



Knights Table

DECEMBER BREAKFAST MENU

BREAKFAST: 6AM - 8AM
LUNCH: 11AM - 1PM

DINNER: 4:30PM - 6:30PM
MIDNIGHT MEAL: 11PM - 1AM

SUN	MON	TUE	WED	THUR	FRI	SAT
Bacon Hashed Brown Patty Creamed Beef Scrambled Eggs Boiled Eggs Omelet Pancakes French Toast Breakfast Sandwiches Breakfast Burritos Grits Oatmeal	Bacon Hashed Brown Patty Creamed Beef Scrambled Eggs Boiled Eggs Omelet Pancakes French Toast Breakfast Sandwiches Breakfast Burritos Grits Oatmeal	Bacon Hashed Brown Patty Creamed Beef Scrambled Eggs Boiled Eggs Omelet Pancakes French Toast Breakfast Sandwiches Breakfast Burritos Grits Oatmeal	Bacon Hashed Brown Patty Creamed Beef Scrambled Eggs Boiled Eggs Omelet Pancakes French Toast Breakfast Sandwiches Breakfast Burritos Grits Oatmeal	Bacon Hashed Brown Patty Creamed Beef Scrambled Eggs Boiled Eggs Omelet Pancakes French Toast Breakfast Sandwiches Breakfast Burritos Grits Oatmeal	Bacon Hashed Brown Patty Creamed Beef Scrambled Eggs Boiled Eggs Omelet Pancakes French Toast Breakfast Sandwiches Breakfast Burritos Grits Oatmeal	Bacon Hashed Brown Patty Creamed Beef Scrambled Eggs Boiled Eggs Omelet Pancakes French Toast Breakfast Sandwiches Breakfast Burritos Grits Oatmeal

À LA CARTE 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* Grilled Chicken* *Only available for Lunch & Dinner Meal	Apple Peach Kiwi Fruit Cocktail Watermelon Seasonal Strawberry Mango Melon Pear Applesauce Banana Orange

MEALS ARE SUBJECT TO CHANGE DUE TO AVAILABILITY

BLDG 934
01638 52 3214
DSN 226 1745

MANAGER
TSgt Timoid Morrison
OPERATIONS MANAGER
TSgt Akin Hyde





Knights Table

DECEMBER LUNCH MENU

BREAKFAST: 6AM - 8AM
LUNCH: 11AM - 1PM

DINNER: 4:30PM - 6:30PM
MIDNIGHT MEAL: 11PM - 1AM

SUN	MON	TUE	WED	THUR	FRI	SAT
01	02 Simmered Beef Almond Cod Sweet Pot w/Black Beans & Corn Roasted Potatoes Corn Asparagus Peas & Carrots	03 Chilli Mac Basil Baked Fish Teriyaki Chicken Rice Pilaf Pinto Beans Oriental Stir Fry Cauliflower Green Beans & Mushrooms	04 Ginger BBQ Chicken Shrimp Kabob Lemon Basil Pasta Garlic Potatoes Steamed Rice Spinach Green Beans	05 Honey Mustard Chicken Ziti w/Meat Sauce Baked Fish Red Beans & Rice Mashed Potatoes Broccoli Carrots	06 Polish Sausage Baked Salmon Hamburger Yakisoba Buttered Potato Brown Rice w/Tomatoes Brussel sprouts Mixed vegetables	07 Dijon Pork Chop Santa fe Glazed Chicken Hopping John Rice Stewed Tomatoes Cauliflower
08 Bourbon Chicken Cheese Tortellini Roasted Pepper Potatoes Steamed Rice Japanese Stir- Fry Succotash	09 Fried Shrimp BBQ Chicken Grilled Steak Potato Halves Hopping John Rice Corn On Cob Roasted Medley Sauteed Peppers & Onions	10 Caribbean Catfish Jerk Roast Turkey Beef Stuffed Peppers Potato halves Corn Combo Garlic peas French Green Beans	11 Southern Fried Chicken BBQ Brisket Fried Catfish Mac & Cheese Red Beans & Rice Collard Greens Okra Baked Beans	12 Honey Ginger Chicken Salmon w/Citrus Butter BBQ Brisket Sweet Potatoes Spicy Brown Rice Pilaf Collard Greens Corn	13 Chicken Florentine Italian Broccoli Pasta Savory Style Beans Oven Brown Potatoes Carrots Cauliflower Au Gratin	14 Hot & Spicy Chicken Fried Shrimp Harvest Blend Rice Parsley Potatoes Fried Okra Green Beans
15 Shrimp Jambalaya Southern Fried Chicken Turkey Lentil Chili Baked Beans Egg Noodles Carrots	16 Roast Beef Chicken Cordon Bleu Pasta Primavera Mashed Potatoes Steamed Rice Brussel Sprouts Cream Corn Butternut Squash	17 Chicken Kabob Pepper Steak Tuna Noodles Steamed Rice Roasted Redskin Potatoes Braised Cabbage Mexican Corn	18 Hungarian Goulash Pork Schnitzel Onion-Lemon Fish Rice Pilaf Baked Beans Carrots Green Beans w/Feta Broccoli	19 Pineapple BBQ Meatballs Turkey & Spinach Meatloaf Marinated Tomatoes w/Penne Islander Rice O'Brien Potatoes French Green Beans Veg Medley	20 Swiss Steak Tuna Noodles Green Peppers w/Turkey Brown Rice Pinto Beans Asparagus Succotash Peas	21 Honey Siracha Chicken Chili Mac Steamed Rice Baked Potato Oriental Stir- Fry Cabbage Corn Combo Fried Okra
22 Turkey Ala King Baja Baked Cod Parmesan Rice Roasted Cauliflower Griddle Carrots Mixed Vegetables	23 Roast Turkey Whole Turkey Rib of Beef Baked Ham Sweet Potatoes Garlic Spinach Corn Braised Carrots Mashed Potatoes	24 Pasta Provencal Basil Baked Fish Jefferson noodles Mashed Potatoes Broccoli Cauliflower	25 Roast Turkey Rib of Beef Baked Ham Sweet Potatoes Casserole Garlic Spinach Corn Braised Carrots Mashed Potatoes	26 Pork Chop Spinach Lasagna Baked Beans Rice Pilaf Cauliflower Collard Greens Scalloped Corn	27 Cheese Tortellini Stuffed Green Peppers Cornbread Dressing Baked Sweet Potatoes Grilled Asparagus Fried Cauliflower	28 Shrimp Linguine Baked Chicken Mashed Potatoes Sicilian Rice Herbed Green Beans Braised Cabbage Okra
29 Creole Fish Fillets Teriyaki Steak Roasted Pepper Potatoes Lyonnais Rice Green Beans Cauliflower	30 Simmered Beef Almond Cod Sweet Pot w/Black Beans & Corn Roasted Potatoes Corn Asparagus Peas & Carrots	31 Chilli Mac Basil Baked Fish Teriyaki Chicken Rice Pilaf Pinto Beans Oriental Stir Fry Cauliflower Green Beans & Mushrooms				

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Knights Table

DECEMBER DINNER MENU

BREAKFAST: 6AM - 8AM

LUNCH: 11AM - 1PM

DINNER: 4:30PM - 6:30PM

MIDNIGHT MEAL: 11PM - 1AM

SUN	MON	TUE	WED	THUR	FRI	SAT
01	02 Spaghetti w/Turkey Meat Sauce Baked Fish Stir-Fry Tofu Long Grain & Wild Rice Parsley Potatoes Cauliflower Parmesan Roasted	03 Pork Roast Baja Baked Cod Pasta Provencal Scalloped Potatoes Steamed Rice Broccoli Combo Corn Calico Garlic Spinach	04 Tomatoes w/Penne & Basil Southern Fried Catfish Sweet Chilli BBQ Meatballs Brown Rice Potatoes & Herbs Curried Cauliflower Stewed Tomatoes Grilled Asparagus	05 Hot & Spicy Chicken Pasta Toscano Cantonese Spareribs Crispy Potato Wedges Brown Rice Okra Melange Green Beans w/Mushroom Cream style Corn	06 Roast beef Shrimp Scampi German Chicken Schnitzel Baked Potato Steamed Rice Corn on Cob Glazed Carrots	07 Maple Salmon Pasta Primavera Mashed Potatoes Lyonnaise Rice Sauteed Spinach Mixed vegetables Fried okra
08 Herbed Baked Chicken Beef Pot Pie Steamed Rice Baked Sweet Potato Roasted Carrots Stir-Fry Vegetables Succotash	09 Beef Stew Chicken Dijon Sweet Potatoes, black beans and corn Rice Pilaf Roasted Pepper Potatoes Asparagus Cauliflower Cream Style Corn	10 BBQ Beef Cubes Southwestern Fish Beef Fajitas Mexican Rice Refried Beans w/Cheese Mexican Corn Spinach Peas	11 Grilled Steak Roast Turkey Mediterranean Roasted Pepper Potatoes Brown Rice Braised cabbage Green Beans w/Feta	12 Parmesan Crusted Cod Oven Baked Chicken Roast Beef Sweet Potato Halves Steamed Rice Fried Okra Carrots Corn Combo	13 Lemon Turkey Pasta Savory Baked Chicken Oven Fried Fish Brown Rice w/Vegetables Mashed Potatoes Garlic Sauteed Spinach Mixed vegetables Green Beans w/Mushrooms	14 Hot & Spicy Chicken Fried Shrimp Parsley Potatoes Harvest Blend rice Herbed Green Beans Succotash Fried Okra
15 Dijon Pork Chops Chili Mac Lemon Pepper Catfish Pinto Beans Hopping John Rice Cauliflower Broccoli Corn	16 Turkey Nuggets Beef & Corn Pie Bourbon Chicken Wild Rice Herbed Green Beans Stir-Fry Vegetables Grilled Asparagus	17 Sweet & Spicy Salmon Cheese Tortellini Steak Ranchero Brown rice Cottage Fried Potatoes Peas & Carrots Green Beans w/Mushrooms Calico Corn	18 Almond Crusted Cod Beef Yakisoba Cranberry glazed Chicken Lyonnaise Potatoes Steamed Rice Brussel Sprouts Hacienda Corn French Peas	19 BBQ Beef Cubes Chicken Enchilada Florentine Turkey Baked Mac & Cheese Grilled Asparagus Black Eyed Peas Broccoli Combo	20 Chicken Cacciatore Italian Broccoli Pasta Harvest Blend Rice Franconia Potatoes Scalloped Corn Green Beans Roasted Squash	21 Jamaican Chicken Braised Spareribs Baked Beans Brown Rice Peas w/ Mushroom Green Bean Sesame
22 Swedish Meatballs Polynesian Fillet Rissolle Potatoes Oriental Rice Carrots Broccoli Cauliflower Combo	23 Pork Roast Savory Chicken Wild Rice Glazed Sweet Potato Stewed Tomato Corn Broccoli	24 Baked Mexican Chicken Beef Stir Fry Steamed Rice Hacienda Potatoes Corn Combo Roasted Butternut Squash Sesame Greenbeans	25	26 Baked Salmon Dijon Chicken Potato Wedges Steamed Rice Stir Fry Vegeta Mixed Veggies Curried Cauliflower	27 Turkey & Spinach Meatloaf Crispy Baked Chicken Orzo Lemon Herb Roasted Potato Roasted Carrots Brussel Sprouts Broccoli	28 Baked Chicken Shrimp Linguine Sicilian Rice Garlic Mashed Potato Herbed Green Beans Fried Okra Braised Cabbage
29 Chicken Ala King Baked Fish O'Brian Potatoes Rice Pilaf Hacienda Corn Roasted Squash Stewed Tomato	30 Spaghetti w/Turkey Meat Sauce Baked Fish Stir-Fry Tofu Long Grain & Wild Rice Parsley Potatoes Cauliflower Parmesan Roasted	31 Pork Roast Baja Baked Cod Pasta Provencal Scalloped Potatoes Steamed Rice Broccoli Combo Corn Calico Garlic Spinach				

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