

DFAC 28 Day Menu

Date	Lunch	Dinner	Menu Day
24-Feb-25	Spaghetti w/Turkey Meat Sauce (Green, Moderate)	Simmered Beef (Yellow, Low)	1
	Baked Fish w/Lemon Garlic Butter (Green, Moderate)	Almond Crusted Cod (Yellow, Moderate)	
	Stir Fried Garden Vegetables w/Marinated Tofu and Brown Rice (Green, Low)	Southwestern Sweet Potatoes Black Beans and Corn (Green, Moderate)	
25-Feb-25	Pork Roast Tenderloin (Green, Low)	Chili Mac (Green, Moderate)	2
	Baja Baked Cod (Green, High)	Basil Baked Fish (Yellow, Moderate)	
	Scalloped Potatoes (Yellow, Low)	Teriyaki Chicken (Yellow, High)	
26-Feb-25	Marinated Tomatoes With Penne And Basil (Green, High)	Shrimp Kabob (Yellow, High)	3
	Southern Fried Catfish (Red, Moderate)	Ginger BBQ Chicken (Green, Low)	
	Sweet Chilli BBQ Meatballs (Yellow, Low)	Lemon Basil Pasta (Yellow Moderate)	
27-Feb-25	Hot and Spicy Chicken (Green, Moderate)	Honey Mustard Chicken Breast (Green, Moderate)	4
	Pasta Toscano (Yellow, High)	Ziti with Meat Sauce (Yellow, Low)	
	Cantonese Spareribs (Red)	Baked Fish (Yellow, Moderate)	
28-Feb-25	Roast Beef (Green, High)	Polish Sausage (Red, High)	5
	Shrimp Scampi (Yellow, High)	Baked Salmon (Green, Low)	
	German Chicken Schnitzel (Yellow, Moderate)	Hamburger Yakisoba (Yellow, Low)	

1-Mar-25	Salmon w/Maple Ginger Glaze (Yellow, High)	Santa Fe Glazed Chicken (Green, Low)	6
	Stuffed Green Peppers w/Turkey and Lentils (Green, High)	Baked Dijon Pork Chop (Green, Moderate)	
	Pasta Primavera (Yellow, Moderate)	Beef Ball Stroganoff (Yellow, Moderate)	

2-Mar-25	Beef Pot Pie (Yellow, High)	Cheese Tortellini with Marina (Green, High)	7
	Lemon Baked Fish	French Fried Shrimp (Red, Low)	
	Herbed Baked Chicken	Bourbon Chicken (Yellow, Low)	

3-Mar-25	Southwestern Sweet Potatoes Black Beans and Corn (Green, Moderate)	Caribbean Catfish (Yellow, Moderate)	8
	Beef Stew (Yellow, Moderate)	Jerk Roast Turkey (Green, Low)	
	Chicken Breast Dijon (Yellow, High)	Stuffed Green Peppers (Beef) (Yellow, High)	

4-Mar-25	BBQ Beef Cubes (Red, High)	Baked Fish (Yellow, Moderate)	9
	Southwestern Fish (Green)	Meat Loaf (Yellow, Moderate)	
	Beef Fajitas (Green, High)	Baked Chicken (Green, High)	

5-Mar-25	Grilled Steak (Green, Low)	Lemon Basil Shrimp Pasta (Yellow, Moderate)	10
	Roast Turkey (Yellow, Moderate)	Mambo Pork Roast (Yellow, Low)	
	Mediterranean Salmon (Yellow, Low)	Grilled Chicken w/ Mustard Sauce (Green, Moderate)	

6-Mar-25	Crispy Oven Baked Chicken (Yellow, Low)	Honey Ginger Chicken (Green, Low)	11
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	Roast Beef (Green, High)	Grilled Salmon w/Citrus Butter (Yellow, High)	
	Parmesan Crusted Cod (Yellow, Moderate)	BBQ Brisket (Yellow, Moderate)	
7-Mar-25	Greek Lemon Turkey Pasta (Green, Moderate)	Chicken Florentine (Green, Low)	12
	Savory Baked Chicken (Yellow, Moderate)	Italian Broccoli Pasta (Yellow, High)	
	Oven Fried Fish (Yellow, Low)	Stuffed Baked Pork Chops (Yellow, Low)	
8-Mar-25	Beef Stir Fry (Green, High)	French Fried Shrimp (Red, Low)	13
	Baked Stuffed Fish (Yellow, Low)	Hot and Spicy Chicken (Green, Moderate)	
	Chicken Bulgogi (Green, High)	Ziti with Meat Sauce (Yellow, Low)	
9-Mar-25	Baked Dijon Pork Chop (Green, Moderate)	Turkey Lentil Chili (Green, Moderate)	14
	Chili Mac (Green, Moderate)	Shrimp Jambalaya (Yellow, High)	
	Lemon Pepper Catfish (Yellow, Low)	Southern Fried Chicken (Red, Moderate)	
10-Mar-25	Turkey Nuggets (Red, High)	Roast Beef (Green, High)	15
	Beef and Corn Pie (Green, Moderate)	Chicken Cordon Bleu (Red, High)	
	Bourbon Chicken (Yellow, Low)	Pasta Primavera (Yellow, Moderate)	
11-Mar-25	Sweet and Spicy Orange Salmon (Yellow, Moderate)	Chicken Kabob (Yellow, Low)	16
	Cheese Tortellini with Marina (Green, High)	Pepper Steak (Green, Moderate)	

	Steak Ranchero (yellow, Moderate)	Tuna Noodles (Yellow, High)	
12-Mar-25	Almond Crusted Cod (Yellow, Moderate)	Beef Brogul (Yellow, Low)	17
	Hamburger Yakisoba (Yellow, Low)	Pork Schnitzel (Red, Moderate)	
	Cranberry Glazed Chicken (Green, Moderate)	Fish Onion-Lemon Baked (Green, Low)	
13-Mar-25	BBQ Beef Cubes (Red, High)	Turkey and Spinach Meatloaf (Green, Moderate)	18
	Chicken Enchilada (Yellow, High)	Marinated Tomatoes With Penne And Basil (Green, High)	
	Baked Florentine Turkey Roulade (Green, Low)	Pineapple BBQ Meatballs (Yellow, Low)	
14-Mar-25	Lasagna (Yellow, High)	Swiss Steak w/Brown Gravy (Yellow, High)	19
	Chicken Cacciatore (Green, Moderate)	Stuffed Green Peppers w/Turkey and Lentils (Green, High)	
	Italian Broccoli Pasta (Yellow, High)	Tuna Noodles (Yellow, High)	
15-Mar-25	Jamaican Chicken (Green, Low)	Grilled Honey Sriracha Chicken (Green, Low)	20
	Braised Spareribs (Yellow, Moderate)	Chili Mac (Green, Moderate)	
	Salisbury Grilled Salmon (Yellow, Moderate)	Shrimp Chop Suey (Green, High)	
16-Mar-25	Swedish Meatballs (Ground Turkey) (Yellow, High)	Turkey Ala King (Yellow, High)	21
	Polynesian Fillet (Green, Low)	Country Style Fried Steak (Red)	
	Steak Smothered in Onions (Yellow, Moderate)	Baja Baked Cod (Green, High)	

17-Mar-25	Pork Roast Tenderloin (Green, Low)	Oriental Pepper Steak (Yellow, Moderate)	22
	Tuna Noodles (Yellow, High)	Chicken Parmesan (Red, High)	
	Savory Baked Chicken (Yellow, Moderate)	Baked Fish w/Lemon Garlic Butter (Green, Moderate)	
18-Mar-25	Baja Fish Taco (Green, High)	Basil Baked Fish (Yellow, Moderate)	23
	Baked Mexican Chicken (Yellow, High)	Turkey Breast Fillet (Yellow, Low)	
	Beef Stir Fry (Green, High)	Pasta Provencal (Green, High)	
19-Mar-25	Fish Onion-Lemon Baked (Green, Low)	Spicy Catfish Poboy (Red, Moderate)	24
	Simmered Beef (Yellow, Low)	Grilled Pork Chops (Yellow, Low)	
	Cajun Chicken (Green, Moderate)	Cajun Meatloaf (Yellow, Moderate)	
20-Mar-25	Baked Salmon (Green, Low)	Baked Dijon Pork Chop (Green, Moderate)	25
	Pineapple BBQ Meatballs (Yellow, Low)	Spinach Lasagna (Yellow, High)	
	Honey Mustard Chicken Breast (Green, Moderate)	Baked Florentine Turkey Roulade (Green, Low)	
21-Mar-25	Turkey and Spinach Meatloaf (Green, Moderate)	Roast Turkey (Yellow, Moderate)	26
	Crispy Oven Baked Chicken (Yellow, Low)	Cheese Tortellini with Marina (Green, High)	
	Parmesan Fish (Yellow, Moderate)	Stuffed Green Peppers (Beef) (Yellow, High)	
22-Mar-25	Honey Ginger Chicken (Green, Low)	Baked Chicken (Green, High)	27

	Salisbury Steak (Yellow, Moderate)	Southwestern Shrimp Linguine (Yellow, High)	
	Cheese Manicotti (Yellow, High)	Beef Bulgogi (Green, High)	
23-Mar-25	Chicken Ala King (Green, Moderate)	Creole Fish Fillets (Green, Moderate)	28
	Baked Fish (Yellow, Moderate)	Stir Fry Chicken w/Broccoli (Green, High)	
	Pasta Primavera (Yellow, Moderate)	Teriyaki Steak (Yellow, High)	