

# June 2018

## REEF DINING FACILITY LUNCH MENU

Open: 1100-1300

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

Dining Facility Manager:

Nehemiah Pereira







TSgt

Assistant Dining Facility Manager:

TSgt Rodney Worthen

\*\*\*MENU REFLECTS MAINLINE ENTRÉE ITEMS\*\*\*

### Go For Green Program Criteria

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

Please Enjoy Your Meal



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
Cajun Fish Shrimp Jambalaya Southern Fried Chicken	Polynesian Fillet Teriyaki Pork Steak Asian BBQ Turkey	Baja Baked Cod Chicken Fajitas Steak Ranchero	Lemon Pepper Catfish Baked Turkey and Noodles Beef & Corn Pie	Grilled Salmon w/ Citrus Butter Baked Dijon Pork Chop Asian Bourbon Beef	Baked Turkey Roulade Florentine Parmesan Fish Country Style Steak	Basil Baked Fish Beef Stew BBQ Chicken
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
17	18	19	20	21	22	23
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 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
24	25	26	27	28	29	30
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 Phillies & Burgers	Grill Phillies & Burgers	Grill Phillies & Burgers	Grill Phillies & Burgers	Grill Phillies & Burgers	Grill Phillies & Burgers	Grill Phillies & Burgers

**\*MENU SUBJECT  
TO CHANGE\***

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

# June 2018

## REEF DINING FACILITY

### Dinner MENU

Open: 1630-1830

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

Please Enjoy Your Meal

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Cranberry Glazed Chicken Lemon Pepper Catfish Stuffed Baked Pork Chops	Stir Fry Chicken w/ Broccoli Stuffed Fish Beef Pot Pie
Grill	Grill	Grill	Grill	Grill	Grill	Grill
					Phillies & Burgers	Phillies & Burgers

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
Ginger BBQ Chicken Orange Rosemary Pork Chop Teriyaki Steak	Creole Fish Fillet Chicken Dijon Polish Sausage	Pork Chop w/ Pineapple Asian Glaze Sweet & Spicy Orange Salmon Beef Bulgogi	Chicken A La King Ground Turkey Lasagna Parmesan Fish	Honey Ginger Chicken Shrimp Scampi BBQ Spareribs	Jerk Roast Turkey Southern Fried Catfish BBQ Brisket	Beef Stir Fry Grilled Pork Chops Chinese Five-Spice Chicken
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
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29	30
Tukey Lentil Chili Roast Beef Fried Shrimp	Baked Turkey Roulade Florentine Baked Dijon Pork Chops Beef Brogul	Baked Salmon Beef Stir Fry Bourbon Chicken	Herbed Baked Chicken Basil Baked Fish Country Style Steak	Pork Roast Tenderloin Beef Stew BBQ Chicken	Cranberry Glazed Chicken Lemon Pepper Catfish Stuffed Baked Pork Chops	Stir Fry Chicken w/ Broccoli Stuffed Fish Beef Pot Pie
Grill Phillies & Burgers	Grill Phillies & Burgers	Grill Phillies & Burgers	Grill Phillies & Burgers	Grill Phillies & Burgers	Grill Phillies & Burgers	Grill Phillies & Burgers

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