

September 2018

REEF DINING FACILITY LUNCH MENU

Open: 1100-1300

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

Dining Facility Manager:







(M)Sgt Jacquelyn Sweeny

Assistant Dining Facility Manager:

(T)Sgt Diana Sapp

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 so
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
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1
 Turkey Nuggets
 Baja Fish Tacos
 Salisbury Steak

Grill
 Phillie & Burgers

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2
 Cajun Fish Shrimp
 Jambalaya
 Southern Fried Chicken

3
 Polynesian Fillet
 Teriyaki Pork Steak
 Asian BBQ Turkey

4
 Baja Baked Cod
 Chicken Fajitas
 Steak Ranchero

5
 Lemon Pepper Catfish
 Baked Turkey and Noodles
 Beef & Corn Pie

6
 Grilled Salmon w/ Citrus Butter
 Baked Dijon Pork Chop
 Asian Bourbon Beef & Vegetables

7
 Baked Turkey Roulade
 Florentine Parmesan Fish
 Country Style Steak

8
 Basil Baked Fish
 Beef Stew
 BBQ Chicken

Grill
 Phillie & Burgers

Grill
 Phillie & Burgers

Grill
 Phillie & Burgers

Grill
 Phillie & Burgers

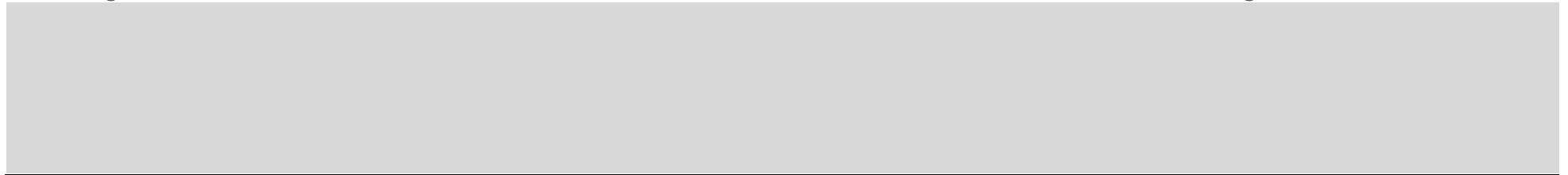
Grill
 Phillie & Burgers

Grill
 Phillie & Burgers

Grill
 Phillie & Burgers

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	14	15
Pork Chop w/ Pineapple Asian Glaze Chicken Bulgogi Teriyaki Steak	Orzo w/ Spinach, Tomato and Onion Shrimp Scampi Chicken Parmesan	Creole Fish Fillet Orange Rosemary Pork Chop Chicken Cordon Bleu	Santa Fe Glazed Chicken Sweet & Spicy Orange Salmon Stuffed Baked Pork Chops	Lemon Pepper Baked Chicken Pork Adobo Beef Bulgogi	Tuna Noodles Zesty Pork Chops Chicken w/ Dumplings	Baked Salmon Teriyaki Chicken Pork Schnitzel
Grill	Grill	Grill	Grill	Grill	Grill	Grill
Phillies & Burgers	Phillies & Burgers	Phillies & Burgers	Phillies & Burgers	Phillies & Burgers	Phillies & Burgers	Phillies & Burgers

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17	18	19	20	21	22
Cheese Tortellini w/ Marinara Savory Baked Chicken BBQ Brisket	Baked Fish w/ Lemon Garlic Butter Beef Ball Stroganoff Southern Fried Chicken	Turkey A La King Grilled Pork Chop Yankee Pot Roast	Caribbean Chicken Baja Fish Taco Cantonese Spareribs	Honey Ginger Chicken Baked Chicken BBQ Beef Cubes	Sweet Chill BBQ Meatballs Shrimp Chop Suey Sweet & Sour Spareribs	Chicken A La King Parmesan Crusted Pork Chops Eggplant Parmesan
Grill	Grill	Grill	Grill	Grill	Grill	Grill
Phillies & Burgers	Phillies & Burgers	Phillies & Burgers	Phillies & Burgers	Phillies & Burgers	Phillies & Burgers	Phillies & Burgers



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	29
Marinated Tomatoes w/ Penne and Basil Pineapple BBQ Meatballs Fried Shrimp	Santa Fe Glazed Chicken Fiesta Fish Cajun Meatloaf	Hot and Spicy Chicken Pork Adobo Grilled Steak	Baked Fish w/ Lemon Garlic Butter Beef Ball Stroganoff Southern Fried Chicken	Yankee Pot Roast Turkey A La King Grilled Pork Chops	Caribbean Baked Chicken Baja Fish Taco Salmon w/ Maple Ginger Glaze	Turkey Nuggets Baja Fish Tacos Salisbury Steak
Grill Phillies & Burgers	Grill Phillies & Burgers	Grill Phillies & Burgers	Grill Phillies & Burgers	Grill Phillies & Burgers	Grill Phillies & Burgers	Grill Phillies & Burgers

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30						
Cajun Fish Shrimp Jambalaya Southern Fried Chicken						
Grill Phillies & Burgers						

MENU SUBJECT TO CHANGE

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September 2018

REEF DINING FACILITY

Dinner MENU

Open: 1630-1830

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

Dining Facility Manager:







(M)Sgt Jacquelyn Sweeny

Assistant Dining Facility Manager:

(T)Sgt Diana Sapp

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Please Enjoy Your Meal

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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1

Beef Stir Fry
 Grilled Pork
 Chops
 Chinese Five-
 Spice Chicken

Grill
 Phillies & Burgers

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2

3

4

5

6

7

8

Cheese
 Tortellini w/
 Marinara
 Spaghetti w/
 Meat Sauce
 Chicken
 Parmesan

Caribbean
 Chicken
 Mediterranean
 Salmon
 Cantonese
 Spareribs

Marinated
 Tomatoes w/
 Penne and
 Basil
 Zesty Pork
 Chops
 Swiss Steak
 w/ Brown
 Gravy

Shrimp Kebab
 Grilled Chicken
 w/ Mustard
 Sauce
 Yankee Pot
 Roast

Turkey
 Swedish
 Meatballs
 Fiesta Fish
 Parmesan
 Crusted Pork
 Chop

Baked Fish w/
 Lemon Garlic
 Butter
 Beef Ball
 Stroganoff
 Bourbon
 Chicken

Polynesian
 Fillet
 Pineapple
 BBQ Meatball
 Hot & Spicy
 Chicken

Grill
 Phillies & Burgers

Grill
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	29
Ginger BBQ Chicken Orange Rosemary Pork Chop Teriyaki Steak	Creole Fish Fillets Chicken Dijon Polish Sausage	Sweet and Spicy Orange Salmon Pork Chops w/ Pineapple Asian Beef Bulgogi	Chicken A La King Turkey Lasagna Parmesan Fish	Honey Ginger Chicken Shrimp Scampi BBQ Spareribs	Roast Turkey Southern Fried Catfish BBQ Brisket	Beef Stir Fry Grilled Pork Chops Chinese Five- Spice Chicken
Grill Phillies & Burgers	Grill Phillies & Burgers	Grill Phillies & Burgers	Grill Phillies & Burgers	Grill Phillies & Burgers	Grill Phillies & Burgers	Grill
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30						
Cheese Tortellini w/ Marinara Spaghetti w/ Meat Sauce Chicken Parmesan						
Grill Phillies & Burgers						

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TO CHANGE ***

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