

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

5->	BREAKFAST	LUNCH	DINNER
M O N 27-Nov 2023	Donuts / Assorted Muffins Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled French Toast Pork Bacon Biscuits / Sausage Gravy	Vegetable Beef & Barley Soup Loaded Potato Soup Seafood Salad Grilled Liver and Onions Rice w/Gravy Okra & Tomatoes Blackeyed Peas Corn Muffins / Cornbread	Loaded Potato Soup Vegetable Beef & Barley Soup Deli Chicken Grill Chop Steaks/Onions Mashed Potatoes & Gravy Buttery Green Peas Greek Salad Dinner Rolls / White & Wheat Bread
T U E S 28-Nov 2023	Donuts / Bran Muffins Oatmeal / Cream of Wheat Eggs to Order Eggs - Scrambled / Hard Boiled Creamed Chipped Beef Lyonnise Potatoes Biscuits / Country Gravy	Pinto Bean Soup Turkey Noodle Soup Italian Sausage, Peppers, Onions Sheppards Pie Buttered Corn Normandy Blend Vegetables Garlic Bread	Turkey Noodle Soup Pinto Bean Soup Sliced Deli Turkey Codfish Cakes Wild Rice w/Cream Sauce Brussel Sprouts Roasted Mixed Vegetables Dinner Roll / White & Wheat Bread
W E D 29-Nov 2023	Donuts / Assorted Muffins Coffee Cake Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Pork Bacon Hash Browns Biscuits / Country Gravy	Tomato Soup Caribbean Chicken Soup Turkey Salad Smothered Pork Chops Baked Sweet Potatoes Cauliflower Creamed Spinach Dinner Rolls / White & Wheat Bread	Caribbean Chicken Soup Tomato Soup Assorted Sliced Deli Cold Cuts Jamaica Jerk Chicken Black Beans & Rice Steamed Cabbage Roasted Plantain Bread
T H U R S 30-Nov 2023	Donuts / Bran Muffins Cinnamon Rolls Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Sausage Link / Scrapple Apple Pancakes Biscuits / Country Gravy	Italian Wedding Soup Split Pea Soup Sloppy Joes w/Buns Great Northern Beans / Smoked Sausage Rice California Blend Vegetables Sautéed Squash Assorted Rolls	Split Pea Soup Italian Wedding Soup Sliced Deli Roast Beef Roasted Turkey w/Gravy Cornbread Dressing / Cranberry Sauce Mashed Potatoes / Stewed Tomatoes Green Bean Casserole Dinner Rolls / White & Wheat Bread
F R I 1-Dec 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	Chicken & Rice Soup Chili Bean Soup Lasagna Salmon Patties Macaroni & Cheese Mustard Greens Southern Fried Succotash Corn Muffins / Cornbread	Chili Bean Soup Chicken & Rice Soup Sliced Deli Ham Open Faced Roast Beef w/Au Jus Steak Fries Creamy Mexican Country Corn Coleslaw Hoagie Roll / White & Wheat Bread
S A T 2-Dec 2023	Donuts / Assorted Muffins Scones Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Comed Beef Hash O'Brian Potatoes Biscuits / Country Gravy	Knickerbockers Soup Lobster Bisque Egg Salad Barbeque Pulled Pork / Buns Potato Logs Asparagus Spears Fried Zucchini Bread Stick	Lobster Bisque Knickerbockers Soup Assorted Sliced Deli Cold Cuts Chicken Alfredo Fettuccini Broccoli Sautéed Carrots Garlic Bread / White & Wheat Bread
S U N 3-Dec 2023	Donuts / Assorted Muffins Cinnamon Rolls Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Grilled Ham Steaks Peachy Belgian Waffles Biscuits / Country Gravy	Chicken Tortilla Soup Cream of Broccoli Soup Turkey & Cheese Croissant Yakisoba Beef Lima Beans Broccoli Tomato Salad Yeast Rolls	Cream of Broccoli Soup Chicken Tortilla Soup Sliced Deli Turkey Barbeque Ribs Potato Salad / Baked Beans Collard Greens Sautéed Corn Corn Muffins / Cornbread / White/Wheat

DESSERTS - REGULAR LINE

Mon	Lemon Meringue
Tue	Peanut Butter Cookies ***
Wed	Brownie ****
Thu	Rice Pudding
Fri	Pecan Pie
Sat	Chocolate Chip Cookies
Sun	Peach Cobbler

DESSERTS - DIET LINE

Mon	NSA Apple Pie
Tue	Assorted SF Cookies
Wed	Vanilla Pudding, NSA
Thu	Sponge Cake w/Diced Pears
Fri	NSA Peach Pie
Sat	Assorted SF Cookies
Sun	Fresh Fruit Cups

DAILY SHORT ORDER LINE - LUNCH ONLY

Mon	Grilled Hamburgers w/ Buns / Sliced Ch
Tue	Grilled Hot Dogs w/ Buns / Chili / Chees
Wed	Grilled Chicken Breast w/ Corn Rolls
Thu	Grilled Cheese Sandwiches on White or
Fri	Condiments: Green Leaf Lettuce / Slice
Sat	Sliced Red Onions / Dill Pickle Slices
Sun	Horseradish / Bacon / Assorted Chips

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

5->	BREAKFAST	LUNCH	DINNER
M	DL Oatmeal / DL Grits	DL Vegetable Beef & Barley Soup	DL Vegetable Beef & Barley Soup
O	DL Scrambled Egg Beaters	DL Seafood Salad	DL Chopped Steak w/DL Gravy
N	Hard Boiled Eggs	DL Steamed Yellow Rice	DL Mashed Potatoes w/DL Gravy
27-Nov	DL Turkey Bacon	DL Okra & Tomatoes	DL Green Peas
2023	Biscuits / DL Biscuit Gravy	DL Blackeyed Peas / Wheat Rolls	DL Greek Salad / Rolls
T	DL Oatmeal / DL Cream of Wheat	DL Turkey Noodle Soup	DL Turkey Noodle Soup
U	DL Scrambled Egg Beaters	DL Sheppards Pie	DL Codfish Cakes
E	Hard Boiled Eggs	DL Corn	Steamed Brown Rice
S	DL Turkey Sausage Patties	DL Normandy Blend Vegetables	DL Roasted Mixed Vegetables
28-Nov	DL Lyonnaise Potatoes	DL Assorted Rolls/Garlic Bread	DL Brussel Sprouts
2023	Biscuits / DL Biscuit Gravy		Rolls
W	DL Oatmeal / DL Grits	Tomato Soup	Tomato Soup
E	DL Scrambled Egg Beaters	Grill Pork Chops	DL Baked Chicken
D	Hard Boiled Eggs	Baked Sweet Potatoes	DL Black Beans & Brown Rice
29-Nov	LF / LS Grilled Ham	DL Steamed Cauliflower	Steamed Cabbage
2023	Biscuits / DL Biscuit Gravy	DL Spinach / Wheat Rolls	Roasted Plantain / Wheat Rolls
T	DL Oatmeal / DL Grits	DL Split Pea Soup	DL Split Pea Soup
H	DL Scrambled Egg Beaters	Vegetable Stew	DL Roasted Turkey w/DL Gravy
U	Hard Boil Eggs	Brown Rice	DL Mashed Potatoes / DL Gravy
R	DL Turkey Sausage Link	DL California Blend Vegetables	DL Green Beans
30-Nov	Biscuits / DL Biscuit Gravy	DL Squash / Rolls	DL Stewed Tomatoes / Rolls
2023			
F	DL Oatmeal / DL Cream of Wheat	DL Chicken & Rice Soup	DL Chicken & Rice Soup
R	DL Scrambled Egg Beaters	DL Salmon Pattie	Open Face Roast Beef w/Hoagie R
I	Hard Boiled Eggs	DL Parmesan Egg Noodles	DL Roasted Baby Potatoes
1-Dec	DL Creamed Ground Beef	DL Succotash	DL Mexican Corn
2023	Biscuits / DL Biscuit Gravy	DL Mustard Greens / Rolls	DL Coleslaw / Rolls
S	DL Oatmeal / DL Grits	DL Knickerbockers Soup	DL Knickerbockers Soup
A	DL Scrambled Egg Beaters	DL Pork Loin	DL Grilled Chicken Breast w/Veggies
T	Hard Boiled Eggs	Brown Rice w/Tomato Gravy	DL Diced Potatoes
2-Dec	DL Turkey Bacon	DL Asparagus Spears	DL Steamed Broccoli
2023	DL O'Brian Potatoes	DL Zucchini	DL Carrots
	Biscuits / DL Biscuit Gravy	DL Assorted Rolls	Wheat Rolls
S	DL Oatmeal / DL Grits	DL Cream of Broccoli Soup	DL Cream of Broccoli Soup
U	DL Scrambled Egg Beaters	DL Yakisoba Beef	DL Smothered Ribs w / Onions
N	Hard Boil Eggs	DL Lima Beans	DL Vegetarian Baked Beans
3-Dec	LF/LS Grilled Ham	DL Broccoli Tomato Salad	DL Collard Greens
2023	Biscuits / DL Biscuit Gravy	Rolls	DL Corn / 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

ich, 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 / 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