

**AFRH - G / Master Menus Week of 5 / 20 / 2024 / Cycle 6 - DIET LINE (Revision 2)**

Items with DL before the menu name indicates this item has been modified to be lower in calories, fats 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 20th</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 Roast Beef & Vegetarian Veg Soups DL Pork Wings w/ DL Pork Gravy DL Baked Sweet Potato DL Green Baby Limas / Cornbread DL Okra & Tomatoes / Wheat Roll	DL Roast Beef & Vegetarian Veg Soups DL Philly Subs w/ Grilled Pepps. & Onions DL Potato Logs / Wheat Hoagie DL Whole Kernel Corn DL Brussel Sprouts / Wheat Roll
<b>T U E S May 21st</b>	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy	DL Red Bean & Vegetarian Veg Soups DL Spinach Strawberry Salad DL Baked Salmon/ DL Cucumber Sauce Prime Rib w/ Bordelaise Sauce Baked Potato with FF Sour Cream DL Tuscan Blend / DL Broccoli / Wheat Roll	DL Red Bean & Vegetarian Veg Soups DL Turkey Salad DL Fresh Salmon Cakes w/ DL Tartar DL Grits with DL Cheese Sauce DL Sautéed Fresh Cut Squash DL Cape Cod Blend / Wheat Roll
<b>W E D May 22nd</b>	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Zesty Italian & Vegtarn Veg Soups DL Grilled Chicken Breast & Thighs DL Brown Rice / DL Chicken Gravy DL Pacific Rim Blend / DL Sugar Snaps DL Egg Rolls / Wheat Roll / Cornbread	DL Zesty Italian & Vegtarn Veg Soups DL Pork Loin / DL Gravy DL Mashed Potatoes / DL Gravy DL Cut Green Beans DL Cauliflower / Wheat Roll
<b>T H U May 23rd</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 Chili Bean & Vegetarian Veg Soups DL Sliced Roast Beef w/ DL Gravy DL Irish Potatoes DL Cabbage / DL Sliced Carrots Wheat Roll / Cornbread	DL Chili Bean & Vegetarian Veg Soups DL BBQ Chicken Breast & Thighs DL Macaroni with DL Cheese Sauce DL Mustard Greens DL Stewed Okra / Wheat Roll
<b>F R I May 24th</b>	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Creamed Ground Turkey Biscuits / DL Biscuit Gravy	DL Psta,Wh,Bean,SunDryTom & Vegtrn Veg Soup DL Oven Fried & Baked Fish DL Garlic Smashed Red Potatoes DL Whole Kernel Corn / Wheat Roll DL Italian Green Beans / Cornbread	DL Psta,Wh,Bean,SunDryTom & Vegtrn Veg Soup DL Baked Pork Chop DL Cilantro Lime Rice DL Speckled Butter Beans DL Cooked Spinach / Wheat Roll
<b>S A T May 25th</b>	DL Oatmeal / DL Grits DL Scrambled Egg Beaters DL Turkey Bacon / Boiled Egg DL Hash Browns Biscuits / DL Biscuit Gravy	DL Chick & Wild Rice & Vegtarn Veg Soups DL Pot Roast w/ DL Gravy DL Mashed Potatoes w/ DL Gravy DL Sliced Beets / DL Green Peas Wheat Roll / Cornbread	DL Chick & Wild Rice & Vegtarn Veg Soups DL Grilled & Oven Fried Chick Brst/Thgh DL Cacciatore Sauce / DL Pasta DL Sautéed Fresh Squash / Wheat Roll DL Asparagus / Garlic Bread
<b>S U N May 26th</b>	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Waffles w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Rst Poblano Beef & Vegtarn Veg Soups DL Chicken Salad / DL Sautéed Shrimp DL Baked Potato w/ FF Sour Cream DL Turnip Greens DL California Vegatable Blend Wheat Roll / Cornbread	DL Rst Poblano Beef & Vegtarn Veg Soups DL Chopped Turkey Steak with Grilled Onions & DL Gravy DL Mashed Potatoes / DL Gravy DL Baked Tomato / Cornbread DL Sautéed Mushrooms / 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**

Pear, Blue Cheese, Walnut Salad / Strawberry  
Greek Salad / Orange  
Carrot & Raisin Salad / Cherry  
German Tomato Salad / Lemon  
Potato Salad / Raspberry  
Fruit Salad / Lime  
Beet & Onion 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