rice	Oven Brown Potatoes	Jamaican Rice w/ Peas	Baked Potato Halves	Roasted Potatoes	Roasted Vegetable Orzo
BREADS	BREADS	BREADS	BREADS	BREADS	BREADS	BREADS
Country Style Biscuits	Dinner Rolls	Country Style Biscuits	Dinner Rolls	Dinner Rolls	Dinner Rolls	Country Style Biscuits
			Toasted Parmesan Bread			Jalapeno Cornbread
SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS
Cheddar Broccoli Soup	Tomato and Rice Soup	Texas Tortilla Soup	Creole Soup w/ Brown Rice	French Onion Soup	Chicken Noodle Soup	New England Clam Chowder
SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR
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