

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
W-5 LUNCH MENU	W-5 LUNCH MENU	W-5 LUNCH MENU	W-5 LUNCH MENU	W-5 LUNCH MENU	W-5 LUNCH MENU	W-5 LUNCH MENU
MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE
Pineapple Baked Chicken	Russian Turkey Stew	Yankee Pot Roast	Lasagna Beef	Parmesan Cod	Chicken Curry	Chicken Chili Verde
Grilled Sweet Italian Sausage	Swedish Meatballs	Pollock w/ Garlic Butter	Roast Turkey	Swiss Steak w Tomato Sauce	Teriyaki Glazed Salmon	Baked Tuna and Noodles
VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE
Italian Broccoli Pasta	Taco Spiced Tofu	Plant Based Chili Macaroni	Southwest Scrambled Tofu	Vegetable Lasagna	Black BeanSweet Potato Burrito	Spaghetti w/ Plant Based Meat
GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES
Pineapple Sauce		Creole Sauce	Turkey Pan Gravy	Creole Sauce	Salsa Verde	Chicken Gravy
VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES
Seasoned Green Beans	Sauteed Zucchini	California Blend	Corn Combo	Steamed Broccoli	Sauteed Garlic Spinach	Seasoned Corn
Sauteed Cabbage	Mexican Corn	Hot Spiced Beets	Vegatable Stir Fry	Cauliflower Au Gratin	Seasoned Carrots	Sauteed Collard Greens
Sauteed Peppers and Onions						
STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES
Lyonnaise Rice	Buttered Egg Noodles	Black Beans and Rice	Parmesan GarlicMashed Potato	Quinoa and Brown Rice	Herbed Potatoes	Roasted Redskin Potatoes
Baked Potato	Roasted Potatoes Wedges	Au Gratin Potatoes	Jamaican Rice w/ Peas	Paprika Buttered Potatoes	Jasmine Rice	Parmesan Garlic Orzo
BREADS	BREADS	BREADS	BREADS	BREADS	BREADS	BREADS
French Rolls	Dinner Rolls	Dinner Rolls	Country Style Biscuits	Dinner Rolls	Dinner Rolls	Dinner Rolls
Toasted Parmesan Bread			Garlic Breadsticks	Garlic Breadsticks		Toasted Parmesan Bread
SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS
Beef and Vegetable Soup	Creole Soup w/ Brown Rice	Vegetable and Bean Chili	Tomato and Rice Soup	New England Clam Chowder	Morocan Lentil Soup	Cheddar Broccoli 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 for an item;						

[illegible]