DFAC 28 Day Menu

Date	Lunch	Dinner	Menu Day
11/2/2026	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)	
11/3/2026	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)	
11/4/2026	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)	
11/5/2026	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)	
11/6/2026	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, Moderate)	Brasied Beef & Noodles (Yellow, Moderate)	
11/7/2026	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)	

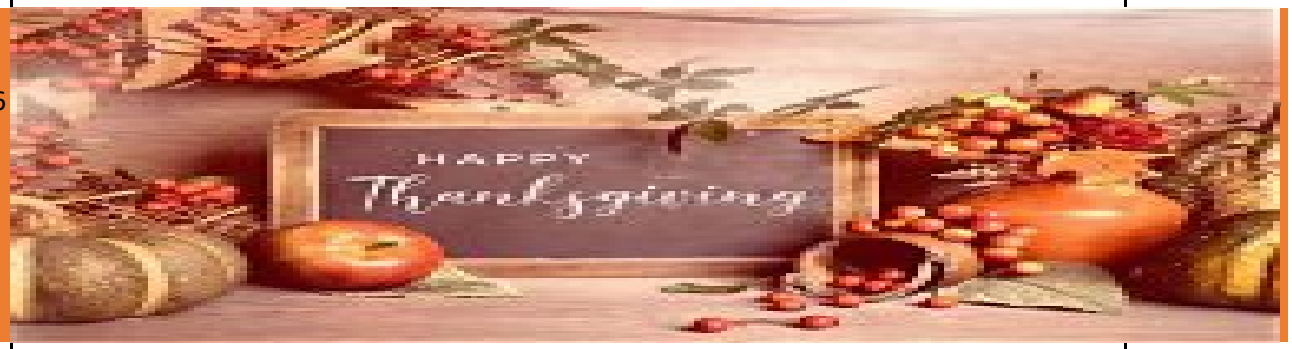
11/8/2026	Cheese Tortellini with Marinara (Green, High)	Beef Stew (Yellow,Moderate)	7
	Pepper Steak (Yellow,Low)	Lemon Baked Fish (Green, Low)	
	Bourbon Chicken (Yellow, Low)	Herbed Baked Chicken (Green, Low)	
11/9/2026	Greek Lemon Marinated Chicken (Green, Moderate)	Chicken Gumbo (Yellow,Moderate)	8
	Basil Baked Fish (Yellow,Moderate)	Braised Spareribs (Yellow,Moderate)	
	Pasta Primavera (Yellow, Moderate)	French Fried Shrimp (Red High)	
11/10/2026	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)	

11/11/2026	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)	
11/12/2026	Country Style Fried Steak (Red, Moderate)	Chicken& Broccoli Stir Fry (Green,High)	11
	Oven Fried Chicken (Yellow,Moderate)	Shrimp Kabob (Yellow,High)	
	Southern Fried Catfish (Red, Moderate)	Teriyaki Steak (Yellow, High)	
11/13/2026	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)	
11/14/2026	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)	
11/15/2026	Greek Lemon Turkey Pasta (Green, Moderate)	Roast Beef (Green, High)	14
	Oven Fried Fish (Yellow, Low)	Sundried Tomato Pesto Pasta (Green, High)	
	Steak Rancheo (Yellow, Moderate)	Chicken Cacciatore (Green, Moderate)	
11/16/2026	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)	
11/17/2026	Honey Ginger Chicken (Green, Low)	Carribean Beef Curry (Green,Moderate)	16
	Pepper Steak (Yellow,Low)	Baked Salmon (Green,Low)	

	Cheese Manicotti (Yellow, High)	Honey Sriracha Chicken (Green, Low)	
11/18/2026	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)	
11/19/2026	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)	
11/20/2026	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)	

11/21/2026	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)	
11/22/2026	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)	
11/23/2026	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)	

11/24/2026	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)	
11/25/2026	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)	
11/26/2026			
11/27/2026	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)	
11/28/2026	Lemon Pepper Baked Chicken (Yellow,Low)	Swiss Steak w/Brown Gravy (Yellow, High)	27
	Caribbean Catfish (Yellow, Moderate)	tuffed Green Peppers w/Turkey and Lentils (Green, High)	
	Brasied Beef & Noodles (Yellow,Moderate)	Spicy Chicken Shawarma (Yellow, Moderate)	
11/29/2026	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)	