



Breakfast Menu

Meals are subject to change due to availability

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Bacon Creamed Beef Biscuits Pancakes Breakfast Burrito Hashed Brown Patty Boiled Eggs Scrambled Eggs Grits Oatmeal	Bacon Creamed Beef Biscuits Pancakes Breakfast Burrito Hashed Brown Patty Boiled Eggs Scrambled Eggs Grits Oatmeal	Bacon Creamed Beef Biscuits Pancakes Breakfast Sandwich Hashed Brown Patty Boiled Eggs Scrambled Eggs Grits Oatmeal	Bacon Creamed Beef Biscuits Pancakes Breakfast Burrito Hashed Brown Patty Boiled Eggs Scrambled Eggs Grits Oatmeal	Bacon Creamed Beef Biscuits Pancakes Breakfast Sandwich Hashed Brown Patty Boiled Eggs Scrambled Eggs 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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due to availability*



Grab & Go Menu

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

Lunch Menu

Meals are subject to change due to availability

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

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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)

Meals are subject to change
due to availability



Dinner Menu

Meals are subject to change due to availability

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Chicken Breast Dijon Long Grain & Wild Rice Succotash	2 Pork Chop Egg Noodles Honeyed Carrots	3 Salmon w/Maple Ginger Glaze Brown Rice Green Beans	4 Chinese 5 Spice Chicken Steamed Rice Broccoli Combo	5 Hot and Spicy Chicken Baked Potato Halves Corn on the Cob	6 Closed
7 Midnight Meal	8 Spaghetti w/ Meat Sauce Mashed Potatoes Cauliflower	9 Cordon Bleu Steamed Rice Mexican	10 Mediterranean Salmon Egg Noodles Broccoli	11 Grilled Salmon w/ Citrus Butter Harvest Blend Rice Green Beans	12 Braised Beef w/ Noodles Mashed Potatoes Mixed Vegetables	13 Closed
14 Midnight Meal	15 Chicken Parmesan Simmered Pinto Beans Mixed Vegetables	16 Roast Turkey Brown Rice (Green) Cauliflower	17 Bourbon Chicken Buttered Egg Noodles Brussel Sprouts	18 Mediterranean Salmon w/ Citrus Butter Steamed Rice Cauliflower	19 Chicken Savory Baked Harvest Blend Rice Herbed Green Beans	20 Closed
21 Midnight Meal	22 Tuna Noodles Long Grain & Wild Rice Stewed Tomatoes	23 Baked Mexican Chicken Spanish Rice Steamed Carrots	24 Stuffed Baked Fish Mashed Potatoes Corn	25 Ginger BBQ Chicken Steamed Rice Summer Savoruy Squash	26 Crispy Oven Baked Chicken Broccoli Polonaise Baked Potao	27 Closed
28 Midnight Meal	29 Spaghetti w/ Turkey Meat Sauce Long Grain & Wild Rice Succotash	30 Pork Roast Tenderloin Steamed Rice Broccoli Combo	31 Salmon w/Maple Ginger Glaze Mashed Potatoes 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
2. Send meal requests by email to the Food Service org box 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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0163 85 23 214
DSN 226-3214

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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