

AFRH - G / Master Menus Week of 5 / 6 / 2024 / Cycle 4 - DIET LINE (Revision 3)

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 May 6th	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 Rst Poblano, Beef & Vegtrian Veg Soups DL Beef Stew w/Potatoes & Carrots DL Brown Rice / DL Navy Beans DL Sautéed Rutabagas Wheat Roll / Cornbread	DL Rst Poblano, Beef & Vegtrian Veg Soups DL Balsamic Glazed Chicken Breast Baked Potato with FF Sour Cream DL Sautéed Spinach DL Caribbean Blend / Wheat Roll
T U E S May 7th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy	DL Trky,Spnch,Lntl & Vegetarian Veg Soups DL Lemon Baked Tilapia DL Turkey Meatloaf / DL Gravy DL Mashed Potatoes / DL Gravy DL Cooked Beets / DL Cabbage Wheat Roll / Cornbread	DL Trky,Spnch,Lntl & Vegetarian Veg Soups DL Oven Roasted Pork Loin DL Pork Gravy DL Brown Rice DL Roasted Asparagus DL Squash / Wheat Roll
W E D May 8th	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 Herb Baked Chicken Breasts / Thighs DL Spinach & Onion Potatoes DL California Blend / Wheat Roll DL Lima Beans / Cornbread	DL Chili Bean & Vegetarian Veg Soups DL Open-Faced Sloppy Roast Beef with DL Gravy on Wheat Berry DL Baked Steak Fries / DL Cauliflower DL Cut Green Beans / Wheat Roll
T H U May 9th	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 Kansas Steak & Vegtarn Veg Soups DL Beef and Broccoli DL Steamed Brown Asian-Style Rice DL Sugar Snap Peas / DL Baked Egg Rolls DL Pacific Rim Veggies / Wheat Roll	DL Kansas Steak & Vegtarn Veg Soups DL Baked Pork Chop DL Baked Sweet Potato DL Purple Hull Peas w/ Baked Okra on side DL Normandy Blend / Wheat Roll
F R I May 10th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Creamed Ground Turkey Biscuits / DL Biscuit Gravy	DL Chick & Wild Rice & Vegtarn Veg Soups DL Veggie Meatballs / DL Sautéed Shrimp DL Hash Browns DL Baked Tomato / DL Succotash Wheat Roll / Cornbread	DL Chick & Wild Rice & Vegtarn Veg Soups DL Grilled Chicken Breasts / Thighs DL Chicken Gravy DL Potato Salad / DL Broccoli DL Tuscan Blend / Wheat Roll
S A T May 11th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters DL Turkey Bacon / Boiled Egg DL Hash Browns Biscuits / DL Biscuit Gravy	DL Home Chick Ndle&Vegtarn Veg Soups DL BBQ Baby Back Ribs DL Chicken Salad / DL Baked Beans DL Turnip Greens / Cornbread DL Coleslaw / Wheat Roll	DL Home Chick Ndle&Vegtarn Veg Soups DL Beef Strips in DL Mshrm Sauce DL Mashed Potatoes w/ DL Mshrm Gravy DL Roasted Brussel Sprouts DL Grilled Veg Blend / Wheat Roll
S U N May 12th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Waffles w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Wht Bry & White Bean & Vegtarn Veg Soups DL Sauteed Shrimp w/ Lemon DL Grilled Chicken Breast or Thigh DL Lemon Garlic Linguine Spnch & Tomatoe DL Garlic Mash Potatoes / DL Ckd Spinach Wheat Roll / DL Baby Carrots	DL Vegetable & Vegtarn Veg Soups DL Grnd Turkey & Tomato Basil Lasagna Veggie Meatless Lasagna DL Caesar Salad DL Sautéed Fresh Zucchini Chunks Garlic Bread / 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

Marinated Mushroom Salad / Strawberry
Greek Salad / Orange
Pear & Cheddar Salad / Cherry
German Tomato Salad / Lemon
Carrot & Raisin Salad / Raspberry
Fruit Salad / Lime
Potato 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