



## .... CONTINGENCY OPERATIONS (CONOPS) 28 DAY A-RATIONS MENU

SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D
HAMBURGERS	HAMBURGERS	HAMBURGERS	HAMBURGERS	HAMBURGERS	HAMBURGERS	HAMBURGERS	HAMBURGERS	HAMBURGERS	HAMBURGERS	HAMBURGERS	HAMBURGERS	HAMBURGERS	HAMBURGERS	HAMBURGERS
CHEESEBURGER S	CHEESEBURGER S	CHEESEBURGER S	CHEESEBURGER S	CHEESEBURGER S	CHEESEBURGER S	CHEESEBURGER S	CHEESEBURGER S	CHEESEBURGER S	CHEESEBURGER S	CHEESEBURGER S	CHEESEBURGER S	CHEESEBURGER S	CHEESEBURGER S	CHEESEBURGER S
TURKEY BURGERS	TURKEY BURGERS	TURKEY BURGERS	TURKEY BURGERS	TURKEY BURGERS	TURKEY BURGERS	TURKEY BURGERS	TURKEY BURGERS	TURKEY BURGERS	TURKEY BURGERS	TURKEY BURGERS	TURKEY BURGERS	TURKEY BURGERS	TURKEY BURGERS	TURKEY BURGERS
FRANKFURTERS	FRANKFURTERS	FRANKFURTERS	FRANKFURTERS	FRANKFURTERS	FRANKFURTERS	FRANKFURTERS	FRANKFURTERS	FRANKFURTERS	FRANKFURTERS	FRANKFURTERS	FRANKFURTERS	FRANKFURTERS	FRANKFURTERS	FRANKFURTERS
CHEESE	CHEESE W/HAM	CHEESE	W/HAM	CHEESE	W/HAM	GRILLED CHEESE	CHEESE W/HAM	GRILLED CHEESE	W/HAM	CHEESE	CHEESE W/HAM	GRILLED CHEESE	W/HAM	CHEESE W/HAM
SANDWHICH BAR (DELI MEAT + TUNA)	SANDWHICH BAR (DELI MEAT + TUNA)	SANDWHICH BAR (DELI MEAT + TUNA)	SANDWHICH BAR (DELI MEAT + TUNA)	SANDWHICH BAR (DELI MEAT + TUNA)	SANDWHICH BAR (DELI MEAT + TUNA)	SANDWHICH BAR (DELI MEAT + TUNA)	SANDWHICH BAR (DELI MEAT + TUNA)	SANDWHICH BAR (DELI MEAT + TUNA)	SANDWHICH BAR (DELI MEAT + TUNA)	SANDWHICH BAR (DELI MEAT + TUNA)	SANDWHICH BAR (DELI MEAT + TUNA)	SANDWHICH BAR (DELI MEAT + TUNA)	SANDWHICH BAR (DELI MEAT + TUNA)	SANDWHICH BAR (DELI MEAT + TUNA)
FRENCH FRIES	ONION RINGS	FRENCH FRIES	ONION RINGS	FRENCH FRIES	ONION RINGS	FRENCH FRIES	ONION RINGS	FRENCH FRIES	ONION RINGS	FRENCH FRIES	ONION RINGS	FRENCH FRIES	ONION RINGS	ONION RINGS
BAKED BEANS (NO PORK)	SWEET POTATO PUFFS	BAKED BEANS (NO PORK)	SWEET POTATO PUFFS	BAKED BEANS (NO PORK)	SWEET POTATO PUFFS	BAKED BEANS (NO PORK)	SWEET POTATO PUFFS	BAKED BEANS (NO PORK)	SWEET POTATO PUFFS	BAKED BEANS (NO PORK)	SWEET POTATO PUFFS	BAKED BEANS (NO PORK)	SWEET POTATO PUFFS	SWEET POTATO PUFFS
CHIPS (1/3 BAKED)	CHIPS (1/3 BAKED)	CHIPS (1/3 BAKED)	CHIPS (1/3 BAKED)	CHIPS (1/3 BAKED)	CHIPS (1/3 BAKED)	CHIPS (1/3 BAKED)	CHIPS (1/3 BAKED)	CHIPS (1/3 BAKED)	CHIPS (1/3 BAKED)	CHIPS (1/3 BAKED)	CHIPS (1/3 BAKED)	CHIPS (1/3 BAKED)	CHIPS (1/3 BAKED)	CHIPS (1/3 BAKED)
PIZZA	PIZZA	PIZZA	PIZZA	PIZZA	PIZZA	PIZZA	PIZZA	PIZZA	PIZZA	PIZZA	PIZZA	PIZZA	PIZZA	PIZZA
CONDIMENTS	CONDIMENTS	CONDIMENTS	CONDIMENTS	CONDIMENTS	CONDIMENTS	CONDIMENTS	CONDIMENTS	CONDIMENTS	CONDIMENTS	CONDIMENTS	CONDIMENTS	CONDIMENTS	CONDIMENTS	CONDIMENTS
Mongolian Bar	BUFFALO WINGS	CHICKEN TENDERS	TURKEY WINGS	BREADED CHICKEN WINGS	Mongolian Bar	BUFFALO WINGS	CHICKEN TENDERS	TURKEY WINGS	BREADED CHICKEN WINGS	Mongolian Bar	BUFFALO WINGS	CHICKEN TENDERS	TURKEY WINGS	BREADED CHICKEN WINGS
GRILLED CHICKEN SANDWICH	GRILLED CHICKEN SANDWICH	GRILLED CHICKEN SANDWICH	GRILLED CHICKEN SANDWICH	GRILLED CHICKEN SANDWICH	GRILLED CHICKEN SANDWICH	GRILLED CHICKEN SANDWICH	GRILLED CHICKEN SANDWICH	GRILLED CHICKEN SANDWICH	GRILLED CHICKEN SANDWICH	GRILLED CHICKEN SANDWICH	GRILLED CHICKEN SANDWICH	GRILLED CHICKEN SANDWICH	GRILLED CHICKEN SANDWICH	GRILLED CHICKEN SANDWICH
CORN DOGS	50/50 BRATS (Guinness/Cheddar Bacon)	FISH SANDWICH	POLISH SAUSAGE W/ SAUERKRUAT	PHILLY CHEESE STEAK SANDWICH	CORN DOGS	50/50 BRATS (Guinness/Cheddar Bacon)	FISH SANDWICH	POLISH SAUSAGE W/ SAUERKRUAT	PHILLY CHEESE STEAK SANDWICH	CORN DOGS	50/50 BRATS (Guinness/Cheddar Bacon)	FISH SANDWICH	POLISH SAUSAGE W/ SAUERKRUAT	PHILLY CHEESE STEAK SANDWICH
CHILI CON CARNE (ON HOT FOOD BAR)	CHILI CON CARNE (ON HOT FOOD BAR)	CHILI CON CARNE (ON HOT FOOD BAR)	CHILI CON CARNE (ON HOT FOOD BAR)	CHILI CON CARNE (ON HOT FOOD BAR)	CHILI CON CARNE (ON HOT FOOD BAR)	CHILI CON CARNE (ON HOT FOOD BAR)	CHILI CON CARNE (ON HOT FOOD BAR)	CHILI CON CARNE (ON HOT FOOD BAR)	CHILI CON CARNE (ON HOT FOOD BAR)	CHILI CON CARNE (ON HOT FOOD BAR)	CHILI CON CARNE (ON HOT FOOD BAR)	CHILI CON CARNE (ON HOT FOOD BAR)	CHILI CON CARNE (ON HOT FOOD BAR)	CHILI CON CARNE (ON HOT FOOD BAR)
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
	TOMATO SOUP	CREAM OF BROCCOLI SOUP		VEGETARIAN VEG SOUP	MINESTRONE		VEGETARIAN VEGETABLE			CREAM OF BROCCOLI SOUP	VEGETARIAN VEG SOUP		TOMATO SOUP	CHICKEN NOODLE SOUP
CRACKERS	CRACKERS	CRACKERS	CRACKERS	CRACKERS	CRACKERS	CRACKERS	CRACKERS	CRACKERS	CRACKERS	CRACKERS	CRACKERS	CRACKERS	CRACKERS	CRACKERS
Prime Rib (change)	Spaghetti/meat sauce	FISH, POLLOCK BAKED & FRIED (50/50 Seasoned Pollock*)	ST LOUIS STYLE RIBS	YAKISOBA HAMBURGER w/ Spaghetti Noodles	Fire Roaster Fish/2 types	LASAGNA	NEW ENGLAND STYLE CORNED BEEF	ROAST TURKEY	SALMON	CHICKEN VEGA	Ground Beed/ YAKISOBA w/ spaghetti	CHICKEN CORDON BLEU	HONEY GLAZED CORNISH HEN	BAKED SALMON
CORNISH HENS	BAKED PIT HAM	SWISS STEAK W/M&O	CHICKEN, FRIED & BAKED	GRILLED PORK CHOP	BEEF POT ROAST	VEGETABLE LASAGNA	FISH, POLLOCK BAKED & FRIED (50/50 Seasoned Pollock*)	ST LOUIS STYLE RIBS	ROAST PORK LOIN	RACK OF RIBS	PINEAPPLE CHICKEN (8 PIECE CUT CHICKEN)	FISH, POLLOCK BAKED & FRIED (50/50 Seasoned Pollock*)	SLICED ROAST BEEF	PEPPER STEAK
MASHED POTATOES	WHITE/BROWN RICE	O'BRIEN POTATOES		SPICY POTATO WEDGES	MASHED POTATOES	CHEESE TORTELLINI	SEASONED POTATO WEDGE	SAVORY BREAD DRESSING (mix)	WHITE/BROWN RICE		EGG ROLLS (CATALOG ONE TYPE***)	WHITE/BROWN RICE	BAKED POTATO/w SOUR CREAM	MARINARA PIEROGIES (ADDITION)***
SEASONED EGG NOODLES	SCALLOPED POTATOES	WHITE/BROWN RICE	MACARONI AND CHEESE	MARINARA PIEROGIES (ADDITION)***	FRIED RICE	Spaghetti with Meat Sauce	MACARONI AND CHEESE	MASHED POTATOES	GRILLED POTATO CAKES ???	SPICY POTATO WEDGES	LUMPIA	OVEN GLO POTATOS	WHITE/BROWN RICE	WHITE/BROWN RICE
STEAMED PEAS	GLAZED CARROTS	STEAMED BROCCOLI	BLACKEYED PEAS	SEASONED CAULIFLOWER	CALIFORNIA BLEND VEGETABLES	NOODLES PARMASEAN	VEGETABLE MEDLEY	CANDIED YAMS	SEASONED CORN	MACARONI AND CHEESE		Butter Noodles	SEASONED GREEN PEAS	ROASTED RED POTATOS
FRIED CABBAGE	SPRING BLEND VEGETABLES	VEGETABLE STIR FRY	COLLARD GREENS	Seasoned Mixed Veg	ASPARAGUS	ITALIAN STYLE GREEN BEANS	FRIED CABBAGE	SEASONED MIXED VEG	SEASONED GREEN BEANS	SEASONED PEAS	CALIFORNIA BLEND VEGS	COLLARD GREENS	CAULIFLOWER PARMESAN	FRIED CABBAGE
BROWN GRAVY	PINEAPPLE SAUCE for Ham	MUSHROOM GRAVY	CHICKEN GRAVY	BROWN GRAVY	BROWN GRAVY	CAULIFLOWER	TARTAR SAUCE	COLLARD GREENS	MUSHROOM GRAVY	ASPARAGUS	SUCCOTASH/LIM A BEANS (50/50 split)	CALICO CORN	BROWN GRAVY	SOUTH of the BORDER BROCCOLI
CHICKEN GRAVY (HORSE RADISH ???)	Garlic Bread	APPLESAUCE (Remove)	CATFISH	APPLESAUCE		GARLIC BREAD	LEMON WEDGES	TURKEY GRAVY	APPLESAUCE	CHICKEN GRAVY	RICE	CHICKEN GRAVY		BROWN GRAVY
		TARTAR SAUCE			LEMON WEDGES, TARTAR SAUCE			CRANBERRY SAUCE			CHICKEN GRAVY			LEMON SLICES

.... CONTINGENCY OPERATIONS (CONOPS) 28 DAY A-RATIONS MENU

DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
MINESTRONE	CREAM OF MUSHROOM SOUP	CHICKEN NOODLE SOUP	TOMATO SOUP			CHICKEN NOODLE SOUP	MINESTRONE SOUP	CHICKEN NOODLE SOUP			MINESTRONE SOUP		CHICKEN NOODLE SOUP	CREAM OF BROCCOLI SOUP
CRACKERS	CRACKERS	CRACKERS	CRACKERS	CRACKERS	CRACKERS	CRACKERS	CRACKERS	CRACKERS	CRACKERS	CRACKERS	CRACKERS	CRACKERS	CRACKERS	CRACKERS
BEEF POT ROAST	BBQ BEEF BRISKET	ROAST TURKEY	Jambalaya (change)	BRAISED BEEF	PORK ROAST	RIBEYE STEAK	BREADED PORK CHOPS	Fire Roaster Fish	CATFISH	PIT BAKED HAM	LASAGNA	BBQ BEEF BRISKET	RIBEYE STEAK	FRIED & BAKED CHICKEN
TROUT	ROTISSERIE CHICKEN	GRILLED PORK CHOPS	Fire Roaster Fish	CHICKEN CORDON BLEU	ROTISSERIE CHICKEN (Change)	FRIED SHRIMP	SHRIMP, CHICKEN, BEEF, PORK STIR FRY - MONGOLIAN BBQ	BEEF PRIME RIB w/ AU JUS	Chicken/Baked/Fried	ROAST BEEF	VEGETABLE LASAGNA	BREADED PORK CHOP	FRIED SHRIMP	CORN BEEF
GARLIC ROASTED POTATOES	RED BEANS & RICE	CANDIED YAMS	WHITE/BROWN RICE	OVEN GLO POTATOES	Whole GRAIN POTATO CHEDDAR PIEROGIES	LOBSTER	FRIED RICE /WHITE RICE	BAKED POTATO	FRIED SHRIMP	SEASONED EGG NOODLES	CHICKEN PARMASEAN	MASHED POTATOES	LOBSTER	MASHED POTATOES
RICE PILAF	SPICY POTATO WEDGES	NOODLES JEFFERSON	OVEN BROWNED POTATOES	SEASONED NOODLES	RICE PILAF	ONIONS & MUSHROOMS	MASHED POTATOES	WHITE/BROWN RICE		GARLIC ROASTED POTATOES		NOODLES JEFFERSON	ONIONS & MUSHROOMS	ORANGE RICE
SEASONED MIXED VEGETABLES	SEASONED CARROTS	STEWED TOMATOES	CORN ON THE COB	HARVARD BEETS (DELETION)	HERBED BROCCOLI	RICE PILAF	CALIFORNIA BLEND VEGETABLES	SPRING BLEND VEGETABLES		SPRING BLEND VEGETABLES	PASTA PROVENCIAL	BROCCOLI COMBO	RICE PILAF	GREEN BEAN COMBO
GREEN BEANS	HERBED BROCCOLI	CALIFORNIA BLEND VEGETABLES	SEASONED CARROTS	ASPARGUS	SUCCOTASH/LIMA BEANS (50/50 split)	BAKED POTATO w/ sour cream	FRIED CABBAGE	PINTO BEANS	RICE PILAF	AU GRATIN CAULIFLOWER	HERBED BROCCOLI	ORANGE CARROTS ALMONDINE	BAKED POTATO w/ sour cream	MEXICAN CORN
TARTAR SAUCE	CHICKEN GRAVY	TURKEY GRAVY		ONION GRAVY	BROWN GRAVY	SEASONED GREEN BEANS	BROWN GRAVY	BROWN GRAVY	MASHED POTATO	BROWN GRAVY	CAULIFLOWER	BROWN GRAVY	SEASONED GREEN BEANS	CHICKEN GRAVY
LEMON WEDGES		APPLESAUCE		BLEND VEGETABLES		CORN ON THE COB	APPLESAUCE	(HORSERADISH ???)	SEASONED CARROTS	APPLESAUCE	GARLIC BREAD	APPLESAUCE	CORN ON THE COB	(HORSERADISH ???)
BROWN GRAVY		CRANBERRY SAUCE				AU JUS	PEPPER STEAK	LEMON WEDGES	CORN ON THE COB				AU JUS	MONGOLIAN BBQ
		SEASONED DRESSING				SEAFOOD COCKTAIL SAUCE			SEAFOOD COCKTAIL SAUCE				HUSH PUPPIES	
L/D	L/D	L/D	L/D	L/D	L/D	L/D	L/D	L/D	L/D	L/D	L/D	L/D	L/D	L/D
SALAD BAR w/ FRUITS (FRESH & CANNED)	SALAD BAR w/ FRUITS (FRESH & CANNED)	SALAD BAR w/ FRUITS (FRESH & CANNED)	SALAD BAR w/ FRUITS (FRESH & CANNED)	SALAD BAR w/ FRUITS (FRESH & CANNED)	SALAD BAR w/ FRUITS (FRESH & CANNED)	SALAD BAR w/ FRUITS (FRESH & CANNED)	SALAD BAR w/ FRUITS (FRESH & CANNED)	SALAD BAR w/ FRUITS (FRESH & CANNED)	SALAD BAR w/ FRUITS (FRESH & CANNED)	SALAD BAR w/ FRUITS (FRESH & CANNED)	SALAD BAR w/ FRUITS (FRESH & CANNED)	SALAD BAR w/ FRUITS (FRESH & CANNED)	SALAD BAR w/ FRUITS (FRESH & CANNED)	SALAD BAR w/ FRUITS (FRESH & CANNED)
ASST BREADS + HOT ROLLS	ASST BREADS + HOT ROLLS	ASST BREADS + CORNBREAD	ASST BREADS + GARLIC BREAD	ASST BREADS + GARLIC TOAST	ASST BREADS + HOT ROLLS	ASST BREADS + CORNBREAD	ASST BREADS + HOT ROLLS	ASST BREADS + HOT ROLLS	ASST BREADS + GARLIC BREAD	ASST BREADS + CORNBREAD	ASST BREADS + GARLIC BREAD	ASST BREADS + HOT ROLLS	ASST BREADS + HOT ROLLS	ASST BREADS + CORNBREAD
ASST BEVERAGES	ASST BEVERAGES	ASST BEVERAGES	ASST BEVERAGES	ASST BEVERAGES	ASST BEVERAGES	ASST BEVERAGES	ASST BEVERAGES	ASST BEVERAGES	ASST BEVERAGES	ASST BEVERAGES	ASST BEVERAGES	ASST BEVERAGES	ASST BEVERAGES	ASST BEVERAGES
ASST CONDIMENTS	ASST CONDIMENTS	ASST CONDIMENTS	ASST CONDIMENTS	ASST CONDIMENTS	ASST CONDIMENTS	ASST CONDIMENTS	ASST CONDIMENTS	ASST CONDIMENTS	ASST CONDIMENTS	ASST CONDIMENTS	ASST CONDIMENTS	ASST CONDIMENTS	ASST CONDIMENTS	ASST CONDIMENTS
MANAGER SPECIAL	PASTA BAR	POTATO BAR	TACO BAR W/NACHOS	MANAGER SPECIAL	PASTA BAR	POTATO BAR	TACO BAR W/NACHOS	MANAGER SPECIAL	PASTA BAR	POTATO BAR	TACO BAR W/NACHOS	MANAGER SPECIAL	PASTA BAR	POTATO BAR
DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS
CHERRY CRISP	VANILLA PUDDING	PEACH CRISP	BANANA CREAM PUDDING	COCONUT CREAM PIE	APPLE COBBLER	CHOCOLATE PUDDING	PEACH COBBLER	CHERRY CRISP	LEMON CAKE	BROWNIES (Research)	CHOCOLATE CREAM PIE	CHEESECAKE W/ASST TOPPING	VANILLA PUDDING	BANANA CREAM PIE
PINEAPPLE UPSIDE DOWN CAKE	DEVILS FOOD CAKE W/CH ICING	BROWNIES (Research)	POUND CAKE	WHITE CAKE W/BUT CRM FROST	PINEAPPLE UPSIDE DOWN CAKE	LEMON CAKE	CHEESECAKE	DEVILS FOOD CAKE W/VAN ICI	STRAWBERRY CHEESECAKE	CHOCOLATE CAKE W/CHO ICI	POUND CAKE	CHOCOLATE CHIP COOKIES	LEMON CAKE	DEVILS FOOD CAKE W/CHO ICI
ASST COOKIES	ASST PIES	ASST COOKIES	ASST PIES	ASST COOKIES	ASST PIES	ASST COOKIES	ASST PIES	ASST COOKIES	ASST PIES	ASST COOKIES	ASST PIES	ASST COOKIES	ASST PIES	ASST COOKIES
ICE CREAM	ICE CREAM	ICE CREAM	ICE CREAM	ICE CREAM	ICE CREAM	ICE CREAM	ICE CREAM	ICE CREAM	ICE CREAM	ICE CREAM	ICE CREAM	ICE CREAM	ICE CREAM	ICE CREAM
Xylitol Gum	Xylitol Gum	Xylitol Gum	Xylitol Gum	Xylitol Gum	Xylitol Gum	Xylitol Gum	Xylitol Gum	Xylitol Gum	Xylitol Gum	Xylitol Gum	Xylitol Gum	Xylitol Gum	Xylitol Gum	Xylitol Gum
** XYLITOL GUM IS FOR AFGHANISTAN FIELD FEEDING SITES ONLY**														
NOTE #1: MENU CHANGES ARE AUTHORIZED FOR ANY GIVEN MEAL ARE AUTHORIZED AS LONG AS CATALOGED ITEM UTILIZED.														
** MENU CHANGES AUTHORIZED UTILIZING THE CORE MENU ITEM**					**EXAMPLE IS DINNER DAY 5: ROAST TURKEY CAN BE CHANGED TO TURKEY NUGGETS					DINNER DAY 11 BAKED CHICKEN CAN BE CHANGED TO CHICKEN CURRY				
NOTE #2: MILITARY OPERATED DINING FACILITIES WILL COORDINATE CHANGES WITH COMMAND FOOD CONTRACTOR OPERATED DINING FACILITIES WILL BE DIRECTED TO IMPLEMENT CUSTOMER REQUESTED CHANGES BY THE ADMINISTRATIVE CONTRACTING OFFICER.														
**NOTE: HIGH DOLLAR ITEMS (STEAK, SHRIMP, LOBSTER AND CRAB CLUSTERS) WILL ONLY BE USED THE NUMBER OF TIMES THAT THEY ARE LISTED ON THE CONOPS MENU														