

DFAC 28 Day Menu

Date	Lunch	Dinner	Menu Day
18-May-26	Southwestern Sweet Potatoes Black Beans and Corn (Green, Moderate)	Pasta Primavera (Green, Low)	1
	Baked Salmon with Herb Vinaigrette (Green, Moderate)	Chicken Scampi (Green, High)	
	Mambo Pork Roast (Yellow, Low)	Country Style Steak (Yellow, Moderate)	
19-May-26	Beef Stir Fry (Green,High)	Barbecue Pork Loin (Yellow, Low)	2
	Sundried Tomato Pesto Pasta (Green, High)	Baja Baked Cod (Green, High)	
	Mr. Z Baked Chicken (Yellow,Moderate)	Greek Lemon Chicken (Green, Moderate)	
20-May-26	Lasagna (Yellow,Moderate)	Pork Roast Tenderloin (Green, Low)	3
	Shrimp Jambalaya (Yellow,High)	Ginger BBQ Chicken (Green, Low)	
	Cajun Chicken (Green, Moderate)	Thai Vegetable Curry (Yellow, High)	
21-May-26	Chicken Parmesan (Yellow, High)	Hot and Spicy Chicken (Green, Moderate)	4
	Meat Loaf (Yellow, Moderate)	Pasta Toscano With Italian Sausage (Yellow, High)	
	Meat Loaf (Yellow, Moderate)	Cantonese Spareribs (Red,High)	
22-May-26	grilled bratwurst	Baked Fish w/ Lemon Garlic Butter (Green, Moderate)	5
	Basil Baked Fish (Yellow, Low)	Lime Chicken Tacos (Green, Moderate)	
	Spaghetti With Meatballs Ground Turkey (Green, Modera	Brasied Beef & Noodles (Yellow, Moderate)	

23-May-26	Grilled Pork Chops (Yellow, Low)	Chesapeake Bay Shrimp (Green,High)	6
	Savory Baked Chicken (Yellow, Moderate)	Chicken Kabob (Yellow, Low)	
	Slow Braised BBQ Beef (Red, High)	Roasted Pasta Primavera (Yellow, Moderate)	

24-May-26	Cheese Tortellini with Marinara (Green, High)	Beef Stew (Yellow,Moderate)	7
	Pepper Steak (Yellow,Low)	Lemon Baked Fish (Green, Low)	
	Bourbon Chicken (Yellow, Low)	Herbed Baked Chicken (Green, Low)	



26-May-26	Barbecue Pork Loin (Yellow, Low)	Chicken, Baked Mexican Yellow, High)	9
	grilled reuben sandwich	Southwestern Fish (Green)	
	BBQ Chicken (Yellow, High)	Beef Fajitas (Green, High)	

27-May-26	Roasted Pork Tenderloin (Green,Low)	Grilled Steak (Green, Low)	10
	Citrus Herb Chicken (Green, Low)	Portobello Fajitas (Green,Low)	
	Mediterranean Salmon (Yellow, Low)	Baked Salmon (Green,Low)	

28-May-26	Country Style Fried Steak (Red, Moderate)	Chicken& Broccoli Stir Fry (Green,High)	11
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	Oven Fried Chicken (Yellow,Moderate)	Shrimp Kabob (Yellow,High)	
	Southern Fried Catfish (Red, Moderate)	Teriyaki Steak (Yellow, High)	
29-May-26	Grilled Pork Chops (Yellow,Low)	Chicken Florentine (Green, Low)	12
	Creole Shrimp (Yellow, High)	Italian Broccoli Pasta (Yellow, High)	
	Baked Creole Spiced Chicken (Yellow, Moderate)	Parmesan Fish (Yellow, Moderate)	
30-May-26	Beef Stew (Yellow, Moderate)	Crispy Southern Cornflake Chicken (Yellow, Low)	13
	Pork Schnitzel (Red, Moderate)	Swedish Meatballs (Yellow, High)	
	Lemon Pepper Catfish (Yellow, Low)	Sweet and Spicy Orange Salmon (Yellow, Moderate)	
31-May-26	Greek Lemon Turkey Pasta (Green, Moderate)	Roast Beef (Green, High)	14
	Oven Fried Fish (Yellow, Low)	Sundried Tomato Pesto Pasta (Green, High)	
	Steak Rancho (Yellow, Moderate)	Chicken Cacciatore (Green, Moderate)	
1-Jun-26	Creole Fish Fillets (Green, Moderate)	Chicken Ala King (Green, Moderate)	15
	Tuscan Chicken (Green, Low)	Baked Fish (Yellow, Moderate)	
	Teriyaki Steak (Yellow, High)	Pasta Primavera (Yellow, Moderate)	
2-Jun-26	Honey Ginger Chicken (Green, Low)	Caribbean Beef Curry (Green,Moderate)	16
	Pepper Steak (Yellow,Low)	Baked Salmon (Green,Low)	

	Cheese Manicotti (Yellow, High)	Honey Sriracha Chicken (Green, Low)	
3-Jun-26	Baja Fish Taco (Green, High)	Basil Baked Fish (Yellow, Moderate)	17
	Baked Mexican Chicken (Yellow, High)	Turkey Breast Fillet (Yellow, Low)	
	Stuffed Green Peppers (Yellow, High)	Eggplant Parmesan (Red, High)	
4-Jun-26	Fish Onion-Lemon Baked (Green, Low)	Harvest Veg & Bean Ragout (Green, Moderate)	18
	Simmered Beef (Yellow, Low)	Grilled Pork Chops (Yellow, Low)	
	Cajun Chicken (Green, Moderate)	Cajun Meatloaf (Yellow, Moderate)	
5-Jun-26	Baked Salmon (Green, Low)	Pork Carnitas (Yellow, Moderate)	19
	Pineapple BBQ Meatballs (Yellow, Low)	Spinach Lasagna (Yellow, High)	
	Honey Mustard Chicken Breast (Green, Moderate)	Savory Baked Chicken (Yellow, Moderate)	
6-Jun-26	Turkey and Spinach Meatloaf (Green, Moderate)	Teriyaki Chicken (Yellow, High)	20
	Crispy Oven Baked Chicken (Yellow, Low)	Cheese Tortellini with Marina (Green, High)	
	Parmesan Fish (Yellow, Moderate)	Stuffed Green Peppers (Beef) (Yellow, High)	
7-Jun-26	Honey Ginger Chicken (Green, Low)	Baked Chicken (Green, High)	21
	Salisbury Steak (Yellow, Moderate)	Southwestern Shrimp Linguine (Yellow, High)	
	French Fried Shrimp (Red, Low)	Beef Bulgogi (Green, High)	

8-Jun-26	Chicken Fajitas (Yellow, Moderate)	Creole Fish Fillets (Green, Moderate)	22
	Baked Fish (Yellow, Moderate)	Stir Fry Chicken w/Broccoli (Green, High)	
	Pasta Primavera (Yellow, Moderate)	Teriyaki Steak (Yellow, High)	
9-Jun-26	Spaghettit w/Turkey Meat Sauce (Green,High)	Turkey Nuggets (Red, High)	23
	grilled reuben sandwich	Beef Stew (Yellow,Moderate)	
	Pork Chop w/Pineapple Glaze (Yellow, Low)	Sundried Tomato Pesto Pasta (Green,Low)	
10-Jun-26	Sweet and Spicy Orange Salmon (Yellow, Moderate)	BBQ Chicken (Yellow,High)	24
	Chili Mac (Green, Moderate)	Pepper Steak (Yellow, Low)	
	Chicken Kabob (Yellow, Low)	Spicy Catfish PoBoy (Red, Moderate)	
11-Jun-26	Almond Crusted Cod (Yellow, Moderate)	Chicken Gumbo (Yellow, Moderate)	25
	Hamburger Yakisoba (Yellow, Low)	Pork Schnitzel (Red, Moderate)	
	Herbed Baked Chicken (Green,Moderate)	Fish Onion-Lemon Baked (Green, Low)	
12-Jun-26	BBQ Beef Cubes (Red, High)	Maple Glaze Salmon (Yellow,High)	26
	Greek Lemon Chicken (Green, Moderate)	Sundried Tomato Pesto Pasta (Green,High)	
	Basil Baked Fish (Yellow, Moderate)	Pineapple BBQ Meatballs(Yellow, Low)	
13-Jun-26	Lemon Pepper Baked Chicken (Yellow,Low)	Swiss Steak w/Brown Gravy (Yellow, High)	27

	Caribbean Catfish (Yellow, Moderate)	Stuffed Green Peppers w/Turkey and Lentils (Green, High)	
	Brasied Beef & Noodles (Yellow, Moderate)	Spicy Chicken Shawarma (Yellow, Moderate)	
14-Jun-26	Jamaican Chicken (Green, Low)	Grilled Honey Sriracha Chicken (Green, Low)	28
	Thai Vegetable Curry (Yellow, High)	Chili Mac (Green, Moderate)	
	Creole Shrimp (Yellow, High)	Beef Pho (Green, High)	



25 May 2026

MEMORIAL DAY MENU

MAIN ENTREES

Grilled Steak

BBQ Chicken

Shrimp Kabob

STARCHES

Boston Baked Beans

Baked Macaroni and Cheese

SIDES

Corn on the Cob

Savory Summer Squash

Garlic Peas

