

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

2->	BREAKFAST	LUNCH	DINNER
M O N 22-May 2023	Donuts / Assorted Muffins Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled French Toast Pork Bacon Biscuits / Sausage Gravy	Egg Drop Soup Vegetable Soup Stuffed Peppers w Tomato Sauce Teriyaki Chicken Stir Fried Rice Stir Fried Asian Vegetables Broccoli Florets Assorted Rolls	Vegetable Soup Egg Drop Soup Assorted Sliced Deli Cold Cuts Country Fried Steaks/Country Gravy Mashed Potatoes Broiled Tomatoes Brussels Sprouts Yeast Rolls / White & Wheat Bread
T U E S 23-May 2023	Donuts / Bran Muffins Oatmeal / Cream of Wheat Eggs to Order Eggs - Scrambled / Hard Boiled Creamed Chipped Beef Lyonnise Potatoes Biscuits / Country Gravy	Cream of Tomato Soup Navy Bean Soup Enchiladas Barbeque Beef Brisket Macaroni and Cheese Sautéed Carrots Fresh Spinach Salad Yeast Rolls	Navy Bean Soup Cream of Tomato Soup Sliced Deli Turkey Baked Salmon w/Cucumber Sauce Wild Rice Sugar Snap Peas Okra and Tomatoes Bread Stick / White & Wheat Bread
W E D 24-May 2023	Donuts / Assorted Muffins Coffee Cake Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Pork Bacon Hash Browns Biscuits / Country Gravy	Minestrone Soup Lobster Bisque Assorted Deep Dish Pizza Slices Swedish Meatballs w/Gravy Mashed Potatoes and Gravy Stewed Cabbage Creamed Corn O'Brien Yeast Rolls	Lobster Bisque Minestrone Soup Philly Chicken & Cheese Sub Fish & Cheese Sub Krinkle Cut Fries Mushrooms & onions Coleslaw
T H U R S 25-May 2023	Donuts / Bran Muffins Cinnamon Rolls Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Sausage Pattie / Spam Apple Pancakes Biscuits / Country Gravy	Corn Chowder Chicken Noodle Chicken Tenders Smothered Pork Chops Blackeyed Peas w/Rice Collard Greens Harvard Beets Corn Muffins / Cornbread	Chicken Noodle Corn Chowder Assorted Sliced Deli Cold Cuts Roasted Turkey w/Gravy Combread Dressing / Cranberry Sauce Mashed Potatoes / Brown Gravy Green Peas / Creamed Cauliflower Brown&Serve Rolls / White&Wheat Bread
F R I 26-May 2023	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	<i>Memorial Day Celebration Cookout</i>	Manhattan Ciam Chowder Cream of Broccoli Soup Sliced Deli Roast Beef Chicken Cordon Bleu Scalloped Potatoes Asparagus Spears Southern Fried Succotash Slider Rolls / White & Wheat Bread
S A T 27-May 2023	Donuts / Assorted Muffins Scones Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Corned Beef Hash O'Brian Potatoes Biscuits / Country Gravy	Split Pea Soup w/ Ham & Carrot Soup Kielbasa Cabbage Soup Egg Salad Grilled Liver and Onions Mashed Potatoes w/Gravy Roasted Mixed Vegetables Creamed Spinach Assorted Rolls	Kielbasa Cabbage Soup Split Pea Soup w/ Ham & Carrot Soup Sliced Deli Turkey Char Grilled Chopped Steak Baked Potato w/Sour Crm/Butter Whole Green Beans Glazed Baby Carrots Brown/Serve Rolls / White & Wheat Bread
S U N 28-May 2023	Donuts / Assorted Muffins Cinnamon Rolls Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Grilled Ham Steaks Strawberry Belgian Waffles Biscuits / Country Gravy	Red Bean Soup Beef Noodle Soup Seafood Salad Chicken w/ Dumplings Sautéed Squash German Blend Vegetables Croissants	Beef Vegetable Soup Red Bean Soup Sliced Deli Chicken Braised Beef Ribs n Onions Steamed White Rice Normandy Blend Veggies Fried Zucchini Dinner Rolls / White & Wheat Bread

CH ONL DESSERTS - REGULAR LINE

Mon	Peach Pie
Tue	Chocolate Cookies
Wed	Carrot Cake
Thu	Pecan Blondie ***
Fri	Coconut Cream Pie
Sat	Wh. Choc. Macadamia Nut Cookies **
Sun	Rice Pudding ***

DESSERTS - DIET LINE

NSA Apple Pie
Assorted SF Cookies
NSA Chocolate Pudding
Angel Cake w/Crushed Pineapples
Vanilla Pudding, NSA
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 Sa
Grilled Chicken Breast w/ Corn Rolls
Grilled Cheese Sandwiches on White or Wh
Condiments: Green Leaf Lettuce / Sliced To
Sliced Red Onions / Dill Pickle Slices
Horseradish / Bacon / Assorted Chips

AFRH - W / MASTER MENU / M -2, 2020 / CYCLE TWO - 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.

2->	BREAKFAST	LUNCH	DINNER
M	DL Oatmeal / DL Grits	DL Vegetable Soup	DL Vegetable Soup
O N 22-May 2023	DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon Biscuits / DL Biscuit Gravy	DL Teriyaki Chicken DL Brown Fried Rice DL Asian Vegetables DL Steamed Broccoli / Rolls	DL Chopped Turkey w/DL Gravy DL Mashed Potatoes w/DL Gravy DL Broiled Tomatoes DL Brussels Sprouts / Rolls
T U E S 23-May 2023	DL Oatmeal / DL Cream of Wheat DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy	DL Cream of Tomato Soup DL Sliced Roast Beef n' DL Gravy DL Diced Potatoes DL Fresh Spinach Salad DL Carrots Rolls	DL Cream of Tomato Soup DL Baked Salmon w/Cucumber Sauce DL Steamed Wild Rice DL Sugar Snap Peas DL Okra & Tomatoes Rolls
W E D 24-May 2023	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Minestrone Soup DL Pizza /DL Swedish Meatballs DL Gr. DL Mashed Potatoes w/DL Gravy DL Cabbage DL Corn / Rolls	DL Minestrone Soup Chicken Sub Baked Krinkle Sweet Potatoe Fries Mushroom & Onion Coleslaw
T H U R 25-May 2023	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs DL Turkey Sausage Patties Biscuits / DL Biscuit Gravy	DL Chicken Noodle Soup DL Smothered Pork Chop DL Blackeyed Peas & Brown Rice DL Collard Greens DL Beets / Assorted Rolls	DL Chicken Noodle Soup DL Roasted Turkey w/DL Gravy DL Mashed Potatoes w/DL Gravy DL Green Peas DL Steamed Cauliflower / Rolls
F R I 26-May 2023	DL Oatmeal / DL Cream of Wheat DL Scrambled Egg Beaters Hard Boiled Eggs DL Creamed Ground Beef Biscuits / DL Biscuit Gravy	<i>Memorial Day Celebration Cookout</i>	DL Manhattan Clam Chowder DL Grilled Chicken Breast w/Veggies Baked Sweet Potatoes DL Succotash DL Asparagus Spears / Rolls
S A T 27-May 2023	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon DL O'Brian Potatoes Biscuits / DL Biscuit Gravy	DL Split Pea Soup DL Vegetable Cutlet w/Marinara DL Mashed Potatoes DL Roasted Mixed Vegetables DL Spinach Assorted Rolls	DL Split Pea Soup DL Grilled Chopped Steak Baked Potato w/FF Sour Cream DL Carrots DL Whole Green Beans Assorted Rolls
S U N 28-May 2023	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs LF/LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Beef Noodle Soup DL Chicken w/ DL Dumplings DL Squash DL German Blend Veggies / Rolls	DL Beef Vegetable Soup DL Braised Beef Ribs n Onions DL Brown Rice DL Normandy Blend Vegetables DL Zucchini / 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

STANDARD MENU ITEMS ALL MEALS

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

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