

JANUARY 2017

REEF DINING FACILITY LUNCH MENU

Open: 1100-1300







Contact: DSN: 7725 / Comm: (850)884-7725

Dining Facility Manager:
TSgt Nehemiah Pereira

Assistant Dining Facility Manager:
TSgt Rodney Worthen

MENU REFLECTS MAINLINE ENTRÉE ITEMS

Go For Green Program Criteria

Eat Often	Eat Occasionally	Eat Rarely
Entrees  Single Items: <300 calories <10 g fat < 480 mg sodium Full Dish:  <500 calories <18 g fat < 600 mg sodium	Entrees Single Items: 300-500 calories 10-15 g fat 480-700 mg sodium Full Dish: 500-700 calories 18-25 g fat 600-700 mg sodium	Entrees Single Items: >500 calories >15 g fat > 700 mg sodium Full Dish: >700 calories >25 g fat >700 mg sodium
Starchy Side: <200 calories Higher fiber options	Starchy Side:  200-300 calories	Starchy Side: > 300 calories
Vegetable:  <100 calories	Vegetable: 100-200 calories	Vegetable: >200 calories
Dessert: < 150 calories < 6 g fat	Dessert: 150-300 calories 6- 12 g fat	Dessert: > 300 calories > 12 g fat
Beverage: Water, calorie-free/low calorie beverages, 100% fruit juice 	Beverage: Sports drinks	Beverage: Fruit Juice (less than 100% juice), fruit drinks, energy drinks, Kool-Aid®, regular sod
Dairy:  Skim or 0- 1% fat	Dairy: Reduced fat or 2% fat	Dairy: Whole or 4% fat

Please Enjoy Your Meal

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

2

3

4

5

6

CLOSED

CLOSED

Ginger BBQ
Chicken (Green)
Baked Salmon
(Yellow)
Sweet and Sour
Spareribs (Red)

Baked Turkey
Roulade
Florentine
(Green)
Shrimp Scampi
(Yellow)
Teriyaki Steak
(Red)

Orzo w/
Spinach,
Tomato, and
Onion (Green)
Savory Baked
Chicken
(Yellow)
Cantonese
Spareribs
(Red)

Grilled Salmon
w/Citrus (Green)
Teriyaki
Chicken
(Yellow)
BBQ Beef
Cubes (Red)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13

Honey Ginger Chicken (Green) Creole Shrimp (Yellow) Beef Yakisoba (Red)	Baja Baked Cod (Green) Pepper Steak (Green) Mexican Baked Chicken (Red)	Lemon Basil Shrimp Pasta (Green) Spicy Chicken Shawarma (Yellow) Grilled Steak (Red)	Pork Roast Tenderloin (Green) Lemon Pepper Baked Chicken (Green) Mediterranean Salmon (Yellow)	Basil Baked Fish (Green) Grilled Chicken w/ Mustard Sauce (Yellow) Steak Ranchero (Red)	Polynesian Fillet (Green) Beef Ball Stroganoff (Yellow) Chicken Cordon Bleu (Red)	Spinach Lasagna (Green) Pork Adobo (Yellow) Southern Fried Chicken (Red)
---	--	---	--	---	--	---

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19	20

Jerk Roast Turkey (Green) Baja Fish Tacos (Yellow) Swiss Steak w/Brown Gravy (Red)	MLK DAY MEAL Baked Chicken (Green) Southern Fried Catfish (Yellow) Grilled Pork Chops (Yellow)	Turkey Nuggets (Green) Shrimp Jambalaya (Yellow) Polish Sausage (Red)	Cranberry Glazed Chicken (Green) Southern Fried Catfish (Yellow) BBQ Brisket (Red)	Southwestern Shrimp Linguine (Green) Chicken Dijon (Yellow) Cajun Meatloaf (Red)	Lemon Pepper Baked Chicken (Green) Braised Beef & Noodles (Yellow) Orange Rosemary	Baked Fish w/ Lemon Garlic Butter (Green) Grilled Pork Chops (Yellow) Asian BBQ Turkey (Red)
--	---	--	--	--	--	--

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--------	--------	---------	-----------	----------	--------	----------

21	22	23	24	25	26	27
Turkey Breast Fillet (Green) Caribbean Catfish (Yellow) Beef Brogul (Red)	Santa Fe Glazed Chicken (Green) Spaghetti w/Meat Sauce (Yellow) Fried Shrimp (Red)	Fish Veracruz (Green) Jamaican Chicken (Yellow) Asian Bourbon Beef & Vegetables over Noodles (Red)	Ginger BBQ Chicken (Green) Baked Salmon (Yellow) Sweet and Sour Spareribs (Red)	Baked Turkey Roulade Florentine (Green) Shrimp Scampi (Yellow) Teriyaki Steak (Red)	Orzo w/ Spinach, Tomato, and Onion (Green) Savory Baked Chicken (Yellow) Cantonese Spareribs (Red)	Grilled Salmon w/Citrus (Green) Teriyaki Chicken (Yellow) BBQ Beef Cubes (Red)
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31			
Honey Ginger Chicken (Green) Creole Shrimp (Yellow) Beef Yakisoba (Red)	Baja Baked Cod (Green) Pepper Steak (Green) Mexican Baked Chicken (Red)	Lemon Basil Shrimp Pasta (Green) Spicy Chicken Shawarma (Yellow) Grilled Steak (Red)	Pork Roast Tenderloin (Green) Lemon Pepper Baked Chicken (Green) Mediterranean Salmon (Yellow)			

*MENU SUBJECT
TO CHANGE*

Thank you for using our facility. Please take a minute to share your comments with us by utilizing the ICE comments website.

<http://ice.disa.mil/>