

| 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 |
| Teriyaki Glazed Salmon | Chicken and Gravy | Roast Beef | Mexican Baked Chicken | Baked Salmon | Pollock w/ Herb Sauce | Shepherd's Pie Turkey |
| Grilled Strip Loin Steak | Blackened Catfish | ItalianStuffedPeppersTurkey | Tomato Glazed Meatloaf | 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 Chicken Nuggets | Cheese Tortellini | Potato Frittata | Quinoa w/ Chickpeas | 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 | Natural Pan Gravy | Chicken Gravy | | Salsa Verde | |
| | | | Tomato Gravy | | | |
| 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 | Seasoned Lima Beans | Ginger Glazed Carrots | Sauteed Cabbage | Roasted Green Peas | Calico Corn | Sauteed Carrots |
| Grilled Mushrooms Onions | | | | | | |
| STARCH SIDES | STARCH SIDES | STARCH SIDES | STARCH SIDES | STARCH SIDES | STARCH SIDES | STARCH SIDES |
| Jasmine Rice | Parmesan Garlic Orzo | O'Brien Potatoes | Garlic Mashed Potatoes | Orzo w/ Lemon and Herbs | Brown Rice w/ Tomato | Ginger Seasoned Rice |
| Baked Potato Halves | Paprika Buttered Potatoes | Cheesy Brown Rice Broccoli | Sicilian Brown Rice | Roasted Sweet Potato | 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 Chiliw/ 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. | | | | | |
| 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 | | | | | | |

| 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 | Beef w/ Broccoli | Beef Pot Pie | Roast Jerked Turkey | Chicken Adobo | 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 | Chicken Tandoori |
| | | | | | | |
| VEGETARIAN ENTRÉE | VEGETARIAN ENTRÉE | VEGETARIAN ENTRÉE | VEGETARIAN ENTRÉE | VEGETARIAN ENTRÉE | VEGETARIAN ENTRÉE | VEGETARIAN ENTRÉE |
| Tofu Bolognese | Vegetable Curry BrownRice | Vegetable Curry | Cheese Manicotti | 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 | | Creole Sauce | Jerk Sauce | | Mojo Sauce | Chicken Gravy |
| | | | Pizza Sauce | | | |
| 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 | Lyonnaisé Rice | Rosemary Roasted Potatoes | Jasmine Rice | Red Beans and Rice | Cilantro Lime Rice |
| Buttered Egg Noodles | Oven Glo Potatoes | Herbed Potatoes | Orange Rice Pilaf | Mashed Sweet Potatoes | Rissole Potatoes | Roasted Sweet Potatoes |
| | | | | | | |
| BREADS | BREADS | BREADS | BREADS | BREADS | BREADS | BREADS |
| Toasted Parmesan Bread | Country Style Biscuits | 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 | Tomato and Rice Soup | Minestrone Soup | Texas Tortilla Soup | French Onion Soup | Chicken Noodle Soup | Chipotle SweetPotato 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. | | | | | |
| 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 | | | | | | |