

AFRH - W / MASTER MENU / M -2, 2020 CYCLE SIX - DL

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

6->	BREAKFAST	LUNCH	DINNER
M	DL Oatmeal / DL Grits	DL Lentil Bean Soup	DL Lentil Bean Soup
O	DL Scrambled Egg Beaters	DL Salmon Salad	DL Sliced Roasted Turkey Breast w DL Gravy
N	Hard Boiled Eggs	DL Mash Potatoes	DL Roasted New Potatoes
4-Dec	DL Turkey Bacon	DL Normandy Blend Veggies	DL Sugar Snap Peas
2023	Biscuits / DL Biscuit Gravy	DL Brussel Sprouts / Rolls	DL Carrots / Rolls
T	DL Oatmeal / DL Cream of Wheat	DL Cream of Asparagus Soup	DL Cream of Asparagus Soup
U	DL Scrambled Egg Beaters	DL Chop Turkey	DL Broiled Fish Almandine
E	Hard Boiled Eggs	DL Red Beans & Brown Rice	DL Baked Sweet Potato
S	DL Turkey Sausage Patties	DL Okra	DL California Blend Vegetables
5-Dec	DL Lyonnaise Potatoes	DL Roasted Mixed Vegetables	DL Peas & Pearl Onions
2023	Biscuits / DL Biscuit Gravy	Assorted Rolls	Assorted Rolls
W	DL Oatmeal / DL Grits	DL Minestrone Soup	DL Minestrone Soup
E	DL Scrambled Egg Beaters	DL Veggie Pizza	DL Grilled Breakfast Chopped Steak
D	Hard Boiled Eggs	DL Baked Chicken Wings	DL Scrambled Egg Beaters
6-Dec	LF / LS Grilled Ham	Roasted New Potatoes	DL Grits
2023	Biscuits / DL Biscuit Gravy	DL Squash / Mushroom Salad / Rolls	Waffles w/SF Syrup (Toast Available)
T	DL Oatmeal / DL Grits	DL Vegetable Soup	DL Vegetable Soup
H	DL Scrambled Egg Beaters	DL Marinara Sauce / Spaghetti	DL Bake Chicken w/BBQ Shake
U	Hard Boil Eggs	Pasta Variety	DL Vegetarian Baked Beans
R	DL Turkey Sausage Patties	DL Beets	DL Collard Greens
7-Dec	Biscuits / DL Biscuit Gravy	Peas & Pearl Onions	
2023		Wheat Roll	DL Coleslaw / Rolls
F	DL Oatmeal / DL Cream of Wheat	DL Beef Noodle Soup	DL Beef Noodle Soup
R	DL Scrambled Egg Beaters	DL Oven Fried Fish	DL Salisbury Steak
I	Hard Boiled Eggs	DL Parmesan Egg Noodles	DL Mashed Potatoes / DL Gravy
8-Dec	DL Creamed Ground Beef	DL Cabbage	DL Broccoli Florets
2023	Biscuits / DL Biscuit Gravy	DL Broiled Tomatoes / Rolls	DL Zucchini Assorted Rolls
S	DL Oatmeal / DL Grits	DL Chicken and Rice Soup	DL Chicken and Rice Soup
A	DL Scrambled Egg Beaters	DL Grilled Italian Chicken Breast	DL Asian Beef
T	Hard Boiled Eggs	Angel Hair Pasta w/Marinara Sauce	w/Broccoli
	DL Turkey Bacon	DL Succotash	DL Brown Fried Rice
9-Dec	DL O'Brian Potatoes	DL Spinach / Wheat Rolls	DL Steamed Cauliflower
2023	Biscuits / DL Biscuit Gravy	Assorted Rolls	Assorted Rolls
S	DL Oatmeal / DL Grits	DL Cabbage Soup	DL Cabbage Soup
U	DL Scrambled Egg Beaters	DL Pot Roast w/DL Gravy	DL Sauteed Shrimp
N	Hard Boil Eggs	DL Diced Potatoes	DL Yellow Rice
10-Dec	LF/LS Grilled Ham	DL Carrots	DL Asparagus Spears
2023	Biscuits / DL Biscuit Gravy	DL Green Beans / Wheat Rolls	DL Mustard Greens / Rolls

STANDARD BREAKFAST MENU ITEMS

Bagels, English Muffins, Jelly, SF Jelly, Syrup, SF Syrup, Prunes, Bananas, Whole Fresh Fruit, Cut Fresh Fruit, Grapefruit Sections, Applesauce, Raisins, Brown Sugar, Cinnamon Shake

Assorted Breads, Assorted Dry Cereals, Assorted Juices, Assorted Milk, Assorted Beverages, Coffee, Decaf Coffee, Iced Tea - w/Sugar & No Sugar, Hot Tea Bags, Butter, Margarine, Sugar, Sugar Substitute, Salt, Pepper, Assorted Condiments

STANDARD SALAD BAR ITEMS FOR LUNCH & DINNER

Available Every Day - Mixed Salad Greens, Cherry Tomatoes, Sliced Cucumbers, Sliced Red Onions, Matchstick Carrots, Sliced Green Peppers, Bread & Butter Pickles, Whole Green Olives, Sliced Black Olives, Coleslaw, Tuna Fish, Boiled Eggs, Cottage Cheese, Shredded Cheese, Bacon Bits / Variables - Sliced, Diced or Whole Beets, Jalapeno or Banana Peppers, Broccoli or Cauliflower Florets, Green Peas or Edamames, Green Onions or Celery Sticks, Avocados or Baby Corns, Chopped Nuts, Dried Cranberries or Raisins, Sunflower Seeds or Bleu Cheese Crumbles - Salmon Monday, Wednesday, Friday

STANDARD SALAD DRESSINGS

Icy, Blue Cheese, Thousand Island, Fat Free Ranch, Italian & Catalina French, Balsamic Vinegar, Red/White Vinegar, Olive Oil

SALADS / GELATINS

Beet & Onion Salad / Strawberry
Greek Salad / Orange
Potato Salad / Cherry
German Tomato Salad / Lemon
Pear Salad / Raspberry
Fruit Salad / Lime
Pasta Salad / Watermelon

DAILY SALAD BAR ROTATION

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

FRUITS

Sliced Peaches / Apricot Halves
Sliced Peaches / Tropical Fruit Cocktail
Sliced Peaches / Pineapple Chunks
Sliced Peaches / Mandarin Oranges
Sliced Peaches / Fruit Cocktail
Sliced Peaches / Pineapple Slices
Sliced Peaches / Pear Halves

AFRH - W / MASTER MENU / M -2, 2020 CYCLE SIX - REGULAR LINE

6->	BREAKFAST	LUNCH	DINNER
M O N	Donuts / Assorted Muffins Assorted Muffins Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Pork Bacon French Toast Biscuits / Sausage Gravy	Corn & Crab Bisque Lentil Soup Swedish Meatballs / Gravy Salmon Salad Mash Potatoes Normandy Blend Veggies Brussel Sprouts Croissants	Lentil Soup Corn & Crab Bisque Sliced Deli Roast Beef Turkey Tetrazini w/Vermicelli Sautéed Carrots Sugar Snap Peas Dinner Rolls / White & Wheat Bread
4-Dec 2023			
T U E S	Donuts / Bran Muffins Oatmeal / Cream of Wheat Eggs to Order Eggs - Scrambled / Hard Boiled Creamed Chipped Beef Lyonnise Potatoes Biscuits / Country Gravy	Cream of Asparagus Soup Tomato Cream Cheese Soup Chicken Salad Wrap Smoked Sausage w/Red Beans and Rice Fried Okra Roasted Mixed Vegetables Corn Muffins / Cornbread	Tomato Cream Cheese Soup Cream of Asparagus Soup Assorted Sliced Deli Cold Cuts Fish & Chips California Blend Vegetables Peas & Pearl Onions Dinner Rolls / White & Wheat Bread
5-Dec 2023			
W E D	Donuts / Assorted Muffins Coffee Cake Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Pork Bacon Hash Browns Biscuits / Country Gravy	Chicken & Dumplings Soup Minestrone Soup Assorted Pizza Slices Spicy Chicken Wings Dirty Rice Sautéed Squash Marinated Mushroom Salad Yeast Rolls	Minestrone Soup Chicken & Dumpling Soup ** BREAKFAST NIGHT ** Country Fried Steak /Deli Chicken Scrambled Eggs / Eggs to Order Cheesy Grits / Country Gravy Belgian Waffles w/Strawberry Topping Biscuits / White & Wheat Bread
6-Dec 2023			
T H U R S	Donuts / Bran Muffins Cinnamon Rolls Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Sausage Pattie / Spam Blueberry Pancakes Biscuits / Country Gravy	Navy Bean Soup Vegetable Soup Cabbage Rolls Marinara Meatball w Spaghetti Peas & Pearl Onions Harvard Beets Garlic Toast White & Wheat Bread	Vegetable Soup Navy Bean Soup Sliced Deli Turkey Barbeque Chicken Baked Beans Collard Greens Corn on the Cob Corn Muffins / Cornbread
7-Dec 2023			
F R I	Donuts / Assorted Muffins Assorted Danishes Oatmeal / Cream of Wheat Eggs to Order Eggs - Scrambled / Hard Boiled Creamed Ground Beef Home Fried Potatoes /Tater Tots Biscuits / Country Gravy	Beef Noodle Cajun Gumbo Turkey Salad Wrap Fried Fish w/Cocktail/Tartar Sauce Macaroni and Cheese Stewed Cabbage Broiled Tomato Hushpuppies	Cajun Gumbo Beef Noodle Assorted Cold Cuts Salisbury Steak w/Mushroom Gravy Mashed Potatoes and Gravy Broccoli Florets Fried Zucchini Dinner Rolls / White & Wheat Bread
8-Dec 2023			
S A T	Donuts / Assorted Muffins Scones Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Corned Beef Hash O'Brian Potatoes Biscuits / Country Gravy	Chicken and Rice Soup Split Pea Soup Beanie Weinies Chicken Parmesan w/Marinara Angel Hair Pasta / Marinara Sauce Southern Fried Succotash Spinach w/Sliced Boiled Eggs Garlic Bread	Split Pea Soup Chicken and Rice Soup Sliced Deli Chicken Beef and Broccoli Fried Rice Egg Rolls Creamed Cauliflower Dinner Rolls / White & Wheat Bread
9-Dec 2023			
S U N	Donuts / Assorted Muffins Cinnamon Rolls Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Grilled Ham Steaks Peachy Waffles Biscuits / Country Gravy	Kielbasa Cabbage Soup Cream of Broccoli Soup Ham Salad Beef Ragu Ravioli Sautéed Carrots Seasoned Green Beans Yeast Rolls	Cream of Broccoli Soup Kielbasa Cabbage Soup Sliced Deli Roast Beef Shrimp & Sausage Jambalaya Jambalaya Rice Asparagus Spears Mustard Greens Corn Muffins / Cornbread / White/Wheat
10-Dec 2023			

DESSERTS - REGULAR LINE

Mon Cherry Pie
Tue Vanilla Pudding
Wed Bread Pudding
Thu Brownies w/Nut
Fri Boston Cream Pie
Sat Banana Cream Pie
Sun Black Berry Cobbler

DESSERTS - DIET LINE

NSA Berry Pie
Assorted SF Cookies
NSA Chocolate Pudding
Angel Cake w/Blueberries
NSA Cherry Pie
Assorted SF Cookies
Fresh 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 / Assorted Chips