

**AFRH - G / MASTER MENU / E-1a, AUGUST 2012 / CYCLE TWO - REGULAR LINE / WEEK OF 09 / 10 / 2012x**

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>M O N</b>	Donuts / Bran Muffins Assorted Muffins Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Pork Bacon French Toast / Shredded Hash Browns Biscuits / Sausage Gravy	Egg Drop Soup Vegetable Soup Stuffed Peppers Teriyaki Chicken Stir Fried Rice Stir Fried Asian Vegetables Broccoli Florets Assorted Rolls	Vegetable Soup Cream of Celery Soup Assorted Sliced Deli Cold Cuts Country Fried Steaks/White Gravy Mashed Potatoes / Brown Gravy Broiled Tomatoes Brussels Sprouts Yeast Rolls / White & Wheat Bread
<b>T U E S</b>	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 Tomato Soup Corn Chowder Hot Rueben Sandwiches Chicken w/ Dumplings Glazed Carrots German Blend Vegetables Croissants	Corn Chowder Cream of Tomato Soup Sliced Deli Turkey Baked Salmon w/Cucumber Sauce Wild Rice Sugar Snap Peas Fresh Spinach Salad Bread Stick / White & Wheat Bread
<b>W E D</b>	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	Navy Bean Soup Lobster Bisque Assorted Pizza Slices Barbeque Beef Brisket Macaroni and Cheese Fried Okra Squash Yeast Rolls	Lobster Bisque Navy Bean Soup * * BREAKFAST NIGHT * * Sausage Links / Deli Chicken Scrambled Eggs / Eggs to Order Shredded Hash Browns/Cntry Grv Belgian Waffles w/Apple Topping Biscuits / White & Wheat Bread
<b>T H U R S</b>	Donuts / Bran Muffins Cinnamon Rolls Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Sausage Patties / Shredded Hash Browns Banana Pancakes Biscuits / Country Gravy	Minestrone Soup Chicken & Rice Soup Seafood Salad Fried Pork Chops Blackeyed Peas w/Rice Collard Greens Harvard Beets Corn Muffins / Cornbread	Chicken & Rice Soup Minestrone Soup Assorted Sliced Deli Cold Cuts Roasted Turkey w/Gravy Cornbread Dressing / Cranberry Sauce Mashed Potatoes / Brown Gravy Green Peas / Creamed Cauliflower Brown&Serve Rolls / White&Wheat Bread
<b>F R I</b>	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	Chicken & Rice Soup Mulligatawny Soup Enchiladas & Re-Fried Beans Fried Fish w/Cocktail/Tartar Sauce Au Gratin Potatoes Okra and Tomatoes Coleslaw Hushpuppies	Mulligatawny Soup Cream of Broccoli Soup Sliced Deli Turkey Ribeye Steak Sandwich Steak Fries Asparagus Spears Southern Fried Succotash Hoagie Roll / White & Wheat Bread
<b>S A T</b>	Donuts / Bran Muffins Assorted Coffee Cakes Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Corned Beef Hash O'Brian Potatoes Biscuits / Country Gravy	Split Pea Soup Cajun Gumbo Chicken Salad Grilled Liver and Onions Mashed Potatoes w/Gravy Rutagagas Creamed Spinach Assorted Rolls	Cajun Gumbo Split Pea Soup Sliced Deli Roast Beef Seafood Etouffée Steamed White Rice Normandy Blend Veggies Fried Zucchini Brown/Serve Rolls / White & Wheat Bread
<b>S U N</b>	Donuts / Bran Muffins Cinnamon Rolls Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Grilled Ham Steaks Strawberry Waffles / Cheesy Potatoes Biscuits / Country Gravy	Red Bean Soup Turkey Noodle Soup Fried Fish Sandwich w/Bun & Tartar Beef Tips 'n Gravy Rice w/Gravy Stewed Cabbage Creamed Corn O'Brien Yeast Rolls	Turkey Noodle Soup Red Bean Soup Sliced Deli Chicken Char Grilled Chopped Steak Baked Potato w/Sour Crm/Butter Whole Green Beans Lettuce & Tomato Salad w/Mayo Dinner Rolls / White & Wheat Bread

**DESSERTS - REGULAR LINE**

<b>Mon</b>	Peach Pie
<b>Tue</b>	Fudge Macaroon Cookies
<b>Wed</b>	Carrot Cake
<b>Thu</b>	Lemon Squares
<b>Fri</b>	Blueberry Pie
<b>Sat</b>	Sugar Cookies
<b>Sun</b>	Pineapple Bread Pudding

**DESSERTS - DIET LINE**

NSA Apple Pie
Assorted SF Cookies
Fresh Fruit Cups
Angel Cake w/Crushed Pineapples
NSA Chocolate 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