SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
W-4 LUNCH MENU	W-4 LUNCH MENU	W-4 LUNCH MENU	W-4 LUNCH MENU	W-4 LUNCH MENU	W-4 LUNCH MENU	W-4 LUNCH MENU		
MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE		
Chicken Chili Verde L-385-01	Chicken Adobo L-078-51	Pesto Top Salmon L-324-00	Blackened Shrimp L-302-05	Sweet and Sour Spareribs L-094- 50	Baked Pollock L-119-50	Sweet and Sour Chicken L079- 51		
BBQ Beef Brisket L-373-00	Bulgogi (Korean) Beef L-341- 00	Spaghetti w/ Chicken Meatballs L-039-55	Ginger Beef L-408-00	Mexican Baked Chicken L-143-01	Pork Carnitas L-379-01	Cod w/ Herb Sauce L-119-04		
VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE		
Spinach Frittata F-300-04	Zesty Southwest Black Bean Quesadilla N-311-00	Plant Based Chili Macaroni T-326-00	Southwestern Scrambled Tofu F-307-00	Vegetable Lasagna (RTU)	Cheese Tortellini (RTU)	Vegetable Yakisoba		
GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES		
BBQ Sauce - (RTU)	Salsa Verde - (RTU)			Sweet and Sour Sauce - (RTU)	Marinara Sauce - (RTU)	Cilantro Chili Lime Sauce		
VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES		
Simmered Corn Combo	Broccoli Au Gratin	Hacienda Green Beans	Parmesan Spinach	Parmesan Brussels Sprouts	Harvard Beets	Broccoli Corn Carrots Medley		
Sauteed Collard Greens	Steamed Succotash	Carrot and Celery Amandine	Corn on the Cob	Roasted Carrot	Simmered Corn	Oven Fried Eggplant Parmesan Q-028-50		
	Caribbean Black Beans Q-301- 00							
STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES		
Garlic Mashed Potatoes	Jasmine Rice	Spanish Rice	Roasted Redskin Potatoes	Shrimp Fried Rice E-007-03	Vegetable Fried Rice	Potato Wedges		
Mediterranean Brown Rice	Garlic Roasted Potatoes	Scalloped Potatoes	Jasmine Rice	Buttery Browned Potato Wedge	Roasted Sweet Potatoes	Hoppin John Rice E-010-52		
BREADS	BREADS	BREADS	BREADS	BREADS	BREADS	BREADS		
Dinner Rolls	Country Style Biscuits	Dinner Rolls	Dinner Rolls	Dinner Rolls	Garlic Breadsticks	Country Style Biscuits		
		Toasted Parmesan Bread		Toasted Parmesan Bread				
SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS		
Chicken Gumbo Soup	Light Corn Chowder	Lobster Bisque - (RTU)	Beef Vegetable w/ Rice	Chicken Noodle Soup	Chicken Tortilla Soup	Minestrone 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: saturated fats, fiber, sugar, processing, and total fat. No one criterion (fat, sugar, fiber, etc.) determines the color code for an

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
W-4 DINNER MENU	W-4 DINNER MENU	W-4 DINNER MENU	W-4 DINNER MENU	W-4 DINNER MENU	W-4 DINNER MENU	W-4 DINNER MENU			
MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE			
Savory Baked Chicken L-185-	Blackened Salmon w/ Mango	Marinated Flank Steak L-		Greek Lemon Turkey Pasta L-	Mexican Pepper Steak L-				
00	Salsa L-320-00		Turkey Meat Loaf L-035-01	198-00	835-00	Beef Stew L-022-00			
Oven Fried Shrimp		Russian Turkey Stew W-438	Baked Cod w/ Garlic	Mojo Roasted Pork	Caribbean Spiced Catfish L-	Honey Garlic Ginger			
(Breaded) L-137-02	Cheesy Tamale Pie L-057-00	00	Butter L-119-01	Tenderloin L-389-03	185-50	Chicken L-179-00			
VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE			
			Zesty Southwest Black	Vegetable Curry w/ Brown	Mushroom Spinach and				
Tofu Curry T-315-00	Pasta Primavera T-501-03	Terriyaki Tofu T-310-00	Bean Quesadilla N-311-00	Rice T-203-00	Onion Frittata F-300-06	Tofu Bolognese O-314-04			
GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES			
Cocktail Sauce - (RTU)	Salsa Verde - (RTU)	Seasoned Brown Gravy	Tomato Sauce			Chicken Gravy			
			Salsa Verde - (RTU)						
VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES			
Sauteed Cabbage	Sauteed Garlic Spinach	Vegetable Stir Fry	Cauliflower Au Gratin	Medley Broccoli Corn Carrots	California Blend	Corn Combo			
Roasted Zucchini	Steamed Corn	Ginger Glazed Carrots	Herbed Green Beans	Roasted Asparagus	Seasoned Broccoli	Seasoned Greens Peas			
Hacienda Corn Black Beans		Grilled Mushrooms Onions	Caribbean Black Beans						
STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES			
Mexican Rice	Jalapeno Rice	Baked Potatoes	Garlic Mashed Potatoes	Islander's Rice	Lyonnaise Rice	Buttered Egg Noodles			
			Orzo Spinach Tomato						
Baked Sweet Potatoes	Garlic Roasted Potato Wedges	Garlic Fried Rice	Onion	Baked Potato Halves	Rosemary RoastedPotatoes	Sicilian Brown Rice E-015-00			
BREADS	BREADS	BREADS	BREADS	BREADS	BREADS	BREADS			
Country Style Biscuits	Country Style Biscuits	Dinner Rolls	Dinner Rolls	Country Style Biscuits	Dinner Rolls	Dinner Rolls			
	Toasted Parmesan Bread					Garlic Breadsticks			
SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS			
		White Chicken Chili Bean -			Vegetable and Bean Chili P				
Creamy Tomato Soup	Beef and Noodle Soup	(RTU)	Roasted Carrot Soup	Curried Vegetable Soup	308-02	Chicken Noodle Soup			
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SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR			
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