

**AFRH - W / MASTER MENU / M -2, 2020 CYLCE ONE - REGULAR LINE**

1->	BREAKFAST	LUNCH	DINNER
<b>M O N</b>  28-Apr 2025	Danish /Donuts / Assorted Muffins Oatmeal / Grits Eggs to Order  Eggs - Scrambled / Hard Boiled  French Toast Pork Bacon Biscuits / Sausage Gravy	Onion Soup Pinto Bean Soup Chicken Salad  Meatloaf w Gravy  Mash Potatoes w Gravy German Blend Vegetables Black Eye Peas Dinner Rolls	Pinto Bean Soup Onion Soup Sliced Deli Turkey  Yakasoba Beef w Noodles  Marinated Grill Vegetables Fried Eggplant w Teriyaki Seasoning Roll
<b>T U E S</b>  29-Apr 2025	Danish /Donuts / Assorted Muffins  Oatmeal / Cream of Wheat Eggs to Order Eggs - Scrambled / Hard Boiled Creamed Chipped Beef Lyonnaise Potatoes Biscuits / Country Gravy	Cream of Broccoli Soup Chicken Noodle Soup <b>Beef Pot Pie</b> Grilled Ham Lg White Lima Beans / White Rice Stewed Tomatoes Club Spinach Corn Muffins	Chicken Noodle Soup Cream of Broccoli Soup Sliced Deli Roast Beef Lemon Baked Fish Parmesan Noodles Brussels Sprouts Corn & Carrots Dinner Rolls / White & Wheat Bread
<b>W E D</b>  30-Apr 2025	Danish /Donuts / Assorted Muffins Coffee Cake Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Pork Bacon  Hash Browns  Biscuits / Country Gravy	Vegetable Beef & Barley Soup Tomato Florentine Soup Bratwurst w/Sauerkraut Fried Chicken Macaroni & Cheese Harvard Beets  Broccoli Florets  Yeast Rolls	Tomato Florentine Soup Vegetable Beef & Barley Soup Sliced Deli Chicken Sweet & Sour Ribs w/Asian Style Noodles Stir Fried Vegetables  Stewed Cabbage Dinner Rolls / White & Wheat Bread
<b>T H U R S</b>  1-May 2025	Danish /Donuts / Assorted Muffins Cinnamon Rolls Oatmeal / Grits Eggs to Order  Eggs - Scrambled / Hard Boiled Sausage Links / Scrapple Apple Pancakes Biscuits / Country Gravy	Chicken Tortilla Soup Split Pea Soup w/ Ham & Carrot Soup Barbeque Pulled Pork / Buns  Beef Tacos & Burritos  ReFried Beans / Spanish Rice Squash Casserole Seasoned Green Beans Brown and Serve Rolls	Chicken Tortilla Soup Split Pea Soup w/ Ham & Carrot Soup Sliced Deli Turkey Pepper Steak w/Gravy  Lyonaise Rice Fried Zucchini Buttery Green Peas Dinner Rolls / White & Wheat Bread
<b>F R I</b>  2-May 2025	Danish /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	Chili Bean Soup Chicken & Rice Soup Mediterranean Pasta Fried Catfish w/Bienville Sauce Praline Sweet Potatoes Cauliflower Au Gratin Garden Spinach Salad Hushpuppies	Chicken & Rice Soup Chili Bean Soup Assorted Sliced Deli Cold Cuts Pot Roast with Mushroom Gravy Mashed Potato Southern Fried Succotash Roasted Mixed Vegetables Slider Rolls / White & Wheat Bread
<b>S A T</b>  3-May 2025	Danish /Donuts / Assorted Muffins Scones Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Corned Beef Hash O'Brian Potatoes Biscuits / Country Gravy	Loaded Potato Soup Italian Wedding Soup Turkey Pot Pie Ground Meat and Tomato Sauce Spaghetti Italian Green Beans Normandy Blend Veggies  Garlic Bread	Italian Wedding Soup Loaded Potato Soup Sliced Deli Roast Beef Orange Chicken Fried Rice Asparagus Mixed Vegetables Assort Rolls / White & Wheat Bread
<b>S U N</b>  4-May 2025	Danish /Donuts / Assorted Muffins Cinnamon Rolls Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Grilled Ham Steaks  Pineapple Waffles  Biscuits / Country Gravy	New England Clam Chowder Knickerbockers Soup Egg Salad Barbeque Pork Wings Baked Beans Corn on the Cob  Collard Greens  Cornbread	Knickerbockers Soup New England Clam Chowder Sliced Deli Chicken Fried Shrimp w/Cocktail/Tartar Sauce Cheesy Grits Coleslaw  Sautéed Okra Dinner Rolls / White & Wheat Bread

**DESSERTS - REGULAR LINE**

**DESSERTS - DIET LINE**

**DAILY SHORT ORDER LINE - LUN**

**Mon** Coconut Custard Pie

NSA Lemon Parfait

Grilled Hamburgers w/ Buns / Sliced Cheese

**Tue** Oatmeal & Raisin Cookies

Assorted SF Cookies

Grilled Hot Dogs w/ Buns / Chili / Cheese Sa

**Wed** MS Mud Cake

Vanilla Pudding, NSA

Grilled Chicken Breast w/ Corn Rolls

**Thu** Cheesecake w/Drizzle

Sponge Cake w/Mandarin Oranges

Grilled Cheese Sandwiches on White or Wh

**Fri** Lemon Meringue Pie

NSA Peach Pie

Condiments: Green Leaf Lettuce / Sliced Tor

**Sat** Sugar Cookies

Assorted SF Cookies

Sliced Red Onions / Dill Pickle Slices

**Sun** Cherry Cobbler

Fresh Fruit Cups

Horseradish / Bacon / Assorted Chips

**1->**

AFRH - W / MASTER MENU / M -2, 2020 / CYCLE ONE - DL    Gluten Free (GF) Not Certified

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.

1->	BREAKFAST	LUNCH	DINNER
M	DL Oatmeal / GF Grits	DL Pinto Bean Soup	DL Pinto Bean Soup
O	GF Scrambled Egg Beaters	DL Meatloaf w/DL Gravy	DL Yakasoba Beef
N	GF Hard Boiled Eggs	GF Mashed Potatoes w/No Gravy	GF Marinated Grill Vegetables
28-Apr	GF Turkey Bacon	GF German Blend Vegetables	GF Steamed Cauliflower
2025	Biscuits / DL Biscuit Gravy	DL Black Eye Peas / Rolls	Rolls
T	DL Oatmeal / DL Cream of Wheat	DL Chicken Noodle Soup	DL Chicken Noodle Soup
U	GF Scrambled Egg Beaters	GF LF/LS Grilled Ham Steaks	GF Lemon Baked Fish
E	GF Hard Boiled Eggs	GF DL White Lima Beans & Brown Rice	Buttered Noddles
S	GF Turkey Sausage Patties	GF Stewed Tomatoes	GF Brussels Sprouts
29-Apr	GF Lyonnaise Potatoes	GF Spinach	GF Corn and Carrots
2025	Biscuits / DL Biscuit Gravy	Assorted Rolls	Wheat Rolls
W	DL Oatmeal /GF Grits	DL Tomato Florentine Soup	DL Tomato Florentine Soup
E	GF Scrambled Egg Beaters	GF Oven Baked Chicken w/ No Gravy	GF Braised Pork Ribs w Onions
D	GF Hard Boiled Eggs	GF Mashed Sweet Potatoes	DL Asian Style Noodles
30-Apr	GF LF / LS Grilled Ham	GF Beets	GF Cabbage / DL Asian Veggies
2025	Biscuits / DL Biscuit Gravy	GF Steamed Broccoli / Wheat Rolls	Assorted Rolls
T	DL Oatmeal / GF Grits	GF Split Pea Soup	GF Split Pea Soup
H	GF Scrambled Egg Beaters	GF Turkey Taco with Toppings	DL Pepper Steak 'n DL Gravy
U	GF Hard Boil Eggs	GF ReFried Beans / GF Spanish Rice	GF Brown Rice Pilaf
R	GF Turkey Sausage Link	GF Squash	GF Zucchini
1-May	Biscuits / DL Biscuit Gravy	GF Green Beans / Wheat Rolls	GF Green Peas
2025			Wheat Rolls
F	DL Oatmeal / DL Cream of Wheat	DL Chicken & Rice Soup	DL Chicken & Rice Soup
R	GFScrambled Egg Beaters	GF Baked Fish	GF Pot Roast w/o Mushroom Gravy
I	GF Hard Boiled Eggs	GF Baked Sweet Potatoes	GF Mashed Potatoes
2-May	DL Creamed Ground Beef	GF Steamed Cauliflower	GF Succotash
2025	Biscuits / DL Biscuit Gravy	GF Garden Spinach Salad / Rolls	GF Roasted Mixed Vegetables / Rolls
S	DL Oatmeal / GF Grits	DL Potato Soup	DL Potato Soup
A	GF Scrambled Egg Beaters	Marinara Sauce w/Ground Meat	GF Herb Roasted Chicken
T	GF Hard Boiled Eggs	Spaghetti Pasta	DL Egg Noodle
3-May	GF Turkey Bacon	GF Italian Green Beans	GF Asparagus
2025	GF O'Brian Potatoes	GF Okra	GF Mixed Vegetables
	Biscuits / DL Biscuit Gravy	DL Garlic Bread / Assorted Rolls	Assorted Rolls
S	DL Oatmeal / GF Grits	DL Knickerbockers Soup	DL Knickerbockers Soup
U	GF Scrambled Egg Beaters	GF Sliced Roast Beef w/DL Gravy	GF Sautéed Shrimp over
N	GF Hard Boil Eggs	Buttered Noddles	DL Angel Hair Pasta
4-May	GF LF/LS Grilled Ham	GF Corn on the Cob	GF Normandy Blend Veggies
2025	Biscuits / DL Biscuit Gravy	GF Collard Greens / Rolls	DL Coleslaw / Rolls

**STANDARD BREAKFAST MENU ITEMS**    DL Mediterranean Penne Pasta

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, Fri

**STANDARD SALAD DRESSINGS**

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

**SALADS / GELATINS**

Green Pea w/Carrot Salad / Strawberry  
Marinated Cucumbers / Orange  
Potato Salad / Cherry  
German Tomato Salad / Lemon  
Broccoli Salad / Raspberry  
Fruit Salad / Lime

Macaroni 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