

JANUARY 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
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 soda
Dairy:  Skim or 0- 1% fat	Dairy: Reduced fat or 2% fat	Dairy: Whole or 4% fat

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

2

3

4

5

6

CLOSED

CLOSED

Turkey A La
King (Green)
Mediterranean
Salmon (Yellow)
BBQ Brisket
(Red)

Cajun Fish
(Green)
Baked Chicken
(Yellow)
Yankee Pot
Roast (Red)

Turkey
Nuggets
(Green)
Fiesta Fish
(Yellow)

Beef Stir Fry (Green)
Southern Fried
Catfish (Yellow)
Bourbon Chicken
(Red)

Chili Mac
(Red)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13
Baked Fish w/Lemon Garlic Butter (Green) Mexican Baked Chicken (Yellow) Beef Fajitas (Red)	Chicken Florentine (Green) Baked Salmon (Yellow) Polish Sausage (Red)	Turkey Breast Fillet (Green) Mexican Pork Chops (Yellow) Fried Shrimp (Red)	Chicken A La King (Green) Grilled Pork Chops (Yellow) Beef Bulgogi (Red)	Southwestern Shrimp Linguine (Green) Mr. Z's Baked Chicken (Yellow) Sweet and Sour Spareribs (Red)	Ginger BBQ Chicken (Green) Shrimp Jambalaya (Yellow) Beef and Corn Pie (Red)	Fish Veracruz (Green) Zesty Pork Chops (Yellow) Asian Bourbon Beef & Vegetables over Noodles (Red)
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19	20
Cajun Chicken (Green) Shrimp Chop Suey (Yellow) Teriyaki Steak (Red)	Pepper Steak (Green) Salmon w/Maple Ginger Glaze (Yellow) Stuffed Baked Pork Chops (Red)	Turkey Swedish Meatballs (Green) Shrimp Scampi (Yellow) Ground Beef Enchiladas (Red)	Grilled Salmon w/Citrus Butter (Green) Ground Turkey Lasagna (Yellow) Cantonese Spareribs (Red)	Pork Roast Tenderloin (Green) Baja Baked Cod (Green) BBQ Chicken (Red)	Lemon Pepper Baked Chicken (Green) Braised Beef & Noodles (Yellow) Orange Rosemary Pork Chop (Yellow)	Lemon Basil Shrimp Pasta (Green) Zesty Pork Chops (Yellow) Grilled Steak (Red)
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27

Pork Chops w/Pineapple Asian Glaze (Green)	Basil Baked Fish (Green) Teriyaki Pork	Southwestern Fish (Green) Beef Stew	Turkey A La King (Green) Mediterranean	Cajun Fish (Green) Baked Chicken	Turkey Nuggets (Green)	Beef Stir Fry (Green) Southern Fried Catfish (Yellow)
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31			

Baked Fish w/Lemon Garlic Butter (Green) Mexican Baked Chicken (Yellow) Beef Fajitas (Red)	Chicken Florentine (Green) Baked Salmon (Yellow) Polish Sausage (Red)	Turkey Breast Fillet (Green) Mexican Pork Chops (Yellow) Fried Shrimp (Red)	Chicken A La King (Green) Grilled Pork Chops (Yellow) Beef Bulgogi (Red)			
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* 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/
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