

2-18-2013to 2-24-2013

AFRH – W CYCLE #1

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 Pork Bacon Biscuits/ Sausage Gravy	Vegetable Barley Soup Pinto Bean Soup Egg Salad Grilled Pork Chop w Apples Baked Sweet Potato Turnip Greens Squash, Red Peppers, Onions Croissant	Pinto Bean Soup Vegetable Barley Soup Open Face Roast Beef Sandwich Mashed Potatoes German Blend Vegetables Garden Veggies with Fontina White / Wheat Bread
T U E S	Donuts/Assorted Muffins Pecan Swirls Oatmeal/Cream of Wheat Eggs to Order Scrambled Eggs /Hardboiled Eggs Lyonnaise Potatoes Cream Chipped Beef Biscuits/ Country Gravy	Cream of Broccoli Soup Chicken Noodle Soup Barbeque Pork on Bun Rosemary Baked Chicken Roasted Baby Potatoes Sauteed Carrots Buttery Green Peas Brown & Serve Roll	<i><u>Birthday Meal</u></i> <i>Prime Rib</i> <i>Demi Glaze</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	Duck And Ramen Soup Cream of Mushroom Soup Tuna Salad Yakisoba Beef w Asian Noodles Stir Fried Asian Vegetables Sauteed Mushrooms Dinner Roll	Duck And Ramen Soup Cream of Mushroom Soup Grilled Ham Steak Large White Lima Beans Steamed White Rice Corn & Carrots w Onions Spinach w Mushrooms Corn Muffin

DESSERTS

Mon: Coconut Custard Pie

NSA Coconut Cream Pie

Tues: Oatmeal & Raisin Cookie

NSA Peanut Butter Cookie

Wed: Assorted Cookies

Fresh Fruit Cup

DAILY SHORT ORDER LINE

Grilled Hamburger

Grilled Hotdog (M,T,Th,F,S,Su)

Grilled Chicken Breast

Swiss Cheese (Wed Only)

Diet Line Menu CYCLE #1 – Week of ___ : [Master Menu —\[10-2012\]](#)

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 Pinto Bean Soup DL Grilled Pork Chop w DL Apples Baked Sweet Potato DL Turnip Greens DL Squash, Red Peppers, Onions	DL Pinto Bean Soup DL Open Face Roast Beef Sandwich DL Mashed Potatoes /DL Gravy DL German Blend Vegetables DL Garden Vegetables w / Fontina
T U E S	Oatmeal/ Cream of Wheat Scrambled Eggbeaters Hardboiled Eggs Turkey Sausage Patties DL Lyonnaise Potatoes Biscuit/DL Breakfast Gravy	DL Chicken Noodle Soup DI Rosemary Baked Chicken DI Roasted Baby Potatoes DL Carrots DL Green Peas Brown & Serve Roll	<i>Birthday Meal</i> <i>Prime Rib</i> <i>Demi Glaze</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 Cream of Mushroom Soup DL Yakisoba Beef w Noodle DL Stir Fried Asian Vegetables DL Sauteed Mushrooms Dinner Roll	DL Cream of Mushroom Soup DL Grilled Ham Steak DL Large White Lima Beans w Rice DL Corn & Carrots w Onions DL Spinach w Mushrooms

BREAKFAST STANDARD MENU ITEMS

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

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, Green Pea Salad
Tue: Peach Slices, Marinated Cucumbers
Wed: Pear Halves, Potato Salad