

[11-12-2012]

AFRH – W CYCLE #6

WEEK OF: **Master Menu – 10-2012**

Regular Line

	BREAKFAST	LUNCH	DINNER
M O N	Donuts / Assorted Muffins Oatmeal/Grits Eggs to Order Scrambled Eggs /Hardboiled Eggs French Toast Sticks Pork Bacon Biscuits/ Sausage Gravy	Cream Of Broccoli Soup Red Bean Soup Cheese Ravioli w / Marinara Sc Marinated Pork Chop ♥ Buttery Parsley Boiled Potatoes Sauteed Squash Okra & Serve Rolls Brown & serve Roll	Cream Of Broccoli Soup Red Bean Soup Chicken Cordon Bleu ♥ Butternut Risotto Asparagus Tips Confetti Salad Crown Roll
T U E S	Donuts/Assorted Muffins Pecan Swirls Oatmeal/Cream of Wheat Eggs to Order Scrambled Eggs /Hardboiled Eggs Lyonnais Potatoes Cream Chipped Beef Biscuits/ Country Gravy	Won Ton Soup Beef Noodle Soup Chicken Salad Beef and Broccoli ♥ Steamed Rice Sugar Snaps Sauteed Carrots Dinner Roll	<i>Birthday Meal</i> <i>Roasted Whole Sirloin</i> <i>Au Jus</i> <i>Baked Fish w Pecans</i> <i>Baked Potato w/Sour Cream</i> <i>Asparagus</i> <i>Hot Dinner Rolls</i> <i>Birthday Cake</i>
W E D	Donuts/Assorted Muffins Coffee Cake Oatmeal/ Grits Eggs to Order Scrambled Eggs /Hardboiled Eggs Grilled Ham Baked Beans/Corn Muffins Biscuit/Country Gravy	Tomato Florentine Soups Chicken & Rice Soup Meatballs w Zesty Tomato Sauce Noodles Butter Ball Turkey Breast ♥ w Gravy German Blend Vegetables Sauteed Mushrooms Ciabatta Bread	Tomato Florentine Soups Chicken & Rice Soup Smoked Sausage Red Beans and Steamed Rice ♥ Roasted Brussels Sprouts Peas And Pearl Onions French Roll
T H U R S	Donuts/Assorted Muffins Cinnamon Rolls Oatmeal/Grits Eggs to Order Scrambled Eggs /Hardboiled Eggs Sausage Pattie Scrapple Blue Berry Pancakes Biscuit/ Country Gravy	Vegetable Soup Navy Bean Soup Grilled Cheese Sandwich BBQ Chicken ♥ Baked Beans Collard Greens Sauteed Zucchini Corn Muffins	Vegetable Soup Navy Bean Soup Grilled Ham Steak ♥ Baked Sweet Potato Seasoned Green Beans Beets Brown & Serve Roll
F R I	Donuts/Assorted Muffins Assorted Danish Oatmeal/ Cream of Wheat Eggs to Order Scrambled Eggs /Hardboiled Eggs Creamed Ground Beef Home Fries Biscuit/ Country Gravy	Cream of Chicken Soup Minestrone Soup Sloppy Joe Seasoned Baked Fish ♥ Whole Kernel Corn Club Spinach Hushpuppies	Cream of Chicken Soup Minestrone Soup Roast Beef ♥ /Swiss/ Grilled Onions Mediterranean Penne Pasta Sugar Snap Peas Spinach w /Bacon Salad Ciabatta Round
S A T	Donuts/Assorted Muffins Assorted Coffee Cakes Oatmeal/Grits Eggs to Order Scrambled Eggs /Hardboiled Eggs Corned Beef Hash O'Brian Potatoes Biscuit/ Country Gravy	French Onion Soup Split Peas Soup Polish Sausage, Peppers. Onions Meatloaf ♥ Loaded Potatoes Sauteed Cabbage Mixed Vegetables Garlic Bread	French Onion Soup Split Peas Soup Sweet & Sour Chicken Steam White Rice Whole Green Beans Coin Carrots w/ Red Peppers Potato Slammer Roll
S U N	Donuts/Assorted Muffins Cinnamon Rolls Oatmeal/Grits Eggs to Order Scrambled Eggs /Hardboiled Eggs Grilled Ham Peachy Belgian waffles Biscuit/ Country Gravy	Cream Of Asparagus Soup Cajun Gumbo Soup Turkey w/ Cheese Croissant Beef Steak 'n Mushroom & Onion Gravy ♥ Baked Potato W/ Sour Cream Broccoli Florets Panini Roll	Cream Of Asparagus Soup Cajun Gumbo Soup Creamy Shrimp w/ Mushrooms Buttered Linguini Noodles Asparagus Stewed Tomatoes French Roll

DESSERTS

Mon: Boston Cream Pie Sponge Cake W Sliced Peaches
Tues: Chocolate Chip Cookies Oatmeal Cookie, NSA
Wed: Assorted Cookies No Sugar Added Fruit Cup ♥
Thurs: Coconut Cake Sponge Cake w Pineapples ♥
Fri: Pecan Pie Angel Cake with Mandarin Oranges ♥
Sat: Chocolate Cake Butter Scotch Pudding, NSA
Sun: Pound Cake w/ Fruit No Sugar Added Fruit Cup ♥

DAILY SHORT ORDER LINE

Grilled Hamburger
Grilled Hotdog (M,T,Th,F,S,Su)
Grilled Chicken Breast ♥

Swiss Cheese (Wed Only)

[11-12-2012]

Diet Line Menu ♥ Cycle #6 – Week of : Master Menu –[D4-3C]-2011

Items with DL before the menu name indicates this item has been modified to be lower in calories, fat and/or sodium than the Regular line item. 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 one-on-one consultation.

	BREAKFAST	LUNCH	DINNER
M O N	Oatmeal/Grits Scrambled Eggbeaters Hardboiled Eggs Turkey Bacon Biscuit/DL Breakfast Gravy	DL Red Bean Soup DL Baked Pork Chops DL Parsley Boiled Potatoes DL Squash DL Okra & Tomatoes	DL Red Bean Soup DL Italian Chicken Sandwich DL Butternut Risotto DL Asparagus Tips DL Confetti Salad
T U E S	Oatmeal/ Cream of Wheat Scrambled Eggbeaters Hardboiled Eggs Turkey Sausage Patties DL Lyonnaise Potatoes Biscuit/DL Breakfast Gravy	DL Beef Noodle Soup DL Beef and Broccoli Steamed Rice DL Sugar Snaps Peas DL Carrots Dinner Roll	<i>Birthday Meal</i> <i>Roasted Whole Sirloin</i> <i>Au Jus</i> <i>Baked Fish w Pecans</i> <i>Baked Potato w/Sour Cream</i> <i>Asparagus</i> <i>Hot Dinner Rolls</i> <i>Birthday Cake</i>
W E D	Oatmeal/ Grits Scrambled Eggbeaters Hardboiled Eggs Grilled Ham –LF /LS Biscuit/DL Breakfast Gravy	DL Chicken & Rice Soup DL Meatballs w Zesty Tomato Sauce Noodles DL German Blend Vegetables DL Mushrooms	DL Chicken & Rice Soup DL Half Smoke Turkey Sausage DL Red Beans / Steamed Rice DL Roasted Brussels Spouts Peas And Pearl Onions
T H U R	Oatmeal/Grits Scrambled Eggbeaters Hardboiled Eggs Turkey Sausage Link Biscuit/DL Breakfast Gravy	DL Vegetable Soup DL Baked Chicken w BBQ Shake DL Vegetarian Baked Beans DL Collard Greens DL Zucchini	DL Vegetable Soup DL Grilled Ham steak Baked Sweet Potato DL Seasoned Greens Brown & Serve Rolls
F R I	Oatmeal/ Cream of Wheat Scrambled Eggbeaters Hardboiled Eggs DL Creamed Ground Beef Biscuit/DL Breakfast Gravy	DL Minestrone Soup DL Seasoned Baked Fish DL Whole Kernel Corn DL Club Spinach DL Baked Hushpuppies	DL Minestrone Soup DL Roast Beef / Grilled Onions DL Mediterranean Penne Pasta DL Sugar Snaps DL Spinach /Turkey Bacon Salad
S A T	Oatmeal/ Grits Scrambled Eggbeaters Hardboiled Eggs Turkey Bacon O'Brian Potatoes Biscuit/DL Breakfast Gravy	DL Split Peas Soup DL Meatloaf DL Loaded Potatoes DL Cabbage DL Mixed Vegetables DL Garlic Bread	Split Peas Soup DL Grilled Chicken Tenders Steam Rice / DL Chicken Gravy DL Whole Green Beans DL Coin Carrots w/ Red Peppers Potato Slammer Roll
S U N	Oatmeal/ Grits Scrambled Eggbeaters Hardboiled Eggs Grilled Ham –LF /LS Biscuit/DL Breakfast Gravy	DL Cream Of Asparagus Soup DL Beef Steak 'n Mushroom & Onion Gravy DL Baked Potato W/ Sour Cream DL Broccoli Florets	DL Cream Of Asparagus Soup DL Sauteed Shrimp <i>DL Linguini Noodles</i> DL Asparagus DL Stewed Tomatoes

BREAKFAST STANDARD MENU ITEMS

Prunes, Bagel, English Muffin, Syrup, SF Syrup, Bananas, Grapefruit Sections, Fruit Deluxe, Applesauce, Cream Cheese, Raisins

STANDARD MENU ITEMS ALL MEALS

Asst Bread, Asst Dry Cereal, Asst Juice, Asst Milk, Asst Beverages, Coffee, Decaf Coffee, Tea, Tea Bags, Butter, Margarine, Sugar, Sugar Substitute, Salt, Pepper, Asst Condiments

STANDARD SALAD BAR ITEMS FOR LUNCH/ DINNER ♥

Lettuce garnished w/romaine leaves, Cherry Tomatoes, Cucumbers, Sliced Onions, Celery Sticks, Sliced Pickles, Carrot Sticks, Shredded Cheese, Coleslaw, Bacon Bits, Sliced Beets, Sliced Peppers, Broccoli Florets, Green Olives, Jalapeno Peppers, Sugar Free Jello

STANDARD SALAD DRESSINGS

Bleu Cheese, Catalina French, Ranch, Thousand Island, Fat Free Italian, Balsamic Vinegar, White Vinegar, Olive Oil

DAILY SALAD BAR ROTATION ♥

Mon: Pineapple Chunks, Beet Salad
Wed: Pear Halves, Potato Salad
Fri: Apricot Halves, Three Beans Salad
Sun: Fruit Cocktail, Carrot & Raisin Salad

Tue: Peach Slices, Marinated Cucumbers
Thurs: Pineapple Slices, German Tomato Salad
Sat: Mandarin Oranges, Pasta Salad