

**AFRH - G / MASTER MENU / E-1c, FEBRUARY 2013 / CYCLE THREE - DIET LINE / WEEK OF 03 / 04 / 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.

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>M O N</b>	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 Cream of Tomato Soup DL Meat Balls 'n Marinara Sauce DL Spaghetti DL Whole Green Beans DL Mix Veggies / DL Gralic Bread / Rolls	DL Cream of Tomato Soup DL Grilled Pork Chop Baked Sweet Potato DL Rutabagas / Rolls DL Okra / Rolls
<b>T U E S</b>	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 Knickerbockers Soup DL Vegetable Cutlet w/DL White Gravy over Vermicelli DL Whole Kernel Corn DL Normandy Blend Vegetables Wheat Rolls	DL Knickerbockers Soup DL Meatloaf DL Mashed Potatoes w/DL Gravy DL Steamed Broccoli DL Carrots Wheat Rolls
<b>W E D</b>	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Chicken & Rice Soup DL Beef Short Ribs 'n DL Gravy DL Steamed Yellow Rice DL Green Beans DL Steamed Cauliflower / Rolls	DL Chicken & Rice Soup DL Crab Salad w/Low Sodium Crackers Baked Sweet Potato DL Normandy Blend Vegetables DL Squash / Assorted Rolls
<b>T H U R</b>	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs/DL Turkey Sausage Pancakes w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Cream of Broccoli Soup DL Grilled Chicken Breast w/Veggies DL Brown Rice Pilaf DL Field Peas w/Snap Beans DL Cabbage / Wheat Rolls	DL Cream of Broccoli Soup DL Grilled Pork Wings DL Diced Potatoes DL Cashew Pea Salad DL Spinach / Rolls
<b>F R I</b>	DL Oatmeal / DL Cream of Wheat DL Scrambled Egg Beaters Hard Boiled Eggs DL Creamed Ground Beef Biscuits / DL Biscuit Gravy	DL Pinto Bean Soup DL Baked Fish Pecan DL Mediterranean Penne Pasta DL Brussels Sprouts DL Squash / Assorted Rolls	DL Pinto Bean Soup DL Grilled Chopped Steak / DL Tuna Salad Baked Potato w/FF Sour Cream DL Green Peas DL Stewed Tomatoes / Rolls
<b>S A T</b>	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon DL O'Brian Potatoes Biscuits / DL Biscuit Gravy	DL Beef Noodle Soup DL Beef Stew Egg Noodles DL Beets DL Mustard Green Wheat Rolls	DL Beef Noodle Soup DL Shrimp Creole Steamed Brown Rice DL Zucchini DL Italian Pepper Salad Assorted Rolls
<b>S U N</b>	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 Vegetable Beef & Barley Soup DL Baked Chicken w/BBQ Shake DL Potato Salad DL Succotash DL Turnip Greens / Assorted Rolls	DL Vegetable Beef & Barley Soup DL Yankee Pot Roast 'n DL Gravy DL Oven Roasted Diced Potatoes DL Asparagus Spears DL Coleslaw / 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**

Green Pea w/Carrot Salad / Strawberry  
Marinated Cucumbers / Orange  
Potato Salad / Cherry  
German Tomato 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 / 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