

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	Chicken and Gravy	Yankee Pot Roast	Italian Stuffed Peppers Turkey	Greek Beef	Pollock w/ Herb Sauce	Shepherd's Pie Turkey
Grilled Strip Loin Steak	Teriyaki Glazed Salmon	Mexican Baked Chicken	Baked Salmon	Sweet and Sour Spareribs	Beef Enchiladas	Sukiyaki-Style Beef Stir Fry
VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE
Plant Based Nuggets	Cheese Tortellini	Potato Frittata	Southwestern Quinoa	Vegetable Yakisoba	Teriyaki Tofu	Spinach Frittata
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	Chicken Gravy	Tomato Gravy		Salsa Verde	
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	Ginger Glazed Carrots	Seasoned Lima Beans	Sauteed Cabbage	Roasted Green Peas	Calico Corn	Sauteed Carrots
Grilled Mushrooms Onions		Caribbean Black Beans	Hacienda Corn Black Beans			
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	Cheesy Brown Rice Broccoli	Ginger Seasoned Rice
Baked Potato Halves	Paprika Buttered Potatoes	Brown Rice w/ Tomato	Roasted Sweet Potatoes	Sicilian Brown Rice	Rosemary Roasted Potato	Buttered Egg Noodles
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	Curried Vegetable Soup	Turkey Vegetable Soup	White Chicken Chili w/ Bean	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.					

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	Tomato Glazed Meatloaf	Beef Pot Pie	Roast Jerked Turkey	Chicken Tikka Masala	Mojo Grilled Pork Chop	Grilled Hot Italian Sausage
Swedish Meatballs	Chicken Scampi	Baked Cod w/ Garlic Butter	Teriyaki Beef Strips	Cajun Salmon	Mustard Dill Cod	Asian Barbecue Turkey
VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE
Tofu Bolognese	Italian Broccoli Pasta	Cheese Manicotti	Vegetable Curry BrownRice	Cheese Ravioli	Mushroom Spinach Frittata	Vegetarian Pizza
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	Creole Sauce	Jerk Sauce			Chicken Gravy
VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES
Seasoned Corn	Sauteed Garlic Spinach	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	Tangy Spinach	Seasoned Peas and Carrots
						Sauteed Peppers and Onions
STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES
Islander's Rice	Spicy Brown Rice	Lyonnaise Rice	Rosemary Roasted Potatoes	Jasmine Rice	Red Beans and Rice	Cilantro Lime Rice
Buttered Egg Noodles	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	Chipole SweetPotato Soup	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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