



Breakfast Menu

Meals are subject to change due to availability



Bldg. 934
0163 85 23 214
DSN 226-3214

Manager

TSgt Timoid Morrison

Assistant Manager

SSgt Joya Lindsey

Hours of Operation

Mon - Fri
Breakfast: 6 - 8am
Lunch: 11 am - 1 pm
Dinner: 4:30 - 6:30 pm

Weekends, Holidays, Family & Goal Days

Brunch: 8 am- 12:30 pm
Supper: 4:30 - 6:30 pm

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Monday to Sunday
<ul style="list-style-type: none"> ❖ Bacon ❖ Hashed Brown Patty ❖ Creamed Beef ❖ Scrambled Eggs ❖ Boiled Eggs ❖ Omelet ❖ Pancakes ❖ French Toast ❖ Breakfast Sandwiches ❖ Breakfast Burritos ❖ Grits ❖ Oatmeal

Extras Menu

Drinks	Salads	Sandwiches	Fruit
Reduced Fat Milk Whole Milk Chocolate Milk Orange Juice Apple Juice Cranberry Juice Bottled Water Pepsi Diet Pepsi Mountain Dew Coca Cola 7up	Daily Specialty Salad 12oz Garden Salad 12oz Chicken Salad 12oz Dairy Free Salad Cottage Cheese Dressings: Ranch Fat Free Ranch French Balsamic Vinegar Italian 1000 Island	Daily Cold Sandwich Daily Cold Wrap Cheeseburger* Hamburger* Grilled Chicken Burger* Chicken Patty Sandwich* *Only available for Lunch & Dinner	Apple Peach Kiwi Fruit Cocktail Watermelon Seasonal Melon Pear Applesauce Banana Orange



Lunch Menu

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Knights Table

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Roasted Turkey Cheese Tortellini With Marina Stuffed Green Peppers Corn Bread Dressing Baked Sweet Potatoes Grilled Asparagus Fried Cauliflower Sauted mushrooms & onions	2 Baked Chicken Southwestern Shrimp Linguine Sicilian Brown Rice w/ Vegetables Garlic Mashed Potatoes Braised Cabbage Herbed green beans Fried okra
3 BRUNCH Creole Fish Fillets Teriyaki Steak Lyonnaisse Rice Roasted Pepper Potatoes Peas w/ Mushroom & Onion Roasted Cauliflower French Style Greenbeans	4 Simmered Beef Almond Crusted Cod Steamed Rice Roasted Pepper Potatos Corn Peas & Carrots Asparagus Brown Gravy	5 Chili Mac Basil Baked Fish Teriyaki Chicken Rice Pilaf Simmered Pinto Beans Green Beans w Mushroom Oriental Stir Fry Cabbage Cauliflower	6 Wing Wednesday Shrimp Kabob Ginger BBQ Chicken Lemon Basil Pasta Garlic & Soy Roasted Potatoes Steamed Rice Green Bean Sesame Glaze Sautéed Mushrooms & Onions Spinach	7 Southern Meal Honey Mustard Chicken Breast Baked Fish Cheese Tortellini with Marinara Red beans and Rice Mashed Potatoes Broccoli Southern Style Collard Greens Carrots	8 Polish Sausage Baked Salmon Hamburger Yakisoba Buttered Parsley Potatoes Brown Rice w/ Tomatoes Sauteed Peppers and Onions Brussel Sprouts Mixed Vegetables	9 BRUNCH Santa Fe Glazed Chicken Beef Ball Stroganoff Hopping John Rice Cottage Fried Potatoes Stewed Tomatoes Braised Cabbage
10 BRUNCH Cheese Tortellini W/ Marina Bourbon Chicken Steamed Rice Roasted Pepper Potatoes Roasted Carrots w/ Rosemary Japanese Stir Fry Vegetables Succotash	11 Caribbean Catfish Jerk Roast Turkey Beef Corn Pie Baked Potato Halves Islander Rice Corn Combo French Style Green Beans Garlic Peas	12 Baked Fish Meat Loaf Baked Chicken Baked Mac and Cheese Mashed Potatoes Black Eye Peas Carrots Corn on the Cobb	13 Wing Wednesday Lemon Basil Shrimp Pasta Mambo Pork Roast Grilled Chicken w/ Mustard Sauce Sauteed Mushroom & onion Grilled Asparagus Broccoli Polonaise	14 Caribbean Meal Gumbo Jerk Chicken Escovitched Fish Beef Curry Veg Curry Rice & Peas White Rice Fried Okra Corn on the Cob	15 Burger Day Chicken Florentine Italian Broccoli Pasta Grilled Pork Chop Savory Style Beans Oven Browned Potatoes Cauliflower Au Gratin Carrots on the Griddle Broccoli	16 BRUNCH French Fried Shrimp Hot and Spicy Chicken Buttered Parsley Potatoes Harvest Blend Rice Herbed Green Beans Succotash Fried Okra
17 BRUNCH Shrimp Jambalaya Southern Fried Chicken Boston Baked Beans Buttered Egg Noodles Carrots Peas w/ Mushrooms and Onion Cauliflower Combo	18 Roast Beef Chicken Cordon Bleu Pasta Primavera Mashed Potatoes Steamed Rice Brussel Sprouts Roasted Butternut Squash Mixed Vegetables	19 Chicken Kabob Pepper Steak Tuna Noodles Southwestern Rice Roasted Red Skin Potatoes Hacienda Corn and Black Beans Mexican Corn Sauteed Mushrooms and Onions	20 Wing Wednesday Beef Brogul Pork Schnitzel Fish Onion-Lemon Baked Rice Pilaf Baked Beans Carrots Broccoli Polonaise Green Beans w/ Feta	21 BBQ Meal Herbed Grilled Chicken Hamburgers Hot dogs French Fries Cowboy Beans Baked Macaroni & Cheese Broccoli Corn on the Cobb Grilled Asparagus Cheese Biscuit Dinner Roll	22 Swiss Steak w/Brown Gravy Stuffed Green Peppers w/Turkey and Lentils Tuna Noodles Brown Rice w/ Tomatoes Simmered Pinto Beans Peas Mediterranean Grilled Asparagus Succotash	23 BRUNCH Grilled Honey Sriracha Chicken Chili Mac Shrimp Chop Suey Steamed Rice Baked Potato Oriental Stir Fry Cabbage Fried Okra Corn Combo
24 BRUNCH Chicken Ala King Baked Fish Pasta Primavera O'Brien Potatoes Quinoa Southwest Pilaf Hacienda Corn & black bean Roasted Butternut Squash Stewed Tomatoes	25 Christmas Meal Baked Ham Roast Rib Of Beef Whole Roast Turkey Corn Collard Greens Carrots w/ warm Spices Mashed Potatoes Glazed Sweet Potatoes Cornbread Dressing	26 CLOSED	27 CLOSED	28 CLOSED	29 CLOSED	30 CLOSED

Dinner Menu

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Knights Table

Bldg. 934
 0163 85 23 214
 DSN 226-3214

Manager

TSgt Timoid Morrison

Assistant Manager

TSgt Akin Hyde
 TSgt Tiffany Berry

Hours of Operation

Mon - Fri

Breakfast: 6 - 8am

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 Goal Days

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 due to availability*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Turkey & Spinach Meatloaf Crispy Baked Chicken Parmesan Fish Orzo w.Lemon & Herbs Roasted Potato Wedges Roasted Carrots Brussel Sprouts Broccoli Polonaise	2 Honey Ginger Chicken Salisbury Steak Cheese Manicotti Southern Style S.Potatoes Boston Baked Beans Cauliflower Au Gratin Collard Greens Mixed Vegetables
3 Chicken Ala King Baked Fish Pasta Primavera O'Brien Potatoes Quinoa Southwest Pilaf Hacienda Corn & Beans Roasted Zucchini Squash Stewed Tomatoes	4 Spaghetti w.Turkey Sauce Lemon Garlic Baked Fish Steak w. Onions Long Grain & Wild Rice Baked Sweet Potatoes Succotash Cauliflower Parmesan Roasted Carrots	5 Pork Roasted Tenderloin Baja Baked Cod Pasta Provencal Scaloped Potatoes Steamed Rice Broccoli Combo Corn Calico Garlic Sauteed Spinach	6 Marinated Tomatoes w.Penne Parmesan Cod Sweet Chili BBQ Meatballs Brown Rice Potatoes & Herbs Snow Peas Stewed Tomatoes Grilled Asparagus	7 Hot & Spicy Chicken Pasta Toscano Cantonese Spareribs Crispy Potatoes Wedges Harvest Blend Rice Green Beans w.Mushrooms Grilled Asparagus Mixed Vegetables	8 Roast Beef Shrimp Scampi German Chicken Schnitzel Baked Potato Halves Steamed Rice Cauliflower Parmesan Glazed Carrots Corn Calico	9 Salmon w.Maple Glaze Stuffed Green Peppers Pasta Primavera Garlic Mashed Potatoes Lyonnaise Rice Garlic Sautéed Spinach Zucchini & Squash Gratin Fried Okra
10 Beef Pot Pie Lemon Baked Fish Herbed Baked Chicken Roasted Potato Wedge Steamed Rice Cauliflower Broccoli Combo Braised Carrot	11 Beef Stew Cajun Chicken Breast Rice Pilaf Roasted Pepper Potatoes Asparagus Cauliflower Cream Style Corn Brown Gravy	12 BBQ Beef Cubes Southwestern Fish Beef Fajita Mexican Rice Refried Beans w/ Cheese Peas Mexican Corn Spinach	13 Grilled Steak Roast Turkey Mediterranean Salmon Roasted Pepper Potatoes Brown Rice Braised Cabbage Green Beans w/ Feta Cauliflower	14 Crispy Oven Baked Chicken Roast Beef Parmesan Crusted Chicken Steamed Rice Baked Sweet Potato Fried Okra Carrots Corn Combo	15 Greek Lemon Turkey Pasta Savory Baked Chicken Oven Fried Fish Brown Rice w/ Vegetable Sicilian Mashed Potatoes Garlic Sauteed Spinach Mixed Vegetables Green Beans w/ Mushrooms	16 Beef Stir Fry Baked Stuffed Fish Chicken Bulgogi Dirty Rice Lyonnaise Potatoes Japanese Stir Fry Vegetables Fried Cauliflower Glazed Carrots
17 Baked Dijon Pork Chop Chili Mac Lemon Pepper Catfish Simmered Pinto Beans Hopping John Rice Roasted Cauliflower Corn Broccoli	18 Turkey Nuggets Beef and Corn Pie Bourbon Chicken Long Grain & Wild Rice Rice Oven Browned Potatoes Herbed Green Beans Japanese Stir Fry Vegetables Grilled Asparagus	19 Sweet & Spicy Orange Salmon Cheese Tortellini Steak Ranchero Brown Rice Cottage Fried Rice Peas & Carrots Green Beans w/ Mushrooms Corn on the Cob	20 Almond Crusted Cod Hamburger Yakisoba Cranberry Glazed Chicken Lyonnaise Potatoes Steamed Rice Roasted Brussel Sprouts Hacienda Corn & Black Bean French Style Peas	21 BBQ Beef Cubes Chicken Enchilada Florentine Turkey Roulade Mac & Cheese Steamed Rice Grilled Asparagus Black Eyed Peas Broccoli Combo	22 Lasagna Chicken Cacciatore Italian Broccoli Pasta Harvest Blend Rice Franconia Potatoes Carrots Herbed Green Beans	23 Jamaican Chicken Braised Spareribs Salisbury Grilled Salmon Baked Beans Brown Rice Peas w/Mushrooms and onion Green Bean Sesame Glaze Southern Style Collard Greens
24 Swedish Meatballs Polynesian Fillet Steaked w. Onions Risssole Potatoes Oriental Rice Carrots Roasted Zucchini w.Tomato Cauliflower Combo	25 CLOSED	26 CLOSED	27 CLOSED	28 CLOSED	29 CLOSED	30 CLOSED