**AFRH - G / MASTER MENU / E-1c, FEBRUARY 2013 / CYCLE SIX - DIET LINE / WEEK OF 03 / 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 |
|---|---|---|---|
| **MON** | DL Oatmeal / DL Grits<br>DL Scrambled Egg Beaters<br>Hard Boiled Eggs/DL Turkey Bacon<br>French Toast w/No Sugar Syrup<br>Biscuits / DL Biscuit Gravy | DL Red Bean Soup<br>DL Grilled Pork Chops<br>Baked Potato w/FF Sour Cream<br>DL Normandy Blend Veggies<br>DL Brussel Sprouts / Rolls | DL Red Bean Soup<br>DL Sliced Roasted Turkey Breast<br>DL Roasted New Potatoes<br>DL Sugar Snap Peas<br>DL Carrots / Rolls |
| **TUES** | DL Oatmeal / DL Cream of Wheat<br>DL Scrambled Egg Beaters<br>Hard Boiled Eggs<br>DL Turkey Sausage Patties<br>DL Lyonnaise Potatoes<br>Biscuits / DL Biscuit Gravy | DL Cream of Asparagus Soup<br>DL Swedish Meatballs 'n DL Gravy<br>DL Mashed Potatoes w/DL Gravy<br>DL Rutabaga<br>DL Fresh Zucchini Salad<br>Assorted Rolls | DL Cream of Asparagus Soup<br>DL Broiled Fish Almandine<br>DL Brown Rice Pilaf<br>DL California Blend Vegetables<br>DL Peas & Pearl Onions<br>Dinner Rolls |
| **WED** | DL Oatmeal / DL Grits<br>DL Scrambled Egg Beaters<br>Hard Boiled Eggs<br>LF / LS Grilled Ham<br>Biscuits / DL Biscuit Gravy | DL Ministrone Soup / DL Pizza<br>DL Smoked Turkey Sausage<br>DL Red Beans & Brown Rice<br>DL Squash / Mushroom Salad<br>Assorted Rolls / Cornbread | DL Ministrone Soup<br>LF / LS Grilled Breakfast Ribeye<br>DL Scrambled Egg Beaters<br>DL Grits<br>Waffles w/SF Syrup (Toast Available) |
| **THUR** | DL Oatmeal / DL Grits<br>DL Scrambled Egg Beaters<br>Hard Boil Eggs/DL Turkey Sausage<br>Pancakes w/No Sugar Syrup<br>Biscuits / DL Biscuit Gravy | DL Navy Bean Soup<br>DL Bake Chicken w/BBQ Shake<br>DL Vegetarian Baked Beans<br>DL Collard Greens<br>DL Coleslaw / Rolls | DL Navy Bean Soup<br>DL Marinara Meatball Sub w/Hoagies<br>Baked Chips<br>DL Beets<br>DL Corn on the Cob |
| **FRI** | DL Oatmeal / DL Cream of Wheat<br>DL Scrambled Egg Beaters<br>Hard Boiled Eggs<br>DL Creamed Ground Beef<br>Biscuits / DL Biscuit Gravy | DL Beef Noodle Soup<br>DL Oven Fried Fish<br>DL Baked Sweet Potatoes<br>DL Cabbage<br>DL Brolied Tomatoes / Rolls | DL Beef Noodle Soup<br>DL Roast Beef / **DL Tuna Salad**<br>DL Mashed Potatoes / DL Gravy<br>DL Broccoli Florets<br>DL Okra / Assorted Rolls |
| **SAT** | DL Oatmeal / DL Grits<br>DL Scrambled Egg Beaters<br>Hard Boiled Eggs<br>DL Turkey Bacon<br>DL O'Brian Potatoes<br>Biscuits / DL Biscuit Gravy | DL Chicken and Rice Soup<br>DL Grilled Italian Chicken Breast<br>Angel Hair Pasta w/Marinara Sauce<br>DL Succotash<br>DL Spinach / Wheat Rolls<br>Assorted Rolls | DL Chicken and Rice Soup<br>DL Asian Beef<br>w/Broccoli<br>DL Brown Fried Rice<br>DL Steamed Cauliflower<br>Assorted Rolls |
| **SUN** | DL Oatmeal / DL Grits<br>DL Scrambled Egg Beaters<br>Hard Boil Eggs/LF/LS Grilled Ham<br>Waffles w/No Sugar Syrup<br>Biscuits / DL Biscuit Gravy | **DL EASTER LUNCHEON**<br>**Soup & Salad of the Day**<br>**Easter Gumbo wBrown Rice**<br>**Baked Ham w/Baked Yams**<br>**Sqush/Asparagus/Cake&Strwbry** | DL Cabbage Soup<br>DL Sauteed Shrimp<br>DL Yellow Rice<br>DL Green Beans<br>DL Carrots / 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 | DAILY SALAD BAR ROTATION | FRUITS |
|---|---|---|
| Beet & Onion Salad / Strawberry | **Monday** | Sliced Peaches / Apricot Halves |
| Greek Salad / Orange | **Tuesday** | Sliced Peaches / Tropical Fruit Cocktail |
| Potato Salad / Cherry | **Wednesday** | Sliced Peaches / Pineapple Chunks |
| German Tomato Salad / Lemon | **Thursday** | Sliced Peaches / Mandarin Oranges |
| Pear Salad / Raspberry | **Friday** | Sliced Peaches / Fruit Cocktail |
| Fruit Salad / Lime | **Saturday** | Sliced Peaches / Pineapple Slices |
| Carrot & Raisin Salad / Watermelon | **Sunday** | Sliced Peaches / Pear Halves |