

AFRH - W / MASTER MENU / M-1, 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 N 24-Jan 2022	DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon Biscuits / DL Biscuit Gravy	DL Seafood Salad DL Steamed Yellow Rice DL Okra & Tomatoes DL Blackeyed Peas / Wheat Rolls	DL Chopped Steak w/DL Gravy DL Mashed Potatoes w/DL Gravy DL Green Peas DL Greek Salad / Rolls
T U E S 25-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 Turkey Noodle Soup DL Sheppards Pie DL Corn DL Normandy Blend Vegetables DL Assorted Rolls/Garlic Bread	DL Turkey Noodle Soup DL Codfish Cakes Steamed Brown Rice DL Roasted Mixed Vegetables DL Rutabagas Rolls
W E D 26-Jan 2022	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	Tomato Soup Grill Pork Chops Baked Sweet Potatoes DL Steamed Cauliflower DL Spinach / Wheat Rolls	Tomato Soup DL Baked Chicken DL Black Beans & Brown Rice Steamed Cabbage Roasted Plantain / Wheat Rolls
T H U R 27-Jan 2022	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs DL Turkey Sausage Link Biscuits / DL Biscuit Gravy	DL Split Pea Soup Vegetable Stew Brown Rice DL California Blend Vegetables DL Squash / Rolls	DL Split Pea Soup DL Roasted Turkey w/DL Gravy DL Mashed Potatoes / DL Gravy DL Green Beans DL Stewed Tomatoes / Rolls
F R I 28-Jan 2022	DL Oatmeal / DL Cream of Wheat DL Scrambled Egg Beaters Hard Boiled Eggs DL Creamed Ground Beef Biscuits / DL Biscuit Gravy	DL Chicken & Rice Soup DL Salmon Pattie DL Parmesan Egg Noodles DL Succotash DL Turnip Greens / Rolls	DL Chicken & Rice Soup Open Face Roast Beef w/Hoagie R DL Roasted Baby Potatoes DL Mexican Corn DL Coleslaw / Rolls
S A T 29-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 Knickerbockers Soup DL Pork Loin Brown Rice w/Tomato Gravy DL Asparagus Spears DL Zucchini DL Assorted Rolls	DL Knickerbockers Soup DL Grilled Chicken Breast w/Veggies DL Diced Potatoes DL Steamed Broccoli DL Carrots Wheat Rolls
S U N 30-Jan 2022	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs LF/LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Cream of Broccoli Soup DL Yakisoba Beef DL Lima Beans DL Broccoli Tomato Salad Rolls	DL Cream of Broccoli Soup DL Smothered Ribs w / Onions DL Vegetarian Baked Beans DL Collard Greens 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

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

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

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Macaroni Salad / Watermelon