



# Breakfast Menu

Meals are subject to change due to availability

| Sunday | Monday   | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday |
|--------|--|--|---|--|---|----------|
|        | Bacon<br>Creamed Beef<br>Biscuits<br>Pancakes<br>Breakfast Burrito<br>Hashed Brown Patty<br>Boiled Eggs<br>Scrambled Eggs<br>Grits Oatmeal | Bacon<br>Creamed Beef<br>Biscuits<br>Pancakes<br>Breakfast Burrito<br>Hashed Brown Patty<br>Boiled Eggs<br>Scrambled Eggs<br>Grits Oatmeal | Bacon<br>Creamed Beef<br>Biscuits<br>Pancakes<br>Breakfast Sandwich<br>Hashed Brown Patty<br>Boiled Eggs<br>Scrambled Eggs<br>Grits Oatmeal | Bacon<br>Creamed Beef<br>Biscuits<br>Pancakes<br>Breakfast Burrito<br>Hashed Brown Patty<br>Boiled Eggs<br>Scrambled Eggs<br>Grits Oatmeal | Bacon<br>Creamed Beef<br>Biscuits<br>Pancakes<br>Breakfast Sandwich<br>Hashed Brown Patty<br>Boiled Eggs<br>Scrambled Eggs<br>Grits Oatmeal |          |

Bldg. 1224  
 0163 85 23 3184  
 DSN 226-3184

Manager  
 TSgt Tyler Mason

Assistant Manager  
 SSgt Chelsea Lawson

## Hours of Operation

Mon - Fri  
 Breakfast: 0500 - 0800

Lunch: 11 00 - 1400  
 Dinner: 1700 - 2200

Sun- Fri  
 Midnight Meal:  
 2300 - 0200

Weekends, Holidays, Family  
 Days Closed

Subject to changed based  
 off of mission priorities)

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# Grab & Go Menu

| Drinks  | Salads  | Sandwiches  | Short Order Items  |
|---|---|---|--|
| Reduced Fat Milk<br>Whole Milk<br>Chocolate Milk<br>Orange Juice<br>Apple Juice<br>Cranberry Juice<br>Bottled Water<br>Assorted Sodas | Daily Specialty Salad<br>12oz Garden Salad<br>Dressings:<br>Ranch<br>Fat Free Ranch<br>French<br>Balsamic Vinegar<br>Italian<br>1000 Island | Daily Cold Sandwich<br>Daily Cold Wrap<br>Cheeseburger*<br>Hamburger<br>Grilled Chicken Burger<br>Chicken Patty Sandwich<br>Spicy Black Bean Burger<br>Grilled Frankfurter<br>* Weekly Specialty Sandwich | French Fries<br>Sweet Potato Fries<br>Mozzarella Sticks<br>Corn Dog<br>Chicken Tenders<br>Onion Rings<br>Egg Roll<br>Pizza |



# Lunch Menu

Meals are subject to change due to availability

| Sunday              | Monday   | Tuesday              | Wednesday  | Thursday             | Friday  | Saturday     |
|---------------------|--|----------------------|--|----------------------|---|--------------|
|                     | 1<br>Salbury Steak<br>Steamed Rice<br>Sautéed Collard Greens<br>w/Garlic | 2<br>Specialty Meal  | 3<br>Beef Stir Fry<br>Rice Pilaf<br>Roasted Carrots w/<br>Rosemary | 4<br>Specialty Meal  | 5<br>Personal Pizza   | 6<br>Closed  |
| 7<br>Midnight Meal  | 8<br>Beef Vindaloo<br>Mashed Potatoes<br>French Style                    | 9<br>Specialty Meal  | 10<br>Pork Tenderloin<br>Brown Rice<br>Broccoli                    | 11<br>Specialty Meal | 12<br>Savory Baked Chicken<br>Wild Rice<br>Succotash          | 16<br>Closed |
| 14<br>Midnight Meal | 15<br>Chili Mac<br>Steamed Rice<br>Green Beans                           | 16<br>Specialty Meal | 17<br>Pineapple<br>Rice Pilaf<br>Carrots                           | 18<br>Specialty Meal | 19<br>Personal Pizza  | 20<br>Closed |
| 21<br>Midnight Meal | 22<br>Peppr Steak<br>Oven Browned Potatoes<br>Spinach                    | 23<br>Specialty Meal | 24<br>Cajun Chicken<br>Steamed Rice<br>Corn on the Cob             | 25<br>Specialty Meal | 26<br>Stuffed Green Peppers<br>Brown Rice<br>Peas and Carrots | 27<br>Closed |
| 28<br>Midnight Meal | 29<br>Beef & Corn Pie<br>Egg Noodles<br>Collard Greens                   | 30<br>Specialty Meal | 31<br>Teriyaki Chicken<br>Steamed Rice<br>Carrots                  |                      |   |              |

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0163 85 23 3184  
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**Manager**  
TSgt Tyler Mason  
**Assistant Manager**  
SSgt Chelsea Lawson  
**Hours of Operation**

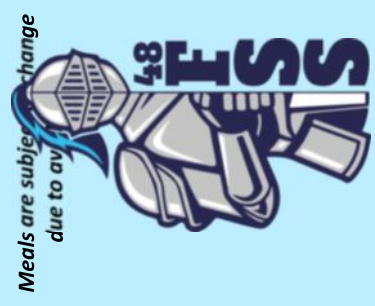
Mon - Fri  
Breakfast: 0500 - 0800  
Lunch: 1100- 1400  
Dinner: 1700 - 200

Sun - Fri  
Midnight Meal: 2300 - 0200

Holidays, Family & Goal Days

Closed

(Subject to changed based off  
of mission priorities)





# Dinner Menu

Meals are subject to change due to availability

| Sunday              | Monday  | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday     |
|---------------------|---|---|--|---|--|--------------|
|                     | 1<br>Chicken Breast Dijon<br>Long Grain & Wild<br>Rice<br>Succotash               | 2<br>Pork Chop<br>Egg Noodles<br>Honey Carrots                    | 3<br>Salmon w/Maple Ginger<br>Glaze<br>Brown Rice<br>Green Beans         | 4<br>Chinese 5 Spice Chicken<br>Steamed Rice<br>Broccoli Combo                | 5<br>Hot and Spicy Chicken<br>Baked Potato Halves<br>Corn on the Cob   | 6<br>Closed  |
| 7<br>Midnight Meal  | 8<br>Spaghetti w/ Meat Sauce<br>Mashed Potatoes<br>Cauliflower                    | 9<br>Cordon Bleu<br>Steamed Rice<br>Mexican                       | 10<br>Mediterranean Salmon<br>Egg Noodles<br>Broccoli                    | 11<br>Grilled Salmon w/ Citrus<br>Butter<br>Harvest Blend Rice<br>Green Beans | 12<br>Braised Beef w/ Noodles<br>Mashed Potatoes<br>Mixed Vegetables   | 13<br>Closed |
| 14<br>Midnight Meal | 15<br>Chicken Parmesan<br>Simmered Pinto Beans<br>Mixed Vegetables                | 16<br>Roast Turkey<br>Brown Rice (Green)<br>Cauliflower           | 17<br>Bourbon Chicken<br>Buttered Egg Noodles<br>Brussel Sprouts         | 18<br>Mediterranean Salmon w/<br>Citrus Butter<br>Steamed Rice<br>Cauliflower | 19<br>Chicken Savory Baked<br>Harvest Blend Rice<br>Herbed Green Beans | 20<br>Closed |
| 21<br>Midnight Meal | 22<br>Tuna Noodles<br>Long Grain & Wild<br>Rice<br>Stewed Tomatoes                | 23<br>Baked Mexican<br>Chicken<br>Spanish Rice<br>Steamed Carrots | 24<br>Stuffed Baked Fish<br>Mashed Potatoes<br>Corn                      | 25<br>Ginger BBQ Chicken<br>Steamed Rice<br>Summer Savoury Squash             | 26<br>Crispy Oven Baked Chicken<br>Broccoli Polonaise<br>Baked Potao   | 27<br>Closed |
| 28<br>Midnight Meal | 29<br>Spaghetti w/ Turkey Meat<br>Sauce<br>Long Grain &<br>Wild Rice<br>Succotash | 30<br>Pork Roast Tenderloin<br>Steamed Rice<br>Broccoli Combo     | 31<br>Salmon w/Maple Ginger<br>Glaze<br>Mashed Potatoes<br>Summer Squash |   |  |              |

Bldg. 934  
0163 85 23 214  
DSN 226-3214

Manager  
TSgt Tyler Mason

Assistant Manager  
SSgt Chelsea Lawson

Hours of Operation

Mon - Fri  
Breakfast: 0500 - 0800  
Lunch: 1100- 1400  
Dinner: 1700 - 2000

Sun - Fri  
Midnight Meal: 2300 - 0200  
Holidays, Family & Goal Days  
Closed  
(Subject to changed based  
off of mission priorities)  
Meals are subject to change  
due to availability





# Isolated, Quarantined and Restricted of Movement Feeding

## How to receive meal support

Members of the armed forces (both officer and enlisted), who are not entitled to the meals portion of a per diem and who, in response to the spread of COVID-19, are restricted in their movements—for self-monitoring, to protect the health of our personnel and their families, or to assure essential mission function capability—and, as a result of such restriction of movements, are housed in Government quarters (unaccompanied or leased) and subsisted through Government-provided meals (from a Government/appropriated fund dining facility or a Government-contracted vendor), may be authorized by the Secretary concerned (to be delegated no lower than to commanders of installations, bases, stations, or ships), to receive those Government-provided meals without charge and also receive BAS at the applicable standard monthly rate without automatic deduction. This memo is effective immediately and will remain in effect until rescinded.

**Note:** We can support meals for personnel/families receiving TLA/Per diem for meals who are staying in RAF Lakenheath Lodging Facilities however these meals must be paid for in cash at the time of service (USD only)

Steps to receive meal support from the Knights Table Dining Facility:

1. View our monthly menu options on the FSS website at <https://www.lakenheathfss.com/knight-s-table-military-dining-facility#Serve> and Knight's Table DFAC Facebook page at [https://www.facebook.com/pg/KnightsTableDFAC/events/?ref=page\\_internal](https://www.facebook.com/pg/KnightsTableDFAC/events/?ref=page_internal)
2. Send meal requests by email to the Food Service org box [48FSS.FSVF.1@us.af.mil](mailto:48FSS.FSVF.1@us.af.mil) or via Facebook messenger no later than 2200 of the day prior to the desired meals.
3. Send designated person to pick up meals w/cash in USD or with EDIPI if required during the following windows:
  - Breakfast: 0600-0630 (0800-0830 on weekends/holidays)
  - Lunch: 1100-1130
  - Dinner: 1630-1700

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### Manager

(M)Sgt Wendylee Sizemore

### Assistant Manager

TSgt Tyler Mason  
TSgt Tiffany Berry

### Hours of Operation

Mon - Fri

Breakfast: 6 - 8:15 am  
Lunch: 11 am- 1 pm  
Dinner: 4:30 - 6:30 pm

Sun - Thurs

Midnight Meal: 11 pm - 1 am

Weekends, Holidays, Family  
& Goal Days

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

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