

**AFRH - G / MASTER MENU / E-1a, AUGUST 2012 / CYCLE FIVE - REGULAR LINE / WEEK OF 10 / 01 / 2012**

	<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	Vegetable Beef & Barley Soup Loaded Potato Soup Seafood Salad Grilled Liver and Onions Rice w/Gravy Okra & Tomatoes Blackeyed Peas Corn Muffins / Cornbread	Loaded Potato Soup Vegetable Beef & Barley Soup * * CHAR GRILL NIGHT * * Grill Chop Steaks/Onions/Deli Chicken Mashed Potatoes & Gravy Buttery Green Peas Greek Salad Dinner 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	Chili Bean Soup Turkey Noodle Soup Sloppy Joes Chicken Cacciatore Vermicelli Buttered Corn Normandy Blend Vegetables Garlic Bread	Turkey Noodle Soup Chili Bean Soup Sliced Deli Turkey Codfish Cakes Wild Rice w/Cream Sauce Brussel Sprouts Sautéed Rutabagas Dinner Roll / 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	French Onion Soup Cream of Tomato Soup Turkey Salad Sliced Roast Beef w/Gravy Baked Potato w/Sour Crm/Butter Sautéed Mushroom Stewed Cabbage Yeast Rolls	Cream of Tomato Soup French Onion Soup Assorted Sliced Deli Cold Cuts Fried Pork Chops Baked Sweet Potatoes Cauliflower Creamed Spinach Dinner Rolls / 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 Links / Shredded Hash Browns Pineapple Pancakes Biscuits / Country Gravy	Italian Wedding Soup Split Pea Soup Italian Sausage, Peppers, Onions Chicken w/ Rice, White Mushroom Gravy Broccoli Sautéed Carrots Assorted Rolls	Split Pea Soup Italian Wedding Soup Sliced Deli Roast Beef Roasted Turkey w/Gravy Cornbread Dressing / Cranberry Sauce Mashed Potatoes / Stewed Tomatoes Green Bean Casserole Dinner 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 Pinto Bean Soup Barbeque Pulled Pork / Buns Salmon Croquettes Macaroni & Cheese Turnip Greens Southern Fried Succotash Corn Muffins / Cornbread	Pinto Bean Soup Chicken & Rice Soup Sliced Deli Chicken Open Faced Roast Beef w/Au Jus Steak Fries Creamy Mexican Country Corn Coleslaw 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	Knickerbockers Soup Lobster Bisque Egg Salad Ground Meat Stuffed Peppers Steamed Rice w/Tomato Gravy Asparagus Spears Fried Zucchini Bread Stick	Lobster Bisque Knickerbockers Soup Assorted Sliced Deli Cold Cuts Chicken Alfredo Fettuccini California Blend Vegetables Sautéed Squash Garlic Bread / 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 Apple Waffles / Cheesy Potatoes Biscuits / Country Gravy	Chicken Tortilla Soup Cream of Broccoli Soup Turkey & Cheese Croissant Country Fried Steaks/White Gravy Mashed Potatoes / Brown Gravy Green Baby Lima Beans w/Rice Sautéed Carrots Yeast Rolls	Cream of Broccoli Soup Chicken Tortilla Soup Sliced Deli Turkey Barbeque Ribs Potato Salad / Baked Beans Collard Greens Italian Green Beans Corn Muffins / Cornbread / White/Wheat

**DESSERTS - REGULAR LINE**

- Mon** Lemon Meringue
- Tue** Peanut Butter Cookies
- Wed** Walnut Cake
- Thu** Red Velvet Cup Cakes
- Fri** Pecan Pie
- Sat** Chocolate Chip Cookies
- Sun** Peach Cobbler

**DESSERTS - DIET LINE**

- NSA Apple Pie
- Assorted SF Cookies
- Fresh Fruit Cups
- Sponge Cake w/Diced Pears
- 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