

Air Force 28 Day Menu

Menu is subject to change due to product availability.

Air Force 28 Day Menu

Monday - Friday

Breakfast - 0530 - 0800

Lunch - 1100 - 1300

Dinner - 1700 - 1900

Midnight - 2230 - 0000 (Sunday - Thursday)

Saturday - Sunday

Breakfast - 0900 - 1030

Brunch - 1030 - 1300

Dinner - 1730 - 1900

Midnight Meal 2230 - 0000 (Sunday)

Comments and Questions - Contact the FSO at

DSN 777-3686/8701

(Day 22) LUNCH - 23 March 2020
Baked Turkey & Noodles (Yellow, Moderate)
Basil Baked Fish (Green, Moderate)
Ranchero Steak (Yellow)
(Day 22) DINNER - 23 March 2020
Chicken Enchiladas (Yellow, High)
Southwestern Fish (Green, Moderate)
Pasta Toscano (Yellow, High)
(Day 23) LUNCH - 24 March 2020
Southern Fried Chicken (Red, Moderate)
Shrimp Jambalaya (Yellow, High)
Baked Dijon Pork Chop (Green, Moderate)
(Day 23) DINNER - 24 March 2020
Chicken with Dumplings (Yellow, Moderate)
Stir Fried Garden Vegetables with Marinated Tofu and Brown Rice (Green, Low)
Beef Bulgogi (Green, High)
(Day 24) LUNCH - 25 March 2020
Cheese Tortellini w/Marinara (Green, High)
BBQ Spareribs (Red)
Marinated Tomatoes With Penne Turkey Breast Fillet (Yellow)
(Day 24) DINNER - 25 March 2020
Spicy Chicken Shawarma (Yellow, Moderate)
Mediterranean Quinoa Cakes (Green, Moderate)
Creole Shrimp (Yellow, High)
(Day 25) LUNCH - 26 March 2020
Pasta Primavera (Yellow, Moderate)
Baked Fish w/Lemon Garlic Butter (Green Moderate)
Chicken Parmesan (Yellow, Moderate)
(Day 25) DINNER - 26 March 2020
Turkey and Spinach Meatloaf (Green, Moderate)
Pork Roast Tenderloin (Green, Low)
Swiss Steak w/Brown Gravy (Yellow, High)
(Day 26) LUNCH - 27 March 2020
Jerk Roast Turkey (Green, Low)
Grilled Salmon w/Citrus Butter (Yellow, High)
Lasagna (Yellow, Low)
(Day 26) DINNER - 27 March 2020
BBQ Chicken (Yellow, High)
Beef and Corn Pie (Green, Moderate)
Lemon Baked Fish (Green, Low)
(Day 27) LUNCH - 28 March 2020
Baked Chicken (Green, High)
Lemon Basil Shrimp Pasta (Yellow, Moderate)
Ground Beef Enchiladas (Yellow, Moderate)
(Day 27) DINNER - 28 March 2020
Herbed Baked Chicken (Green, Low)
Spaghetti w/ Marinara Sauce (Green, Low)
Zesty Pork Chops (Yellow, Low)
(Day 28) LUNCH - 29 March 2020
Asian BBQ Turkey (Green, Moderate)
Eggplant Parmesan (Red, High)
Sweet and Sour Spareribs (Red, Low)
(Day 28) DINNER - 29 March 2020
Turkey Lentil Chili (Green, Moderate)
Fried Shrimp (Red, Low)
Braised Beef & Noodles (Yellow, Moderate)
(Day 1) LUNCH - 30 March 2020
Caribbean Catfish (Yellow, Moderate)
Bourbon Chicken (Yellow, Low)

<i>Grilled Steak (Green, Low)</i>
(Day 1) DINNER - 30 March 2020
<i>Spaghetti w/Turkey Meat Sauce (Green, Moderate)</i>
<i>Stir Fried Garden Veg W/Marinated Tofu & Brown Rice (Green, Low)</i>
<i>Stuffed Baked Pork Chops (Yellow, Low)</i>
(Day 2) LUNCH - 31 March 2020
<i>Baked Chicken (Green, High)</i>
<i>Stuffed Green Peppers Beef (Yellow, High)</i>
<i>Hot Italian Sausage (Red, High)</i>
(Day 2) DINNER - 31 March 2020
<i>Honey Mustard Chicken Breast (Green, Moderate)</i>
<i>Barley and Spinach Stew (Green, Low)</i>
<i>Beef Fajitas (Green, High)</i>
(Day 3) LUNCH - 1 April 2020
<i>Chicken Teriyaki (Yellow, High)</i>
<i>Creole Fish Fillets (Green, Moderate)</i>
<i>Beef and Corn Pie (Green, Moderate)</i>
(Day 3) DINNER - 1 April 2020
<i>Turkey and Spinach Meatloaf (Green, Moderate)</i>
<i>Shrimp Scampi (Yellow, High)</i>
<i>Pasta Toscano (Yellow, High)</i>
(Day 4) LUNCH - 2 April 2020
<i>Caribbean Chicken Breast (Green, Moderate)</i>
<i>Cajun Baked Fish (Green, Moderate)</i>
<i>Mambo Pork Roast (Yellow, Low)</i>
(Day 4) DINNER - 2 April 2020
<i>Southwestern Sweet Potatoes Black Beans and Corn (Green, Moderate)</i>
<i>Chicken Enchiladas (Yellow, High)</i>
<i>Teriyaki Pork Steak (Yellow, High)</i>
(Day 5) LUNCH - 3 April 2020
<i>Turkey Nuggets (Red, High)</i>
<i>Baked Fish w/Lemon Garlic Butter (Green Moderate)</i>
<i>Pepper Steak (Yellow, Low)</i>
(Day 5) DINNER - 3 April 2020
<i>Chicken Cacciatore (Green, Moderate)</i>
<i>Lasagna (Yellow, Low)</i>
<i>Stuffed Baked Fish (Yellow, Low)</i>
(Day 6) LUNCH - 4 April 2020
<i>BBQ Chicken (Yellow, High)</i>
<i>Mediterranean Quinoa Cakes (Green, Moderate)</i>
<i>Mexican Pork Chops (Green, Moderate)</i>
(Day 6) DINNER - 4 April 2020
<i>Stuffed Green Peppers w/ Turkey and Lentils (Green, High)</i>
<i>Southern Fried Catfish (Red, Moderate)</i>
<i>Roast Beef (Green, High)</i>
(Day 7) LUNCH - 5 April 2020
<i>Teriyaki Chicken (Yellow, High)</i>
<i>Baked Salmon (Green, Low)</i>
<i>Swiss Steak w/Brown Gravy (Yellow, High)</i>
(Day 7) DINNER - 5 April 2020
<i>Jerk Roast Turkey (Green, Low)</i>
<i>Marinated Tomatoes With Penne And Basil (Green, High)</i>
<i>Grilled Pork Chops (Yellow, Low)</i>
(Day 8) LUNCH - 6 April 2020
<i>Turkey and Spinach Meatloaf (Green, Moderate)</i>
<i>Cheese Manicotti (Yellow, High)</i>
<i>Braised Spareribs (Yellow, Moderate)</i>
(Day 8) DINNER - 6 April 2020
<i>Creole Fish Fillets (Green, Moderate)</i>
<i>Cajun Chicken (Green, Moderate)</i>

<i>Beef Stew (Yellow, Moderate)</i>
(Day 9) LUNCH - 7 April 2020
<i>Southwestern Fish (Green, Moderate)</i>
<i>Roast Turkey (Yellow, Moderate)</i>
<i>Braised Beef & Noodles (Yellow, Moderate)</i>
(Day 9) DINNER - 7 April 2020
<i>Baked Chicken (Green, High)</i>
<i>Beef Bulgogi (Green, High)</i>
<i>Sweet and Spicy Orange Salmon (Yellow, Moderate)</i>
(Day 10) LUNCH - 8 April 2020
<i>Chicken Breast Dijon (Yellow, High)</i>
<i>Onion-Lemon Baked Fish (Green, Low)</i>
<i>Pineapple BBQ Meatballs (Yellow, Low)</i>
(Day 10) DINNER - 8 April 2020
<i>Parmesan Crusted Cod (Yellow, Moderate)</i>
<i>Ground Turkey Lasagna (Yellow, High)</i>
<i>Yankee Pot Roast (Green, Low)</i>
(Day 11) LUNCH - 9 April 2020
<i>Southern Fried Chicken (Red, Moderate)</i>
<i>Brisket w/ BBQ Sauce (Yellow, Moderate)</i>
<i>Grilled Pork Chops (Yellow, Low)</i>
(Day 11) DINNER - 9 April 2020
<i>Honey Ginger Chicken (Green, Low)</i>
<i>Stuffed Green Peppers Beef (Yellow, High)</i>
<i>Cantonese Spareribs (Red, High)</i>
(Day 12) LUNCH - 10 April 2020
<i>Chicken Florentine (Green, Low)</i>
<i>Marinated Tomatoes With Penne And Basil (Green, High)</i>
<i>Parmesan Cod (Yellow, Moderate)</i>
(Day 12) DINNER - 10 April 2020
<i>Chili Mac (Green, Moderate)</i>
<i>Turkey Nuggets (Red, High)</i>
<i>Oven Fried Fish (Yellow, Low)</i>
(Day 13) LUNCH - 11 April 2020
<i>Mediterranean Quinoa Cakes (Green, Moderate)</i>
<i>Chicken Parmesan (Yellow, Moderate)</i>
<i>BBQ Beef Cubes (Red, High)</i>
(Day 13) DINNER - 11 April 2020
<i>Beef Stir Fry (Green, High)</i>
<i>Salmon w/Maple Ginger Glaze (Yellow, High)</i>
<i>Chicken Bulgogi (Green, High)</i>
(Day 14) LUNCH - 12 April 2020
<i>Beef Ball Stroganoff (Yellow, Moderate)</i>
<i>Cheese Tortellini with Marinara (Green, High)</i>
<i>Orange Rosemary Honey Glazed Pork Chop (Yellow, Low)</i>
(Day 14) DINNER - 12 April 2020
<i>Bourbon Chicken (Yellow, Low)</i>
<i>Beef and Corn Pie (Green, Moderate)</i>
<i>Shrimp Jambalaya (Yellow, High)</i>
(Day 15) LUNCH - 13 April 2020
<i>Grilled Ribeye Steak</i>
<i>MR.s"Z" Baked Chicken</i>
<i>Baked Fish</i>
(Day 15) DINNER - 13 April 2020
<i>Caribbean Chicken Breast (Green, Moderate)</i>
<i>Meat loaf (Yellow, Moderate)</i>
<i>Eggplant Parmesan (Red, High)</i>
(Day 16) LUNCH - 14 April 2020
<i>Swedish Turkey Meatballs (Yellow, High)</i>
<i>Stir Fried Garden Veg W/Marinated Tofu & Brown Rice (Green, Low)</i>

<i>Pork Adobo (Yellow, High)</i>
(Day 16) DINNER - 15 April 2020
<i>Mr Z's Baked Chicken (Yellow, Moderate)</i>
<i>Basil Baked Fish (Green, Moderate)</i>
<i>Asian Bourbon Beef & Vegetables Over Noodles (Yellow, Low)</i>
(Day 17) LUNCH - 16 April 2020
<i>Beef Pot Pie (Yellow, High)</i>
<i>Lemon Pepper Catfish (Yellow, Low)</i>
<i>Chicken and Broccoli Stir Fry (Green, High)</i>
(Day 17) DINNER - 16 April 2020
<i>Savory Baked Chicken (Yellow, Moderate)</i>
<i>Almond Crusted Cod (Yellow, Moderate)</i>
<i>Grilled Steak (Green, Low)</i>
(Day 18) LUNCH - 17 April 2020
<i>Baja Baked Cod (Green, High)</i>
<i>Chicken Fajitas Quinoa (Green, Low)</i>
<i>Southwestern Sweet Potatoes Balck Beans and Corn (Green, Moderate)</i>
(Day 18) DINNER - 17 April 2020
<i>Herbed Baked Chicken (Green, Low)</i>
<i>Creole Shrimp (Yellow, High)</i>
<i>Hungarian Goulash w/Noodles (Green, High)</i>
(Day 19) LUNCH - 18 April 2020
<i>Hot And Spicy Chicken (Green, Moderate)</i>
<i>Southern Fried Catfish (Red, Moderate)</i>
<i>Spaghetti w/ Marinara Sauce (Green, Low)</i>
(Day 19) DINNER - 18 April 2020
<i>Ginger BBQ Chicken (Green, Low)</i>
<i>Baked Fish w/Lemon Garlic Butter (Green Moderate)</i>
<i>Teriyaki Pork Steak (Yellow, High)</i>
(Day 20) LUNCH - 19 April 2020
<i>Cajun Chicken (Green, Moderate)</i>
<i>Cheese Manicotti (Yellow, High)</i>
<i>Polish Sausage (Red, High)</i>
(Day 20) DINNER - 19 April 2020
<i>Baked Turkey Roulade Florentine (Green, Low)</i>
<i>Pasta Primavera (Yellow, Moderate)</i>
<i>Country Style Fried Steak (Red, Moderate)</i>
(Day 21) LUNCH - 20 April 2020
<i>Stuffed Green Peppers w/ Turkey and Lentils (Green, High)</i>
<i>Rigatoni w/Green Olive-Almond Pesto & Asiago Cheese (Yellow, Low)</i>
<i>Parmesan Crusted Cod (Yellow, Moderate)</i>
(Day 21) DINNER - 20 April 2020
<i>Chicken Parmesan (Yellow, Moderate)</i>
<i>Cajun Baked Fish (Green, Moderate)</i>
<i>Sweet Chilli BBQ Meatballs (Yellow, Low)</i>

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