

AFRH - G / MASTER MENU / E-1c, FEBRUARY 2013 / CYCLE TWO - DIET LINE / WEEK OF 02 / 25 / 2013

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	LUNCH	DINNER
M O N	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs/DL Turkey Bacon French Toast w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Vegetable Soup DL Teriyaki Chicken DL Brown Fried Rice DL Asian Vegetables DL Steamed Broccoli / Rolls	DL Vegetable Soup DL Chopped Steak w/DL Gravy DL Mashed Potatoes w/DL Gravy DL Broiled Tomatoes DL Brussels Sprouts / Rolls
T U E S	DL Oatmeal / DL Cream of Wheat DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy	DL Cream of Tomato Soup DL Chicken w/ DL Dumplings DL Squash DL German Blend Veggies / Rolls Rolls	DL Cream of Tomato Soup DL Baked Salmon w/Cucumber Sauce DL Steamed Wild Rice DL Sugar Snap Peas DL Fresh Spinach Salad Rolls
W E D	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Minestrone Soup DL Pizza / DL Beef Tips 'n DL Gravy DL Steamed Yellow Rice DL Okra & Tomatoes DL Carrots / Rolls	DL Minestrone Soup DL Turkey Sausage Patties DL Scrambled Egg Beaters DL Shredded Hash Browns Waffles w/SF Syrup (Toast Available)
T H U R	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs/DL Turkey Sausage Pancakes w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Chicken & Rice Soup DL Oven Baked Pork Chops DL Blackeyed Peas & Brown Rice DL Collard Greens DL Beets / Assorted Rolls	DL Chicken & Rice Soup DL Roasted Turkey w/DL Gravy DL Mashed Potatoes w/DL Gravy DL Green Peas DL Steamed Cauliflower / Rolls
F R I	DL Oatmeal / DL Cream of Wheat DL Scrambled Egg Beaters Hard Boiled Eggs DL Creamed Ground Beef Biscuits / DL Biscuit Gravy	DL Cream of Broccoli Soup DL Broiled Fish DL Roasted New Potatoes DL Okra DL Coleslaw / Wheat Rolls	DL Crm of Broccoli Soup / DL Tuna Salad DL Grilled Chicken Breast w/Veggies Baked Sweet Potatoes DL Succotash DL Asparagus Spears / Rolls
S A T	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon DL O'Brian Potatoes Biscuits / DL Biscuit Gravy	DL Cabbage Soup DL Vegetable Cutlet w/Marinara DL Mashed Potatoes DL Rutagabas DL Spinach Assorted Rolls	DL Cabbage Soup DL Seafood Etouffee DL Brown Rice DL Normandy Blend Vegetables DL Zucchini Assorted Rolls
S U N	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs/LF/LS Grilled Ham Waffles w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Turkey Noodle Soup DL Sliced Roast Beef w/DL Gravy DL Baked Beans DL Cabbage / DL Corn Rolls	DL Turkey Noodle Soup DL Grilled Chopped Steak Baked Potato w/FF Sour Cream DL Carrots DL Whole Green Beans / Rolls

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

Beet & Onion Salad / Strawberry
Greek Salad / Orange
Potato Salad / Cherry
German Tomato Salad / Lemon
Pear Salad / Raspberry
Fruit Salad / Lime
Carrot & Raisin Salad / Watermelon

DAILY SALAD BAR ROTATION

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

FRUITS

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