

AFRH - W / MASTER MENU / M -1, 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
27-Sep	DL Turkey Bacon	DL Normandy Blend Veggies	DL Sugar Snap Peas
2021	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
28-Sep	DL Lyonnaise Potatoes	DL Roasted Mixed Vegetables	DL Peas & Pearl Onions
2021	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
29-Sep	LF / LS Grilled Ham	Roasted New Potatoes	DL Grits
2021	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 / Meatballs	DL Bake Chicken w/BBQ Shake
U	Hard Boiled Eggs	Pasta Variety	DL Vegetarian Baked Beans
R	DL Turkey Sausage Patties	DL Beets	DL Collard Greens
30-Sep	Biscuits / DL Biscuit Gravy	Peas & Pearl Onions	DL Coleslaw / Rolls
2021		Wheat Roll	
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
1-Oct	DL Creamed Ground Beef	DL Cabbage	DL Broccoli Florets
2021	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
2-Oct	DL Turkey Bacon	DL Succotash	DL Brown Fried Rice
2021	DL O'Brien Potatoes	DL Spinach / Wheat Rolls	DL Steamed Cauliflower
	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 Sautéed Shrimp
N	Hard Boiled Eggs	DL Diced Potatoes	DL Yellow Rice
3-Oct	LF/LS Grilled Ham	DL Carrots	DL Asparagus Spears
2021	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

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 / 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