

AFRH - G / MASTER MENU / E-1a, AUGUST 2012 / CYCLE ONE - REGULAR LINE / WEEK OF 09 / 03 / 2012

	BREAKFAST	LUNCH	DINNER
M O N	Donuts / Bran Muffins Assorted Muffins Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Pork Bacon French Toast / Shredded Hash Browns Biscuits / Sausage Gravy	Vegetable Beef & Barley Soup Pinto Bean Soup Chicken Salad Sliced Roast Beef 'n Gravy Mashed Potatoes w/Gravy Green Bean Almandine Brussels Sprouts Dinner Rolls	Pinto Bean Soup Vegetable Beef & Barley Soup Sliced Deli Turkey Char Grilled Pork Chops Baked Sweet Potatoes Turnip Greens Creamy Cauliflower Corn Muffins / Cornbread
T U E S	Donuts / Bran Muffins Pecan Swirl Danishes Oatmeal / Cream of Wheat Eggs to Order Eggs - Scrambled / Hard Boiled Creamed Chipped Beef Lyonnais Potatoes Biscuits / Country Gravy	Cream of Broccoli Soup Chicken Noodle Soup Sloppy Joes Fried Chicken Livers & Gizzards Wh. Lima Beans w/Ham & Rice Corn & Carrots w/Onions Club Spinach Corn Muffins / Cornbread	Chicken Noodle Soup Cream of Broccoli Soup Sliced Deli Roast Beef Lemon Baked Fish Mediterranean Penne Pasta Sautéed Squash Stewed Tomatoes Dinner Rolls / White & Wheat Bread
W E D	Donuts / Bran Muffins Assorted Coffee Cakes Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Grilled Ham Steaks Buttery Potatoes / Baked Beans Corn Muffins / Biscuits / Country Gravy	Chicken Tortilla Soup Split Pea Soup Barbeque Pulled Pork / Buns Mesquite Rotisserie Baked Chicken Roasted Baby Potatoes Carrot Soufflé Seasoned Green Beans Brown and Serve Rolls	Split Pea Soup Chicken Tortilla Soup Sliced Deli Chicken Sweet & Sour Ribs w/Asian Style Noodles Stir Fried Vegetables Stewed Cabbage Dinner Rolls / White & Wheat Bread
T H U R S	Donuts / Bran Muffins Cinnamon Rolls Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Sausage Links / Shredded Hash Browns Apple Pancakes Biscuits / Country Gravy	French Onion Soup Tomato Florentine Soup Bratwurst w/Sauerkraut Fried Chicken Macaroni & Cheese Buttery Green Peas Broccoli Florets Yeast Rolls	Tomato Florentine Soup French Onion Soup Sliced Deli Turkey Pepper Steak w/Gravy Steamed White Rice Fried Zucchini Harvard Beets Dinner Rolls / White & Wheat Bread
F R I	Donuts / Bran Muffins Assorted Danishes Oatmeal / Cream of Wheat Eggs to Order Eggs - Scrambled / Hard Boiled Creamed Ground Beef Home Fried Potatoes Biscuits / Country Gravy	Chili Bean Soup Chicken & Rice Soup Tacos w/Toppings Fish Bienville Baked Potato w/Sour Crm/Butter Sautéed Rutabagas Southern Fried Succotash Hushpuppies	Chicken & Rice Soup Chili Bean Soup Assorted Sliced Deli Cold Cuts Chicken Cordon Bleu Praline Baked Sweet Potatoes Cauliflower Au Gratin Wheatberry Spinach Salad Croissants / White & Wheat Bread
S A T	Donuts / Bran Muffins Assorted Coffee Cakes Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Corned Beef Hash O'Brian Potatoes Biscuits / Country Gravy	Loaded Potato Soup Clam Chowder Turkey Pot Pie Ground Meat and Tomato Sauce Spaghetti Italian Green Beans Sautéed Okra Garlic Bread	Clam Chowder Loaded Potato Soup Sliced Deli Roast Beef Orange Chicken Rice Pilaf Asparagus Mixed Vegetables Assort Rolls / White & Wheat Bread
S U N	Donuts / Bran Muffins Cinnamon Rolls Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Grilled Ham Steaks Pineapple Waffles / Cheesy Potatoes Biscuits / Country Gravy	Italian Wedding Soup Knickerbockers Soup Egg Salad Barbeque Country Ribs Southern Potato Salad Corn on the Cob Collard Greens Corn Muffins / Cornbread	Knickerbockers Soup Italian Wedding Soup Sliced Deli Chicken Fried Shrimp w/Cocktail/Tartar Sauce Cheesy Grits Coleslaw Normandy Blend Veggies Dinner Rolls / White & Wheat Bread

DESSERTS - REGULAR LINE

- Mon** Egg Custard Pie
- Tue** Oatmeal & Raisin Cookies
- Wed** MS Mud Cake
- Thu** Cheesecake w/Drizzle
- Fri** Coconut Meringue Pie
- Sat** Lemon Cookies
- Sun** Cherry Cobbler

DESSERTS - DIET LINE

- NSA Coconut Cream Pie
- Assorted SF Cookies
- Fresh Fruit Cups
- Sponge Cake w/Mandarin Oranges
- NSA Peach Pie
- Assorted SF Cookies
- Tropical Fruit Cups

DAILY SHORT ORDER LINE - LUNCH ONLY

- Grilled Hamburgers w/ Buns / Sliced Cheese
- Grilled Hot Dogs w/ Buns / Chili / Cheese Sauce
- Grilled Chicken Breast w/ Corn Rolls
- Grilled Cheese Sandwiches on White or Wheat
- Condiments: Green Leaf Lettuce / Sliced Tomatoes
- Sliced Red Onions / Dill Pickle Slices
- Horseradish / Bacon / French Fried Potatoes