

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	Honey Glazed Cornish Hen	Yankee Pot Roast	Lasagna Beef	Parmesan Cod	Chicken Curry	Roast Turkey
Grilled Sweet Italian Sausage	Swedish Meatballs	Pollock w/ Garlic Butter	Chicken Chili Verde	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 Bean Sweet 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	Natural Pan 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	Vegetable 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
Lyonnais Rice	Buttered Egg Noodles	Black Beans and Rice	Roasted Redskin Potatoes	Quinoa and Brown Rice	Herbed Potatoes	Parmesan Garlic Mashed Potato
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	Country Style Biscuits		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	Moroccan 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.					

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
W-5 DINNER MENU	W-5 DINNER MENU	W- 5 DINNER MENU	W-5 DINNER MENU	W-5 DINNER MENU	W-5 DINNER MENU	W-5 DINNER MENU
MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE	MEAT ENTRÉE
Grilled Strip Loin Steak	Japanese Chicken Curry	Mambo Peach Pork Roast	Beef Pot Pie	BBQ Beef Brisket	Blackened Catfish	Turkey Porcupines
Citrus Herb Chicken	Baked Salmon w/ Vinaigrette	Chicken Cacciatore	Asian Barbecue Turkey	Chicken w/ Broccoli	Chicken Broccoli Alfredo	Caribbean Beef Curry
VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE	VEGETARIAN ENTRÉE
Black Bean Quesadilla	Tofu Stir Fry	Cheese Manicotti	Spinach Frittata	Tofu Curry	Quinoa w/ Chickpeas	Cheese Ravioli
GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES	GRAVIES AND SAUCES
Natural Pan Gravy	Lemon Herb Sauce	Pizza Sauce	BBQ Sauce	BBQ Sauce	Sweet Chili Sauce	Natural Pan Gravy
Salsa Verde		Mambo Peach Sauce				
VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES
Seasoned Peas and Carrots	Seasoned Asparagus	Sauteed Brussel Sprouts	Roasted Asparagus	Ginger Glazed Carrots	Corn Combo	Roasted Green Peas
Calico Corn	Sauteed Cabbage	Mixed Vegetables	Steamed Beets Orange Sauce	Parmesan Cauliflower	Carrots and Celery Amandine	Lyonnais Carrots
Grilled Mushrooms Onions				Caribbean Black Beans		
STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES	STARCH SIDES
Hoppin John Rice	Garlic Soy Roasted Potatoes	Ginger Rice (Brown)	Cajun Oven Potatoes	Orange Rice	Vegetable Fried Rice	Roasted Vegetable Orzo
Mediterranean Orzo	Jasmine Rice	Oven Browned Potatoes	Brown Rice	Baked Sweet Potatoes	Sweet Potatoes w/ Apples	Au Gratin Potatoes
BREADS	BREADS	BREADS	BREADS	BREADS	BREADS	BREADS
Dinner Rolls	Dinner Rolls	Country Style Biscuits	Country Style Biscuits	Dinner Rolls	Dinner Rolls	Dinner Rolls
		Garlic Breadsticks		Jalapeno Corn Bread	Garlic Breadsticks	Toasted Parmesan Bread
SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS	SOUPS
Baked Potato Soup	Chicken Tortilla Soup	Shrimp Gumbo Soup	Zesty Bean Soup	Cream of Mushroom Soup	Tortellini Soup	Tomato Basil Soup
SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR	SPECIALTY BAR
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