

**AFRH - G / Master Menus Week of 5 / 13 / 2024 / Cycle 5 - DIET LINE (Revision 2)**

Items with DL before the menu name indicates this item has been modified to be lower in calories, fat and/or sodium than the regular line items. The Diet Line is designed to promote healthier eating and can be used to adhere to most modified diets. Residents who require a therapeutic diet are advised to make an appointment with the Registered Dietitian for a one-on-one consultation.

	<b>BREAKFAST - 0700 - 0830</b>	<b>LUNCH - 1130 - 1300</b>	<b>DINNER - 1630 - 1800</b>
<b>M O N May 13th</b>	DL Oatmeal / DL Grits DL Scrambled Egg Beaters / Boiled Egg DL Hash Browns / DL Turkey Bacon French Toast w/ No Sugar Syrup Biscuit / DL Biscuit Gravy	DL Beef, Mshrm, Brly & Vegetarian Veg Soups DL Sliced Turkey Breast / DL Gravy DL Roasted Red Potatoes DL Cauliflower / DL Cape Cod Blend Wheat Roll / Cornbread	DL Beef, Mshrm, Brly & Vegetarian Veg Soups DL Veggie Meat Balls / DL BBQ DL Macaroni with DL Cheese Sauce DL Whole Green Bean Almandine DL Beets / Wheat Roll
<b>T U E S May 14th</b>	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy	DL Pasta Fagioli & Vegtarn Veg Soups DL Italian Oven-Fried Chicken Brs/Thigh with DL Marinara Sauce DL Wheat Pasta / Wheat Roll DL Roasted Asparagus / Garlic Bread DL Spinach Salad w/ Lemon Vinaigrette	DL Pasta Fagioli & Vegtarn Veg Soups DL Chopped Turkey Steak DL Mashed Potatoes / DL Brown Gravy DL Butter Beans DL Stuffed Portabella Mushrooms Wheat Roll
<b>W E D May 15th</b>	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Chili Bean & Vegetarian Veg Soups DL Veggie Pizza Slices DL Sliced Roast Beef / DL Gravy DL Brown Rice / DL Pacific Rim Blend DL Sugar Snaps / Wheat Roll / Cornbread	DL Soups / DL Sausage / DL Bacon DL Scrambled Egg Beaters DL Oatmeal / DL Hashbrowns DL Grits / Biscuits / DL Biscuit Gravy <b>French Toast / SF Syrup</b>
<b>T H U May 16th</b>	DL Oatmeal / DL Grits DL Scrambled Egg Beaters / Boiled Egg DL Hash Browns / DL Turkey Sausage Pancakes w/ No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Beef, Spnch, Psta & Vegtarn Veg Soups DL Grilled & Oven Fried Chick Brst/Thgh DL Mashed Potatoes / DL Gravy DL Kernel Corn / Cornbread DL Cut Green Beans / Wheat Roll	DL Beef, Spnch, Psta & Vegtarn Veg Soups DL Pork Wings w/ DL Pork Gravy DL Red Beans / DL Brown Rice DL Collard Greens DL Baked Okra / Wheat Roll
<b>F R I May 17th</b>	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs Creamed Ground Turkey Biscuits / DL Biscuit Gravy	DL Cabbage & Vegtarn Veg Soups DL Oven Fried & Baked Fish DL Potato Salad / DL Cabbage DL Squash Wheat Roll / Cornbread	DL Cabbage & Vegtarn Veg Soups DL Baked Pork Chop with Onions & DL Pork Gravy Baked Sweet Potato / DL Field Peas DL Stewed Tomatoes / Wheat Roll
<b>S A T May 18th</b>	DL Oatmeal / DL Grits DL Scrambled Egg Beaters DL Turkey Bacon / Boiled Egg DL Hash Browns Biscuits / DL Biscuit Gravy	DL Vegetable & Vegtarn Veg Soups DL Cornish Hen Halves DL Cranberry Brown Rice DL Grilled Veggie Blend / DL Spinach Wheat Roll / Cornbread	DL Vegetable & Vegtarn Veg Soups DL Veggie Meatballs / DL Gravy DL Sautéed Shrimp / DL Pasta DL Broccoli Florets DL Tuscan Blend / Wheat Roll
<b>S U N May 19th</b>	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs Hard Boil Eggs / DL Turkey Sausage Waffles w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL White Bean&Wheatberry/Vegtrn.Veg Soups DL LS/LF Grilled Ham w/Grilled Pineapple DL Diced Potatoes w/ DL Cheese Sauce DL Roasted Fresh Zucchini DL Normandy Vegetable Blend Wheat Roll / Cornbread	DL White Bean&Wheatberry/Vegtrn.Veg Soups DL Chicken Breast / Thigh Stew w/ DL Potatoes, Carrots & Celery Brown Rice DL Sautéed Rutabagas DL Green Peas / Wheat Roll

**STANDARD BREAKFAST MENU ITEMS**

Bagels, English Muffins, Jelly, SF Jelly, Syrup, SF Syrup, Prunes, Bananas, Whole Fresh Fruit,  
Cut Fresh Fruit, Grapefruit Sections, Applesauce, Raisins, Brown Sugar, Cinnamon Shake

**STANDARD MENU ITEMS ALL MEALS**

Assorted Breads, Assorted Dry Cereals, Assorted Juices, Assorted Milk, Assorted Beverages, Coffee, Decaf Coffee,  
Iced Tea - w/Sugar & No Sugar, Hot Tea Bags, Butter, Margarine, Sugar, Sugar Substitute, Salt, Pepper, Assorted Condiments

**STANDARD SALAD BAR ITEMS FOR LUNCH & DINNER**

**Available Every Day - Mixed Salad Greens, Cherry Tomatoes, Sliced Cucumbers, Sliced Red Onions, Matchstick Carrots,**  
Sliced Green Peppers, Bread & Butter Pickles, Whole Green Olives, Sliced Black Olives, Coleslaw, Tuna Fish, Boiled Eggs,  
Cottage Cheese, Shredded Cheese, Bacon Bits / Variables - Sliced, Diced or Whole Beets, Jalapeno or Banana Peppers,  
Broccoli or Cauliflower Florets, Green Peas or Edamames, Green Onions or Celery Sticks, Avocados or Baby Corns,  
Chopped Nuts, Dried Cranberries or Raisins, Sunflower Seeds or Bleu Cheese Crumbles - Salmon Monday, Wednesday, Friday

**STANDARD SALAD DRESSINGS**

Ranch, Blue Cheese, Thousand Island, Fat Free Ranch, Italian & Catalina French, Balsamic Vinegar, Red/White Vinegar, Olive Oil

**SALADS / GELATINS**

Cashew Pea Salad / Strawberry  
Marinated Cucumbers / Orange  
Italian Pepper Salad / Cherry  
Black Bean, Corn & Avocado Salad / Lemon  
Broccoli Salad / Raspberry  
Fruit Salad / Lime  
Macaroni Salad / Watermelon

**DAILY SALAD BAR ROTATION**

**Monday**  
**Tuesday**  
**Wednesday**  
**Thursday**  
**Friday**  
**Saturday**  
**Sunday**

**FRUITS**

Sliced Peaches / Tropical Fruit Cocktail  
Sliced Peaches / Pineapple Chunks  
Sliced Peaches / Fruit Cocktail  
Sliced Peaches / Mandarin Oranges  
Sliced Peaches / Pineapple Slices  
Sliced Peaches / Apricot Halves  
Sliced Peaches / Pear Halves