



NAVY STANDARD CORE MENU (NSCM) | DoD CFD

PURPOSE:

The Navy Standard Core Menu (NSCM) is designed to standardize food service throughout the Navy fleet while providing more variety and nutritious choices to Sailors.

It meets the diverse tastes of US Navy sailors by offering old favorites like pizza and burgers along with more ethnic choices, like vegetable stir-fry and chicken fajitas. The NSCM facilitates a more streamlined procurement process and ensures consistency in product availability.



CHARACTERISTICS:

The NSCM is based upon a 21 day cycle that includes a different breakfast, lunch, and dinner menu for each day of the cycle. Special theme meals are incorporated into the cycle, allowing for holiday and ethnic cuisine to be served and to allow flexibility for Sailors to plan "steel beach picnics," ice cream socials, and other similar events. In an effort to support healthier choices, every lunch/dinner menu has 1-2 Armed Forces Recipe Service approved healthy choice entrées.

NUTRITIONAL DATA:

Unlike the specific nutritional requirements applied to field feeding rations like the MRE™ and UGR™, the concept of feeding onboard a ship is based on balanced, healthy nutrition. Sailors are given choices of two entrées at each of their meals in addition to choices of starches, grains, vegetables, fruits, and desserts. The NSCM improves upon the nutrition of past menus by removing many fried items and replacing them with baked counterparts.

Old Favorites
Balanced With
Fresh New Tastes
& Flexibility
To Meet Fitness
Goals

PREPARATION REQUIREMENTS:

Most items on the NSCM require preparation by a culinary specialist. However, the NSCM employs more heat and serve items than in past menus, so the hours devoted to food preparation have been reduced.



COMMENTS:

Prior to the NSCM, the Navy had to use approximately 2500 line items to ensure Sailors were provided variety and balanced nutrition in their daily meals. The standardization of menus across the Navy fleet now allows for only 687 line items to be used, guaranteeing optimal nutritional content for Sailors while reducing cargo requirements and streamlining catalogs to ensure availability and consistency of product. Financial management is also improved.

DoD CFD supports the NSCM by performing advanced food research to provide product recommendations to maintain the highest quality of nutritious food products. Packaging studies are conducted in order to examine packing materials, waste stream and stowage requirements, equipment requirements, sensory evaluation and optimal product form. DoD CFD continues to identify emerging food preparation techniques to reduce labor for shipboard feeding while maintaining high quality food service.



POINT OF CONTACT:

Combat Feeding

Phone: COMM (508) 233-4670, DSN 256-4670

E-MAIL: nati-amrds-nsc-ad-b@conus.army.mil



NSCM SAMPLE MENUS:

SAMPLE MENU 1 (1 Day Out Of 21 Day Cycle)

BREAKFAST: Hot hominy grits, Cereal (healthy & sweet varieties), Griddle fried eggs, Cooked eggs, Scrambled eggs, Omelet bar, Pancakes w/assorted toppings, Sausage biscuit sandwich, Creamed ground beef, Grilled O'brien potatoes, Banana nut muffin, Pastry bar, Fruit bar, Yogurt (asst. flavors, low fat), Bread bar, Beverage bar, Table condiments

LUNCH: Chicken gumbo, Southwestern shrimp linguine, Spicy Italian pork chops, Rosemary roasted potato wedges, Stewed tomatoes, Cauliflower, Chocolate chip brownies, Red gelatin, Salad bar, Cucumber & onion salad, Fruit bar, Toasted garlic bread, Bread bar, Ice cream bar, Beverage bar

DINNER: Hatteras clam chowder, Creole macaroni w/ ground turkey, Baked stuffed fish, Aztec rice, Broccoli parmesan, Italian vegetable medley, Chocolate chip brownies, Red gelatin, Salad bar, Fruit bar, Toasted garlic bread, Bread bar, Beverage bar

SAMPLE MENU 2 (1 Day Out Of 21 Day Cycle)

BREAKFAST: Hot oatmeal, Cereal (healthy & sweet varieties), Griddle fried eggs, Cooked eggs, Scrambled eggs, Omelet bar, French toast w/assorted toppings, Oven fried bacon, Corned beef hash, Cheesy diced potatoes, Apple coffee cake, Pastry bar, Fruit bar, Yogurt (asst. flavors, low fat), Bread bar, Beverage bar, Table condiments

LUNCH: Turkey rice soup, Hamburgers, Cheeseburgers, Veggie Burgers, Corn dogs, Potato steak fries, Assorted potato chips, Baked beans, French style green beans, Dutch apple pie, Hermits, Salad bar, Macaroni salad, Fruit bar, Bread bar, Ice cream bar, Beverage bar, Sandwich condiments

DINNER: Corn chowder, Chicken Alfredo, Roast pork, Roasted pepper potatoes, Boiled penne pasta, Honey Dijon vegetables, Broccoli, Dutch apple pie, Hermits, Salad bar, Fruit bar, Toasted garlic bread, Bread bar, Beverage bar

SAMPLE MENU 3 (1 Day Out Of 21 Day Cycle)

BREAKFAST: Hot oatmeal, Cereal (healthy & sweet varieties), Griddle fried eggs, Cooked eggs, Mexican egg bake, Omelet bar, French toast w/assorted toppings, Oven fried bacon, Sausage gravy w/biscuits, Cottage fried potatoes, Cinnamon crumb top muffins, Pastry bar, Fruit bar, Yogurt (asst. flavors, low fat), Bread bar, Beverage bar, Table condiments

LUNCH: Knickerbocker soup, Sandwich (bacon, lettuce & tomato), Turkey pot pie, Oven browned potatoes, Boiled pasta, Asparagus, Carrots, Strawberry shortcake, Creamy rice pudding, Salad bar, Deviled potato salad, Fruit bar, Bread bar, Beverage bar

DINNER: French onion soup, Shrimp scampi, Roast beef, Long grain & wild rice, Garlic cheese potatoes, Au jus gravy, Brussels sprouts, Corn on the cob, Strawberry shortcake, Creamy rice pudding, Salad bar, Fruit bar, Whole wheat rolls, Bread bar, Beverage bar

