

AFRH - G / Master Menus Week of 4 / 29 / 2024 / Cycle 3 - DIET LINE (reviewed 4/22/24)

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.

	BREAKFAST - 0700 - 0830	LUNCH - 1130 - 1300	DINNER - 1630 - 1800
M O N Apr 29th	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 Veg Beef & Barley & Vegtarn Veg Soups DL Grilled Chicken Breasts / Thighs DL Brown Rice / DL Gravy DL Broccoli / DL Corn Wheat Roll / Cornbread	DL Veg Beef & Barley & Vegtarn Veg Soups DL Veggie Meatballs with DL Gravy DL Noodles / DL Egg Rolls DL Pacific Rim Vegetable Blend DL Sugar Snap Peas / Wheat Roll
T U E S Apr 30th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy	DL Chicken & Rice & Vegetarian Veg Soups DL Oven-Fried or Grilled Chicken DL Mashed Potatoes with DL Chicken Gravy DL Spinach / DL Rutabagas Wheat Roll / Cornbread	DL Chicken & Rice & Vegetarian Veg Soups DL Sliced Roast Beef w/DL Gravy DL Irish Potatoes DL Stewed Cabbage DL Sliced Carrots Wheat Roll
W E D May 1st	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 Chicken & Dumplings DL Veggie Pizza / DL Grape Salad DL Italian Green Beans / Cornbread DL Speckled Butter Beans / Wheat Roll	DL Chili Bean & Vegetarian Veg Soups DL Shake & Bake Pork Chop Baked Sweet Potato DL Caribbean Vegetable Blend DL Green Peas / Wheat Roll
T H U May 2nd	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 White Bean&Wheatbrry / Vegn.Veg Soups DL Mexican Grilled Chicken Thighs DL Mexican Stuffed Peppers DL Southwestern Egg Rolls DL Mexi-Corn / DL Mexicana Zucchini	DL White Bean&Wheatbrry/Vegn.Veg Soups DL BBQ Pork Loin DL Diced Potatoes / DL Cheese Sauce DL Baked Beans / DL Stewed Okra DL Coleslaw / Wheat Roll
F R I May 3rd	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Creamed Ground Turkey Biscuits / DL Biscuit Gravy	DL Pasta Fagioli & Vegetarian Veg Soups DL Oven Fried & Baked Fish DL Mediterranean Pasta DL Mustard Greens / DL Bermuda Blend Wheat Roll / Cornbread	DL Pasta Fagioli & Vegetarian Veg Soups DL Pork Wings / DL Pork Gravy DL Skillet Red Potatoes DL Brussel Sprouts DL Cauliflower / Wheat Roll
S A T May 4th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon DL Hash Browns Biscuits / DL Biscuit Gravy	DL Pot, Trky Sausg Kale & Vegtrn Veg Soups DL Roast Beef / DL Beef Gravy DL Mashed Potatoes / DL Gravy DL Sautéed Mushrooms DL Field Peas / DL Baked Okra Wheat Roll / Cornbread	DL Pot, Trky Sausg Kale & Vegtrn Veg Soups DL Trky Meat Balls 'n DL Tomato Sauce DL Wheat Spaghetti / Meatless Tomato Sauce DL Tuscan Vegetable Blend DL Corn Wheat Roll / DL Garlic Bread
S U N May 5th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs / DL Turkey Sausage Waffles w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Roast Beef & Vegetarian Veg Soups DL Pork Loin with DL Pork Gravy DL Sliced Potatoes / DL Cheese Sauce DL Whole Green Bean Almandine DL Baked Beets with Shallots Cornbread / Wheat Roll	DL Roast Beef & Vegetarian Veg Soups DL Beef Stroganoff DL Egg Noodles / Wheat Roll DL Stewed Tomatoes DL Sautéed Fresh Zucchini

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

Green Pea w/Carrot Salad / Strawberry
Marinated Cucumbers / Orange
German Tomato Salad / Cherry
Pear, Blue Cheese, Walnut Salad / Lemon
Broccoli Salad / Raspberry
Fruit Salad / Lime
Carrot & Raisin 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