

AFRH - W / MASTER MENU / M-1, 2020 CYCLE FOUR - 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.

4->	BREAKFAST	LUNCH	DINNER
M O N 17-Jan 2022	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon Biscuits / DL Biscuit Gravy	DL Chicken Noodle Soup DL Pork Loin w/DL Apples DL Mashed Potatoes w/DL Gravy DL German Blend Vegetables DL Rutabagas / Rolls	DL Chicken Noodle Soup DL Grilled Chicken Breast w/Veggies DL Roasted New Potatoes DL Broccoli Florets DL Cauliflower Florets / Rolls
T U E S 18-Jan 2022	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 Navy Bean Soup DL Sliced Roast Beef w/DL Gravy DL Potatoe DL Cabbage DL Carrots Cornbread	DL Navy Bean Soup DL Lemon Baked Fish DL Parmesan Egg Noodles DL Spinach DL California Blend Vegetables Wheat Rolls
W E D 19-Jan 2022	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Corn Chowder DL Pizza w/ Assorted Vegetables DL Squash DL Sugar Snap Peas / Rolls	DL Corn Chowder Steak Sub Baked Waffle Sweet Potatoe Fries Mushroom & Onion Coleslaw
T H U R 20-Jan 2022	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs DL Turkey Sausage Patties Biscuits / DL Biscuit Gravy	DL Ministrone Soup DL Oven Fried Chicken DL Mashed Potatoes w/DL Gravy DL Turnip Green DL Coleslaw / Wheat Rolls	DL Ministrone Soup DL Grilled Rib Bites Brown Rice pilaf DL Cashew Pea Salad DL Spinach / Rolls
F R I 21-Jan 2022	DL Oatmeal / DL Cream of Wheat DL Scrambled Egg Beaters Hard Boiled Eggs DL Creamed Ground Beef Biscuits / DL Biscuit Gravy	DL Tomato Florentine Soup DL Oven Fried Fish DL Baked Sweet Potatoes DL Normandy Blend Veggies DL Steamed Broccoli / Rolls	DL Tomato Florentine Soup DL Shrimp Salad / Hoagie Rolls Baked Chips DL Asparagus Spears DL Taco Salad
S A T 22-Jan 2022	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon DL O'Brian Potatoes Biscuits / DL Biscuit Gravy	DL Vegetable Soup LF/LS Grilled Ham Steaks DL Brown Rice Pilaf DL Collard Greens DL Corn and Carrots Wheat Rolls	DL Vegetable Soup DL Teriyaki Chicken on a Stick DL Steamed Asian Brown Rice DL Steamed Asian Blend Vegetable DL Cabbage / Rolls
S U N 23-Jan 2022	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs LF/LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Chicken and Rice Soup DL Vegetable Lasagna DL Italian Green Bean DL Mixed Vegetables DL Garlic Bread / Assorted Rolls	DL Chicken and Rice Soup DL Sliced Roast Beef w/DL Gravy DL Mashed Potatoes w/DL Gravy DL Whole Kernel Corn DL Cauliflower / 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

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