

AFRH - G / Master Menus Week of 4 / 15 / 2024 / Cycle 1 - DIET LINE (Revision 2)

Items with DL before the menu name indicates this item has been modified to be lower in calories, fats and/or sodium than the DIET 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.

	BREAKFAST - 0700 - 0830	LUNCH - 1130 - 1300	DINNER - 1630 - 1800
M O N Apr 15th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters / Boiled Egg DL Hash Browns / DL Turkey Bacon French Toast w/ No Sugar Syrup Biscuit / DL Biscuit Gravy	DL Chicken Noodle & Vegtarn Veg Soups DL Club Quarters on Wheat Berry DL Pork Wings / DL Brown Rice DL Okra / DL Corn / DL Red Beans Wheat Roll / Cornbread	DL Chicken Noodle & Vegtarn Veg Soups DL Sliced Turkey Breast / DL Gravy DL Roasted Red Potatoes DL Grilled Veggie Blend DL Broccoli Florets / Wheat Roll
T U E S Apr 16th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy	DL Veg, Beef, Brly & Vegetarian Veg Soups DL Citrus Salad DL Baked Salmon/ DL Cucumber Sauce Prime Rib w/ Bordelaise Sauce Baked Potato with FF Sour Cream DL Carrots / DL Asparagus / Wheat Roll	DL Veg, Beef, Brly & Vegetarian Veg Soups DL Rosemary Garlic Pork Chop DL Baked Sweet Potato DL Butter Beans DL Cabbage Wheat Roll
W E D Apr 17th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Kansas Steak & Vegetarian Veg Soups DL Chicken Salad / DL Veggie Pizza DL Bow Tie Pasta Salad DL Steamed Cauliflower / Wheat Roll DL Sautéed Brussel Sprouts / Cornbread	DL Kansas Steak & Vegetarian Veg Soups DL Fish Almandine with Lemon DL Grilled Chicken Breast / Thigh DL Brown Rice / Wheat Roll DL Cooked Beets / DL Cape Cod Blend
T H U Apr 18th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters / Boiled Egg DL Hash Browns / DL Turkey Sausage Pancakes w/ No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Chili w/Beans & Vegetarian Veg Soups DL Seafood Salad / DL Pork Loin / DL Gravy DL Asian-Style Wheat Noodles DL Sugar Snap Peas / DL Egg Rolls DL Pacific Rim Veggies / Wheat Roll	DL Chili w/Beans & Vegetarian Veg Soups DL Sliced Roast Beef / DL Gravy DL Mashed Potatoes / DL Gravy DL Cut Green Beans / Cornbread DL Navy Beans / Wheat Roll
F R I Apr 19th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Creamed Ground Turkey Biscuits / DL Biscuit Gravy	DL Chick & Rice & Vegtarn Veg Soups DL Veggie Cutlet / DL Gravy DL Sautéed Shrimp / Wheat Roll DL Baked Potato / DL Cooked Spinach DL Sautéed Squash / Cornbread	DL Chick & Rice & Vegtarn Veg Soups DL Beef Stew w/Potatoes & Carrots DL Brown Rice DL Tuscan Vegetable Blend DL Stewed Tomatoes / Wheat Roll
S A T Apr 20th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon DL Hash Browns Biscuits / DL Biscuit Gravy	DL Knckrbockr Soup & Vegtarn Veg Soups DL Ground Turkey in DL Tomato Sauce DL Meatless Tomato Sauce DL Wheat Spaghetti DL Whole Kernel Corn / DL Zucchini Garlic Bread / Wheat Roll / Cornbread	DL Knckrbockr Soup & Vegtarn Veg Soups DL Beef Short Ribs / DL BBQ Sauce DL Potato Salad DL Baked Beans DL Whole Green Beans Wheat Roll
S U N Apr 21st	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs / DL Turkey Sausage Waffles w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Home Style Veg & Vegtarn Veg Soup DL Grilled & Oven Fried Chick Brst/Thgh DL Macaroni w/ DL Cheese Sauce DL Collard Greens / Cornbread DL Rutabagas / Wheat Roll	DL Home Style Veg & Vegtarn Veg Soup DL Turkey Meatloaf / DL Gravy DL Mashed Potatoes / DL Gravy DL Sliced Carrots DL Green Peas / Wheat Roll

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
Broccoli Salad / Cherry
German Tomato Salad / Lemon
Potato Salad / Raspberry
Fruit Salad / Lime
Carrot & Raisin Salad / Watermelon

DAILY SALAD BAR ROTATION

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

FRUITS

Sliced Peaches / Tropical Fruit Cocktail
Sliced Peaches / Pineapple Chunks
Sliced Peaches / Fruit Cocktail
Sliced Peaches / Mandarin Oranges
Sliced Peaches / Pineapple Slices
Sliced Peaches / Apricot Halves
Sliced Peaches / Pear Halves