

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	Chicken Adobo	Pesto Top Salmon	Blackened Shrimp	Sweet and Sour Spareribs	Baked Pollock	Sweet and Sour Chicken
BBQ Beef Brisket	Bulgogi (Korean) Beef	Ginger Beef	Spaghetti Chicken Meatballs	Mexican Baked Chicken	Pork Carnitas	Cod w/ Herb Sauce
VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE
Spinach Frittata	Black Bean Quesadilla	Plant Based Chili Macaroni	Southwest Scramble Tofu	Vegetable Lasagna	Cheese Tortellini	Black Bean Quesadilla
GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES
Salsa Verde	Salsa Verde	Natural Pan Gravy		Sweet and Sour Sauce	Marinara Sauce	Cilantro Chili Lime Sauce
VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES
Simmered Corn Combo	Broccoli Corn Carrots Medley	Hacienda Green Beans	Parmesan Spinach	Parmesan Brussels Sprouts	Harvard Beets	Broccoli Au Gratin
Sauteed Collard Greens	Steamed Succotash	Carrot and Celery Amandine	Corn on the Cob	Roasted Carrot	Simmered Corn	Oven Fried Eggplant Parmesan
	Caribbean Black Beans					
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	Vegetable Fried Rice	Potato Wedges
Mediterranean Brown Rice	Garlic Roasted Potatoes	Scalloped Potatoes	Orzo Spinach Tomato Onion	Buttery Browned Potato Wedge	Roasted Sweet Potatoes	Hoppin John Rice
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	Garlic Breadsticks		
SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS
Chicken Gumbo Soup	Light Corn Chowder	Lobster Bisque	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.					

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	Blackened Salmon w/Mango	Marinated Flank Steak	Turkey Meat Loaf	Greek Lemon Turkey Pasta	Pepper Steak	Beef Stew
Oven Fried Shrimp (Breaded)	Cheesy Tamale Pie	Russian Turkey Stew	Baked Cod w/ Garlic Butter	Mojo Pork Tenderloin	Caribbean Spiced Catfish	Honey GarlicGinger Chicken
VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE
Tofu Curry	Pasta Primavera w/ Broccoli	Terriyaki Tofu	Zesty Southwest Quesadilla	Vegetable Curry	Mushroom Spinach Frittata	Tofu Bolognese
GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES
Cocktail Sauce	Salsa Verde	Natural Pan Gravy	Tomato Sauce			Chicken Gravy
VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES
Sauteed Cabbage	Sauteed Garlic Spinach	Vegetable Stir Fry	Cauliflower Au Gratin	Medley BroccoliCornCarrots	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
Baked Sweet Potatoes	Garlic RoastedPotato Wedges	Garlic Fried Rice	Steamed Brown Rice	Baked Potato Halves	Rosemary RoastedPotatoes	Sicilian Brown Rice
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
Creamy Tomato Soup	Beef and Noodle Soup	White Chicken Chili Bean	Roasted Carrot Soup	Curried Vegetable Soup	Vegetable and Bean Chili	Chicken Noodle 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.					