

# THANKSGIVING MENU

November 25th, 2021

Shrimp Cocktail  
Crackers & Assorted Cheeses  
Pumpkin Bread  
Apple Spice Mini-Muffins  
Savory Lentil Soup  
Assorted Whole Grain Rolls with  
Spreads  
Roast Turkey with Turkey Gravy  
Herb Crusted Salmon  
Oven Roasted Strip Loin Steak or Prime  
Rib accompanied by Au Jus Gravy  
Baked Ham / Spiral Ham with Cranberry Glaze  
Mujadara Inspired Lentils & Rice paired with  
toppings of Caramelized Onions and Greek  
Yogurt  
Salad Bar with Assorted Salad Dressings  
Mandarin Quinoa Salad  
Cranberry Sauce, Fruit Salad, and Condiments  
Assorted Seasonal Fresh Fruits & Nuts



Mashed Potatoes  
Baked Macaroni & Cheese  
Savory Bread Dressing  
Sweet Potato Wedges  
Roasted Butternut / Acorn Squash  
Herbed Green Beans / Herbed  
Broccoli  
Oven Seared Brussels Sprouts  
Sweet & Sour Collard Greens  
Greek Yogurt & Mixed Fruit Parfaits  
Gingerbread Cake with Powdered Sugar Lace  
Topping  
Apple Tarts, Pumpkin & Pecan Pies, Whipped  
Topping  
1% or Skim Milk, Milk alternatives,  
Coffee, Hot Tea, Iced Tea,  
Fruit Punch, Fruit-Infused Waters,  
Cranberry-Apple Juice

## 2021 Holiday Meal Rates

Meal Cards;

Standard Cash Rate (Soldiers & Civilians) - \$9.55

Discount Cash Rate – \$7.10 & LIMITED to Immediate Family Members of E1-4 OR Personnel on Field Duty with no per diem

Many of the RECIPES that support the 2021 Model Thanksgiving Menu are provided below.

The boxed data provides the Recipe's full name, number, prep-level category, date of last AFRS update, Go for Green® Coding for color (Green Yellow Red) and for Sodium (Low Moderate High) and if Vegetarian or Vegan when exactly prepared IAW the Recipe's recommended ingredients. Missing data usually indicates that a recent review/update hasn't been done/completed. I hope you find it useful.

Shrimp Cocktail

Shrimp Cocktail	B-004-00	Scratch	11/8/2019	Green	Moderate	
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Crackers & Assorted Cheeses - Local SOP

Pumpkin Bread

Pumpkin Bread	D-011-00	Scratch	12/14/2017	Red	Low	Vegetarian
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Apple Spice Mini-Muffins

Apple Spice Muffins (Applesauce)	D-053-53	Scratch	4/26/2018	Yellow	Low	Vegetarian
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Savory Lentil Soup

Lentil Vegetable Soup	P-027-00	Scratch	?	Green	Moderate	Vegan
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Assorted Whole Grain Rolls with Spreads – Local SOP - OR a mix and match with

Brown and Serve Rolls (Whole Grain)	D-033-50	Scratch	7/19/2017	Green	Moderate	Vegetarian
Focaccia Bread	D-306-00	Scratch	1/2/2018	Yellow	Low	Vegetarian
Wheat Focaccia Bread	D-306-01	Scratch	1/2/2018	Green	Low	Vegetarian
Dinner Rolls (Frozen Dough)	D-804-00	RTU	1/4/2021	Yellow	-	Vegetarian

Whole Wheat Rolls (Frozen Dough)	D-806-00	Speed Scratch	1/4/2021	Variable by brand	Variable by brand	Vegetarian
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Roast Turkey with Turkey Gravy – manufacturer’s instructions or

Roast Turkey (Boneless)	L-16200	RTU	1/6/2021	NA	NA	No
Oven Roasted Turkey (Precooked)	L-803-00	RTU	1/6/2021	NA	NA	No
Chicken or Turkey Gravy	O-016-02	Speed scratch	?	NA	NA	No

Herb Crusted Salmon

Herb Crusted Salmon (4 oz)	L-325-00	Scratch	9/19/2018	Yellow	Low	No
Herb Crusted Salmon (6 oz)	L-325-01	Scratch	12/10/2019	Yellow	Moderate	No

Oven Roasted Strip Loin Steak / Prime Rib accompanied by Au Jus Gravy (Natural Pan (Au Jus) O-018-00)

Oven Roasted Strip Loin Steak	L-007-54	Scratch	10/1/2020	Yellow	Moderate	No
Roast Rib of Beef	L-004-03	Scratch	?	Yellow	Moderate	No

Baked Ham / Spiral Ham with Cranberry Glaze– manufacturer’s instructions or

Baked Ham	L-069-00	RTU	10/1/2020	Yellow	Moderate	No
Cranberry Glaze	O-313-00	Scratch	6/7/2019	Yellow	Low	Vegetarian

Mujadara Inspired Lentils & Rice paired with toppings of Caramelized Onions and Greek Yogurt (SOP)

Mujadara-Inspired Lentils and Rice	E-326-00	Scratch	2/21/2020	Green	Moderate	Vegetarian
Caramelized Onions (Fresh)	Q-304-00	Scratch	6/29/2020	Yellow	Low	Vegetarian

Mashed Potatoes

Mashed Potatoes (Fresh)	Q-048-00	Scratch		Green	Moderate	Vegetarian
Loaded Mashed Potatoes (Fresh)	Q-048-51	Scratch	5/30/2019	Yellow	Moderate	No

Baked Macaroni & Cheese

Baked Macaroni and Cheese	F-001-00	Scratch	4/11/2013	Red	High	Vegetarian
Baked Macaroni and Cheese (Whole Wheat, Side Serving)	F-001-50	Scratch	4/11/2013	Yellow	High	Vegetarian
Baked Whole Grain Macaroni and Cheese	T-002-00	Scratch		Yellow	High	Vegetarian
Baked Macaroni and Cheese	T-002-01	Scratch		Yellow	High	Vegetarian

Savory Bread Dressing – O-021-00

Sweet Potato Wedges

Roasted Sweet Potato Wedges [A] (Fresh, w/ skin)	Q-305-00	Scratch	?	Green	Moderate	Vegan
Roasted Sweet Potato Wedges [B] (Fresh, w/o skin)	Q-305-01	Scratch	?	Green	Moderate	Vegan

Roasted Butternut / Acorn Squash

Roasted Butternut Squash (Fresh)	Q-328-00	Scratch		Green	Low	Vegan
Roasted Acorn Squash	Q-353-00	Scratch	3/29/2021	Green	High	Vegan

Herbed Green Beans / Herbed Broccoli

Herbed Green Beans (Fresh)	Q-026-50	Scratch	2/6/2020	Green	Moderate	Vegetarian
Herbed Green Beans (Frozen)	Q-026-51	Speed Scratch	2/28/2020	Green	High	Vegetarian
Herbed Broccoli (Frozen)	Q-065-00	Scratch	8/26/2019	Green	Moderate	Vegan

Oven Seared Brussels Sprouts

Roasted Brussels Sprouts (Fresh)	Q-106-51	Scratch	6/30/2020	Green	Moderate	Vegan
Roasted Brussels Sprouts (Frozen)	Q-106-50	Speed Scratch		Green	Moderate	Vegan

Sweet & Sour Collard Greens

Not Your Grandma's Southern Collard Greens (Frozen)	Q-316-00	Scratch	Green	High	Vegetarian
Sweet and Sour Sauce	O-008-00	Scratch	Yellow	Moderate	Vegetarian
Szechwan Sauce	O-010-00	Scratch	Yellow	High	Vegetarian

Salad Bar with Assorted Salad Dressings - SOP

Mandarin Quinoa Salad

Mandarin Quinoa Salad	M-308-00	Scratch	6/2/2017	Green	Low	Vegetarian
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Cranberry Sauce, Fruit Salad, and Condiments - SOP

Assorted Seasonal Fresh Fruits & Nuts - SOP

Greek Yogurt & Mixed Fruit Parfaits (many more options)

Mango, Avocado and Jalapeno Yogurt Parfait	J-300-00	Scratch	5/16/2017	Green	Low	Vegetarian
Mixed Berry Parfait	J-302-00	Scratch	8/18/2017	Green	Low	Vegetarian
Pineapple Mango Parfait	J-302-01	Scratch	10/6/2017	Yellow	Low	Vegetarian
Strawberry Banana Parfait	J-302-02	Scratch	9/22/2017	Yellow	Low	Vegetarian
Strawberry Parfait (Vanilla Greek Yogurt 6 oz)	J-303-00	Scratch	6/7/2018	Green	Low	Vegetarian

Gingerbread Cake with Powdered Sugar Lace Topping (SOP topping)

Gingerbread Cake	G-017-00	Scratch	7/6/2020	Red	Low	Vegetarian
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Apple Tarts, Pumpkin & Pecan Pies, Whipped Topping

French Apple Tart	I-300-01	Speed Scratch	10/6/2020	Red	Low	Vegetarian
Pumpkin Pie (RTU crust)	I-013-00	Speed Scratch	12/10/2019	Red	Moderate	Vegetarian
Pecan Pie	I-031-00	Scratch	2/16/2021	Red	Moderate	Vegetarian
Whipped Cream	K-001-00	Scratch	3/22/2021	Red	Low	Vegetarian
Whipped Topping (Dehy)	K-002-00	RTU	12/4/2020	NA	NA	Vegetarian
Whipped Topping (Frozen)	K-002-01	RTU	5/12/2019	NA	NA	Vegetarian

1% or Skim Milk, Milk alternatives,  
Coffee, Hot Tea, Iced Tea,  
Fruit Punch, Fruit-Infused Waters,

Orange Infused Water	C-300-00	Scratch	3/13/2017	Green	NA	Vegan
Strawberry-Lime Infused Water	C-300-01	Scratch	3/13/2017	Green	NA	Vegan
Cucumber, Lemon, Mint Infused Water	C-300-02	Scratch	3/13/2017	Green	NA	Vegan
Strawberry Lemon, Mint Infused Water	C-300-03	Scratch	4/22/2020	Green	NA	Vegan

Cranberry-Apple Juice – RTU or SOP blend