

AFRH - G / MASTER MENU / E-1a, AUGUST 2012 / CYCLE THREE - DIET LINE / WEEK OF 09 / 17 / 2012

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 Cream of Tomato Soup Grill Pork Chops w/DL Apples DL Rice Pilaf DL Green Beans DL Steamed Cauliflower / Rolls	DL Cream of Tomato Soup DL Meatloaf DL Mashed Potatoes w/DL Gravy DL Normandy Blend Vegetables DL Squash / Assorted 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 Knickerbockers Soup DL Beef Stew Steamed Brown Rice DL Beets DL Mustard Green Wheat Rolls	<u>DL BIRTHDAY DINNER</u> Soup of the Day Lemon Baked Salmon / Prime Rib Baked Potato w/FF Sour Cream Corn / Broccoli Dinner Roll / NSA Birthday Cake
W E D	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Chicken & Rice Soup DL Meat Balls 'n Marinara Sauce DL Spaghetti DL Whole Green Beans DL Mix Veggies / DL Gralic Bread / Rolls	DL Chicken & Rice Soup DL Grilled Pork Chop Baked Sweet Potato DL Okra DL Rutabagas / Rolls
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 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 Roasted New Potatoes DL Cashew Pea Salad DL Spinach / 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 Pinto Bean Soup DL Baked Fish Pecan Baked Potato w/FF Sour Cream DL Brussels Sprouts DL Squash / Assorted Rolls	DL Pinto Bean Soup DL Chopped Steak w/DL Mshrm Grvy DL Wild Rice DL Green Peas DL Stewed Tomatoes / 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 Beef Noodle Soup DL Vegetable Cutlet w/Marinara over Vermicelli DL Whole Kernel Corn DL Normandy Blend Vegetables Wheat Rolls	DL Beef Noodle Soup DL Shrimp Creole Steamed Brown Rice DL Zucchini DL Italian Pepper Salad 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 Vegetable Beef & Barley Soup DL Yankee Pot Roast 'n DL Gravy DL Oven Roasted Diced Potatoes DL Carrots DL Asparagus Spears / Rolls	DL Vegetable Beef & Barley Soup DL Baked Chicken w/BBQ Shake DL Mash Potatoes/DL Brown Gravy DL Succotash DL Turnip Greens / Assorted 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