| SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   |
|---|---|---|---|--|---|--|
| EAT OFTEN EAT OCCASIONALLY  |   |   | L 1 MAY<br>Lemon Basil Shrimp Pasta<br>Mambo Pork Roast<br>Grilled Chicken w/Mustard  | L 2 MAY Lemon Pepper Catfish Southern Fired Chicken BBQ Brisket  | L 3 MAY<br>Chicken Florentine<br>Italian Broccoli Pasta<br>Stuffed Baked Pork Chops   | L 4 MAY French Fried Shrimp Hot & Spicy Chicken Ziti w/Meat Sauce  |
| EAT RARELY<br>May 2024  |   |   | Sauce D Grilled Steak Roast Turkey Mediterranean Salmon   | D Crispy Oven Baked Chicken Roast Beef Parmesan Crusted Cod  | D<br>Greek Lemon Turkey Pasta<br>Savory Baked Chicken<br>Oven Fried Fish  | D Beef Stir Fry Chicken Bulgogi Baked Stuffed Fish   |
| L 5 MAY Turkey Lentil Chili Shrimp Jambalaya Southern Fried Chicken D Baked Dijon Pork Chops Chili Mac Lemon Pepper Catfish               | Roast Beef Chicken Cordon Bleu Pasta Primavera D Turkey Nuggets Beef & Corn Pie Bourbon Chicken   | L 7 MAY Chicken Kabob Pepper Steak Tuna Noodles D Sweet & Spicy Orange Salmon Steak Ranchero Cheese Tortellini with Marinara  | L 8 MAY Beef Brogul Pork Schnitzel Onion-Lemon Baked Fish D Almond Crusted Cod Hamburger Yakisoba Cranberry Glazed Chicken                        | L 9 MAY  Mexican Baked Chicken Taco Lasagna Mexican Pork Chops  D  BBQ Beef Cubes Chicken Enchilada Baked Florentine Turkey Roulade                | L 10 MAY Tuna Noodles Stuffed Green Peppers w/Turkey & Lentils Swiss Steak w/Brown Gravy D Lasagna Chicken Cacciatore Italian Broccoli Pasta      | L 11 MAY Grilled Honey Sriracha Chicken Chili Mac Shrimp Chop Suey D Jamaican Chicken Braised Spareribs Salisbury Grilled Salmon                                   |
| L 12 MAY Turkey Ala King Country Style Fried Steak Baja Baked Cod D Swedish Meatballs(Turkey) Polynesian Fillet Steak Smothered in Onions | L 13 MAY Oriental Pepper Steak Chicken Parmesan Baked Fish w/Lemon Garlic Butter D Pork Roast Tenderloin Tuna Noodles Savory Baked Chicken  | L 14 MAY Basil Baked Fish Turkey Breast Fillet Pasta Provencal D Baja Fish Taco Baked Mexican Chicken Beef Stir Fry   | L 15 MAY Spicy Catfish Poboy Grilled Pork Chops Cajun Meatloaf D Onion-Lemon Baked Fish Simmered Beef Cajun Chicken                               | L 16 MAY Baked Dijon Pork Chop Spinach Lasagna Baked Florentine Turkey Roulade D Baked Salmon Pincapple BBQ Meatballs Honey Mustard Chicken Breast | L 17 MAY Roast Turkey Cheese Tortellini w/Marina Stuffed (Beef) Green Peppers D Turkey & Spinach Meatloaf Parmesan Fish Crispy Oven Baked Chicken | L 18 MAY Baked Chicken Southwestern Shrimp Linguine Beef Bulgogi D Honey Ginger Chicken Salisbury Steak Cheese Manicotti   |
| L 19 MAY Creole Fish Fillets Stir Fry Chicken w/Broccoli Teriyaki Steak D Chicken Ala King Baked Fish Pasta Primavera                     | L 20 MAY 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 | L 21 MAY Chili Mac Basil Baked Fish Teriyaki Chicken D Pork Roast Tenderloin Baja Baked Cod Pasta Provencal   | L 22 MAY Shrimp Kabob Ginger BBQ Chicken Lemon Basil Pasta D Marinated Tomatoes w/Penne & Basil Southern Fried Catfish Sweet Chilli BBQ Meatballs | L 23 MAY Honey Mustard Chicken Breast Ziti w/Meat Sauce Baked Fish D Hot & Spicy Chicken Pasta Toscano Cantonese Spareribs                         | L 24 MAY Polish Sausage Baked Salmon Hamburger Yakisoba D Roast Beef Shrimp Scampi German Chicken Schnitzel                                       | L 25 MAY 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 |
| L 26 MAY Cheese Tortellini w/Marina French Fried Shrimp Bourbon Chicken D Beef Pot Pie Lemon Baked Fish Herbed Baked Chicken              | L 27 MAY Grilled Steak BBQ Chicken French Fried Shrimp D Southwestern Sweet Potatoes, Black Beans, and Corn Beef Stew Chicken Breast Dijon  | L 28 MAY Baked Fish Meat Loaf Baked Chicken D BBQ Beef Cubes Southwestern Fish Grilled Pork Chops   | L 29 MAY Lemon Basil Shrimp Pasta Mambo Pork Roast Grilled Chicken w/Mustard Sauce D Grilled Steak Roast Turkey Mediterranean Salmon              | L 30 MAY Honey Ginger Chicken Grilled Salmon w/Citrus Butter BBQ Brisket D Crispy Oven Baked Chicken Roast Beef Parmesan Crusted Cod               | L 31 MAY Chicken Florentine Italian Broccoli Pasta Stuffed Baked Pork Chops D Greek Lemon Turkey Pasta Savory Baked Chicken Oven Fried Fish       |  |
|   |   | Food Service Office, 676-2080 Email @ 82FSS.FSVFQualityAssuranceQAStaff@us.af.mil WEBSITE @ http://www.82fss.com  NOTE: Menus are subject to change without notice when scheduled menu items are not available. |   |  |   | EAT OFTEN  EAT OCCASIONALLY  EAT RARELY  May 2024  |
|   |   | <u> </u>  |   |  |   |  |