

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

	BREAKFAST - 0700 - 0830	LUNCH - 1130 - 1300	DINNER - 1630 - 1800
M O N May 6th	Donuts / Bran Muffins / Apple Fritters Assorted Danishes Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Pork Bacon / Hash Browns French Toast Made to Order on the Grill Biscuits / Sausage Gravy	Roasted Poblano & Beef Soup Cream of Broccoli Soup Ham & Swiss Cheese Wraps Beef Stew with Potatoes & Carrots Steamed Rice Sautéed Rutabagas Navy Beans with Ham / Corn Muffin Brown & Serve Roll / Cornbread	Roasted Poblano & Beef Soup Cream of Broccoli Soup Assorted Deli Meats / Cheeses Balsamic Glazed Chicken Breast Baked Potato Sautéed Spinach Caribbean Vegetable Blend Parker House Roll / Corn Muffin
T U E S May 7th	Donuts / Bran Muffins / Apple Fritters Assorted Coffee Cakes Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Creamed Chipped Beef Pork Bacon / Lyonnaise Potatoes Biscuits / Country Gravy	Navy Bean Soup Turkey, Spinach & Lentil Soup Lemon Baked Tilapia / Lemon / Tartar Meatloaf with Gravy on the Side Mashed Potatoes w/ Brown Gravy Orange Glazed Beets Sautéed Cabbage Yeast Roll / Cornbread / Corn Muffin	Navy Bean Soup Turkey, Spinach & Lentil Soup Assorted Deli Meats / Cheeses Oven Roasted Pork Loin / Pork Gravy Creamy Mushroom Rice Roasted Fresh Asparagus Sautéed Fresh Thick Cut Squash Dinner Roll / Corn Muffin
W E D May 8th	Donuts / Bran Muffins / Apple Fritters Cinnamon Rolls Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Pork Bacon / Grilled Ham Steaks Baked Beans / Buttery Diced Potatoes Corn Muffins / Biscuits / Country Gravy	Chili Bean Soup / Pimento Cheese Cheesy Taco Soup Stuffed Green Peppers Rotisserie Seasoned Chicken Spinach & Onion Au Gratin Pot Lima Beans California Vegetable Blend Slider Roll / Cornbread / Corn Muffin	Chili Bean Soup / Pimento Cheese Cheesy Taco Soup Assorted Deli Meats / Cheeses Open-Faced Sloppy Roast Beef Po-Boy with Gravy Steak Fries / Roasted Cauliflower Seasoned Cut Green Beans Hoagie Roll / Corn Muffin
T H U R May 9th	Donuts / Bran Muffins / Apple Fritters Assorted Muffins Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Sausage Patties / Hash Browns Pancakes / Strawberry Topping Pork Bacon / Biscuits / Country Gravy	Kansas City Steak Soup Egg Drop Soup Chicken Tenders / Assorted Dips Beef & Broccoli / Fried Egg Rolls Stir-Fried Rice Pacific Rim Vegetables Sugar Snap Peas / Corn Muffin Parker House Roll / Cornbread	Kansas City Steak Soup Tomato Florentine Soup Assorted Deli Meats / Cheeses Fried Pork Chop Baked Sweet Potato Purple Hull Peas w/ Baked Okra on Side Normandy Vegetable Blend Yeast Roll / Corn Muffin
F R I May 10th	Donuts / Bran Muffins / Apple Fritters Assorted Danishes Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Creamed Ground Beef Pork Bacon / Home Fried Potatoes Biscuits / Country Gravy	Creamy Chicken & Wild Rice Soup Cheesy Ham Chowder Hot Tamales / Sour Cream & Taco Sauce Fried Shrimp / Lemon / Cocktail / Tartar Macaroni & Cheese Baked Parmesan Tomato Okra, Corn & Lima Succotash Hushpuppies / Cornbread / Corn Muffin	Creamy Chicken & Wild Rice Soup Cheesy Ham Chowder Assorted Deli Meats / Cheeses Chicken & Sausage Jambalaya Potato Salad Buttered Broccoli Florets Tuscan Vegetable Blend Slider Roll / Corn Muffin
S A T May 11th	Donuts / Bran Muffins / Apple Fritters Honey Bun Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Corned Beef Hash Pork Bacon / Hash Browns Biscuits / Sausage Gravy	Home Style Chicken Noodle Soup Corn & Potato Chowder Traditional Chicken Salad Barbeque Baby Back Ribs BBQ Baked Beans Turnip Greens Coleslaw Yeast Roll / Cornbread / Corn Muffin	Home Style Chicken Noodle Soup Corn & Potato Chowder Assorted Deli Meats / Cheeses Beef Strips 'n Mushroom Cream Sauce Mashed Potatoes & Mshrm Crm Gravy Grilled Veggie Blend Roasted Brussel Sprouts w/ Parm. Brown&Serve Roll / Corn Muffin
S U N May 12th	Donuts / Bran Muffins / Apple Fritters Cinnamon Rolls Oatmeal / Grits Eggs to Order / Cheesy Diced Potatoes Eggs - Scrambled / Hard Boiled Pork Bacon / Smoked Rope Sausage Waffles / Banana Topping Biscuits / Country Gravy	Mothers' Day Wheat Berry & White Bean Soup Lobster Bisque Fried Butterflied Cocunut Shrimp Fontina Chse & Asparagus Stfd Chck Breast Strawberry & Mandarin Spinach Salad Garlic Mashed Potatoes / Spinach Vrazel Honey Glazed Carrots Parker House Roll	

DESSERTS - REGULAR LINE

Mon	Strawberry Short Cake
Tue	M & M Cookies
Wed	Orange Cake
Thu	Peanut Butter Chocolate Pie
Fri	Key Lime Pie
Sat	Chocolate Cookies
Sun	White Choclate, Blueberry Cobbler Cheesecake

DESSERTS - DIET LINE

NSA Strawberry Short Cake
Assorted SF Cookies
Fresh Fruit Cups
Angel Cake with Blueberries
NSA Coconut Cream Pie
Assorted SF Cookies
NSA Cheesecake & Choc Cake w/Strawberries

GRILL OPTIONS (LUNCH ONLY)

- * Grilled Hamburger * Grilled All Beef Hot Dog
- * Grilled Skinless, Boneless Chicken Breast
- * Grilled Cheese * Grilled Ham & Cheese
- * Breaded Cod Filet * Bacon * Cheese * Chili
- * Buns * Flour Tortillas * White & Wheat Bread
- * French Fries * Sweet Potato Fries
- * Beer Battered Onion Rings (Wed Only)
- * Condiment Stations Available