


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>EAT OFTEN</p> <p>EAT OCCASIONALLY</p> <p>EAT RARELY</p> <p>April 2024</p>	<p>1 APR</p> <p>Caribbean Catfish Jerk Roast Turkey Stuffed Green Peppers (Beef) D Southwestern Sweet Potatoes, Black Beans, and Corn Beef Stew Chicken Breast Dijon</p>	<p>2 APR</p> <p>Baked Fish Meat Loaf Baked Chicken D BBQ Beef Cubes Southwestern Fish Grilled Pork Chops</p>	<p>3 APR</p> <p>Lemon Basil Shrimp Pasta Mambo Pork Roast Grilled Chicken w/Mustard Sauce D Grilled Steak Roast Turkey Mediterranean Salmon</p>	<p>4 APR</p> <p>L Lemon Pepper Catfish Southern Fried Chicken BBQ Brisket D Crispy Oven Baked Chicken Roast Beef Parmesan Crusted Cod</p>	<p>5 APR</p> <p>L Chicken Florentine Italian Broccoli Pasta Stuffed Baked Pork Chops D Greek Lemon Turkey Pasta Savory Baked Chicken Oven Fried Fish</p>	<p>6 APR</p> <p>L French Fried Shrimp Hot & Spicy Chicken Ziti w/Meat Sauce D Beef Stir Fry Chicken Bulgogi Baked Stuffed Fish</p>
<p>7 APR</p> <p>L Turkey Lentil Chili Shrimp Jambalaya Southern Fried Chicken D Baked Dijon Pork Chops Chili Mac Lemon Pepper Catfish</p>	<p>8 APR</p> <p>L Roast Beef Chicken Cordon Bleu Pasta Primavera D Turkey Nuggets Beef & Corn Pie Bourbon Chicken</p>	<p>9 APR</p> <p>L Chicken Kabob Pepper Steak Tuna Noodles D Sweet & Spicy Orange Salmon Steak Ranchero Cheese Tortellini with Marinara</p>	<p>10 APR</p> <p>L Beef Brogoul Pork Schnitzel Onion-Lemon Baked Fish D Almond Crusted Cod Hamburger Yakisoba Cranberry Glazed Chicken</p>	<p>11 APR</p> <p>L Mexican Baked Chicken Taco Lasagna Mexican Pork Chops D BBQ Beef Cubes Chicken Enchilada Baked Florentine Turkey Roulade</p>	<p>12 APR</p> <p>L Tuna Noodles Stuffed Green Peppers w/Turkey & Lentils Swiss Steak w/Brown Gravy D Lasagna Chicken Cacciatore Italian Broccoli Pasta</p>	<p>13 APR</p> <p>L Grilled Honey Sriracha Chicken Chili Mac Shrimp Chop Suey D Jamaican Chicken Braised Spareribs Salisbury Grilled Salmon</p>
<p>14 APR</p> <p>L Turkey Ala King Country Style Fried Steak Baja Baked Cod D Swedish Meatballs(Turkey) Polynesian Fillet Steak Smothered in Onions</p>	<p>15 APR</p> <p>L Oriental Pepper Steak Chicken Parmesan Baked Fish w/Lemon Garlic Butter D Pork Roast Tenderloin Tuna Noodles Savory Baked Chicken</p>	<p>16 APR</p> <p>L Basil Baked Fish Turkey Breast Fillet Pasta Provencal D Baja Fish Taco Baked Mexican Chicken Beef Stir Fry</p>	<p>17 APR</p> <p>L Spicy Catfish Poboy Grilled Pork Chops Cajun Meatloaf D Onion-Lemon Baked Fish Simmered Beef Cajun Chicken</p>	<p>18 APR</p> <p>L Baked Dijon Pork Chop Spinach Lasagna Baked Florentine Turkey Roulade D Baked Salmon Pineapple BBQ Meatballs Honey Mustard Chicken Breast</p>	<p>19 APR</p> <p>L Roast Turkey Cheese Tortellini w/Marina Stuffed (Beef) Green Peppers D Turkey & Spinach Meatloaf Parmesan Fish Crispy Oven Baked Chicken</p>	<p>20 APR</p> <p>L Baked Chicken Southwestern Shrimp Linguine Beef Bulgogi D Honey Ginger Chicken Salisbury Steak Cheese Manicotti</p>
<p>21 APR</p> <p>L Creole Fish Fillets Stir Fry Chicken w/Broccoli Teriyaki Steak D Chicken Ala King Baked Fish Pasta Primavera</p>	<p>22 APR</p> <p>L Southwestern Sweet Potatoes Black Beans & Corn Simmered Beef Almond Crusted Cod D Spaghetti w/Turkey Meat Sauce Baked Fish w/Lemon Garlic Butter Stir Fried Garden Veggies w/Marinated Tofu & Brown Rice</p>	<p>23 APR</p> <p>L Chili Mac Basil Baked Fish Teriyaki Chicken D Pork Roast Tenderloin Baja Baked Cod Pasta Provencal</p>	<p>24 APR</p> <p>L Shrimp Kabob Ginger BBQ Chicken Lemon Basil Pasta D Marinated Tomatoes w/Penne & Basil Southern Fried Catfish Sweet Chilli BBQ Meatballs</p>	<p>25 APR</p> <p>L Honey Mustard Chicken Breast Ziti w/Meat Sauce Baked Fish D Hot & Spicy Chicken Pasta Toscano Cantonese Spareribs</p>	<p>26 APR</p> <p>L Polish Sausage Baked Salmon Hamburger Yakisoba D Roast Beef Shrimp Scampi German Chicken Schnitzel</p>	<p>27 APR</p> <p>L Santa Fe Glazed Chicken Baked Dijon Pork Chop Beef Ball Stroganoff D Salmon w/Maple Ginger Glaze Stuffed Green Peppers w/Turkey & Lentils Pasta Primavera</p>
<p>28 APR</p> <p>L Cheese Tortellini w/Marina French Fried Shrimp Bourbon Chicken D Beef Pot Pie Lemon Baked Fish Herbed Baked Chicken</p>	<p>29 APR</p> <p>L Caribbean Catfish Jerk Roast Turkey Stuffed Green Peppers (Beef) D Southwestern Sweet Potatoes, Black Beans, and Corn Beef Stew Chicken Breast Dijon</p>	<p>30 APR</p> <p>L Baked Fish Meat Loaf Baked Chicken D BBQ Beef Cubes Southwestern Fish Grilled Pork Chops</p>				
<p>SHEPARD DINING FACILITY Nutrition Facts Current as of Feb 2024 Scan the QR Code to view our nutritional information</p> 	<p>Food Service Office, 676-2080 Email @ 82FSS.FSVFQualityAssuranceQASstaff@us.af.mil WEBSITE @ http://www.82fss.com</p>					<p>EAT OFTEN</p> <p>EAT OCCASIONALLY</p> <p>EAT RARELY</p> <p>April 2024</p>
<p>NOTE: Menus are subject to change without notice when scheduled menu items are not available.</p>						