

AFRH - G / MASTER MENU / E-1c, FEBRUARY 2013 / CYCLE FOUR - DIET LINE / WEEK OF 03 / 11 / 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 Chicken and Rice Soup DL Pork Loin w/DL Apples DL Steamed Wild Rice DL German Blend Vegetables DL Rutabagas / Rolls	DL Chicken and Rice Soup DL Grilled Chicken Breast w/Veggies DL Baked Sweet Potato DL Brussels Sprouts DL Green Beans / 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 Butternut Squash Soup DL Vegetable Cutlet w/Mariniara Sauce Angel Hair Pasta DL Cabbage DL Carrots Assorted Rolls	DL Butternut Squash Soup DL Lemon Baked Red Snapper DL Parmesan Egg Noodles DL Spinach DL California Blend Vegetables Wheat Rolls
W E D	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Corn Chowder DL Pizza / DL Sliced Roast Beef DL Gravy DL Mashed Potatoes w/DL Gravy DL Squash DL Sugar Snap Peas / Rolls	DL Corn Chowder DL Grilled Pork Chop DL Scrambled Eggs Substitute DL Breakfast Steamed Brown Rice 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 Minestrone Soup DL Oven Fried Chicken Baked Potato w/FF Sour Cream DL Turnip Green DL Carrots / Cornbread / Wheat Rolls	DL Minestrone Soup DL Flank Steak w/DL Bordelaise DL Brown Rice Pilaf DL Okra DL Broiled Tomato / 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 Oven Fried Fish DL Potato Salad DL Broccoli Florets DL Coleslaw / Rolls	DL Cream of Broccoli Soup DL Shrimp Salad / Hoagie Rolls Baked Chips DL Asparagus Spears DL Taco Salad
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 Vegetable Soup LF/LS Grilled Ham Steaks DL White Lima Beans DL Brown Rice Pilaf DL Collard Greens / DL Beets Cornbread / Wheat Rolls	DL Vegetable Soup * * GRILL NIGHT * * DL Teriyaki Chicken on a Stick DL Steamed Asian Brown Rice DL Steamed Asian Blend Vegetable DL Cabbage / 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	St. Patrick's Day Luncheon DL Chicken Noodle Soup Grilled Chicken / Irish Potatoes DL Cabbage / DL Carrots / Rolls DL No Sugar Added Lime Gelatin	DL Chicken Noodle Soup DL Sliced Roast Beef w/DL Gravy DL Mashed Potatoes w/DL Gravy DL Whole Kernel Corn DL Cauliflower / 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