

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

3->	BREAKFAST	LUNCH	DINNER
M O N 31-Oct 2021	Donuts / Assorted Muffins Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled French Toast Pork Bacon Biscuits / Sausage Gravy	Italian Wedding Soup Cream of Asparagus Turkey Salad Chicken Cacciatore & variety Pasta - Whole Green Beans Mixed Vegetables Garlic Bread	Cream of Asparagus Italian Wedding Soup Assorted Sliced Deli Cold Cuts American Style Tomato & Beef Goulash W/ Macaroni Pacific Rim Blend Vegetables Cauliflower Dinner Rolls / White & Wheat Bread
T U E 1-Nov 2021	Donuts / Bran Muffins Oatmeal / Cream of Wheat Eggs to Order Eggs - Scrambled / Hard Boiled Creamed Chipped Beef Lyonnais Potatoes Biscuits / Country Gravy	Knickerbockers Soup Tomato Cream Cheese Soup Chicken Salad Wrap Popcorn Fried Shrimp Sweet Potato Cubes Corn Nuggets Normandy Blend Assorted Rolls	Tomato Cream Cheese Soup Knickerbockers Soup Sliced Deli Turkey Meatloaf Mashed Potatoes w/Gravy Steamed Broccoli Florets Sautéed Carrots Dinner Rolls / White & Wheat Bread
W E D 2-Nov 2021	Donuts / Assorted Muffins Coffee Cake Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Pork Bacon Hash Browns Biscuits / Country Gravy	Chicken and Rice Soup Split Pea Soup Cheese Ravioli / Marinara Sauce Braised Pork Ribs W/Onions Oven Roasted Potatoes Seasoned Green Beans Steamed Cauliflower Brown and Serve Rolls	Split Pea Soup Chicken and Rice Soup Sliced Deli Chicken Crab Casserole Baked Sweet Potato Squash Normandy Blend Veggies Dinner Rolls / White & Wheat Bread
T H U R S 3-Nov 2021	Donuts / Bran Muffins Cinnamon Rolls Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Sausage Links / Scrapple Apple Pancakes Biscuits / Country Gravy	Onion Soup Cream of Broccoli Knockwurst, w/Sauerkraut Chicken Tenders Baked Potatoe Wedges Sautéed Cabbage Field Peas w Snap Beans Cornbread	Cream of Broccoli Onion Soup Sliced Deli Roast Beef Meatballs w/ Sauce Spaghetti Green Peas & Onions Fried Okra Garlic Bread
F R I 4-Nov 2021	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	Pinto Bean Soup Chicken Tortilla Soup Cabbage Rolls w Tomato Sauce Baked Fish Pecan Mediterranean Penne Pasta Brussels Sprouts Squash Casserole Dinner Roll	Chicken Tortilla Soup Pinto Bean Soup Sliced Deli Turkey Grilled Chopped Steak Baked Potato w/Sour Crm/Butter Buttery Green Peas Stewed Tomatoes Yeast Rolls / White & Wheat Bread
S A T 5-Nov 2021	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 Vegetable Soup Barbeque Pulled Pork / Buns Beef Stew Buttered Noodles Harvard Beets Mustard Greens Corn Muffins	Vegetable Soup Loaded Potato Soup Assorted Sliced Deli Cold Cuts Shrimp Creole Steamed White Rice Sautéed Zucchini Italian Pepper Salad Dinner Rolls / White & Wheat Bread
S U N 6-Nov 2021	Donuts / Assorted Muffins Cinnamon Rolls Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Grilled Ham Steaks Blueberry Belgian Waffles Biscuits / Country Gravy	Kansas City Steak Soup Corn & Crab Bisque Ham Salad Fried Chicken Potato Salad Peas & Mushrooms Turnip Greens Corn Muffins / Cornbread / White/Wheat	Corn & Crab Bisque Kansas City Steak Soup Sliced Deli Chicken Yankee Pot Roast 'n Gravy Baked Potato Buttery Asparagus Spears Coleslaw Croissants

DESSERTS - REGULAR LINE

DESSERTS - DIET LINE

DAILY SHORT ORDER LINE - LUNCH ONLY

Mon	Apple Pie	NSA Berry Pie	Grilled Hamburgers w/ Buns / Sliced Cheese
Tue	Chocolate Pudding ***	Assorted SF Cookies	Grilled Hot Dogs w/ Buns / Chili / Cheese Sa
Wed	Lemon Cake	NSA Lime Parfait	Grilled Chicken Breast w/ Corn Rolls
Thu	Cheese Cake Brownie *****	Sponge Cake w/Diced Peaches	Grilled Cheese Sandwiches on White or Wh
Fri	French Silk Pie	NSA Cherry Pie	Condiments: Green Leaf Lettuce / Sliced To
Sat	Wh. Choc. Macadamia Nut Cookies **	Assorted SF Cookies	Sliced Red Onions / Dill Pickle Slices
Sun	Apple Cobbler	Fresh Fruit Cups	Horseradish / Bacon / Assorted Chips