

AFRH - G / Master Menus Week of 01 / 17 / 2022 / Cycle 4 - DIET LINE

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.

	BREAKFAST - 0700 - 0830	LUNCH - 1130 - 1300	DINNER - 1630 - 1800
M O N Jan 17th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs/DL Turkey Bacon French Toast w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Navy Bean & Vegetarian Veg Soups DL BBQ Chicken Breast & Thighs DL Mac & DL Cheese Sauce DL California Blend Veggies DL Cabbage / Wheat Rolls	DL Navy Bean & Vegetarian Veg Soups DL Beef Stew w/Potatoes & Carrots DL Steamed Brown Rice DL Cut Green Beans DL Sautéed Squash / Wheat Rolls
T U E S Jan 18th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy	DL Trky,Spnch,Lntl & Vegetarian Veg Soups DL Baked Salmon w/ DL Cucumber Sauc Prime Rib w/Bordelaise Sauce Baked Potato w/FF Sour Cream DL Asprgus / DL Sauté Mshrm, Peper, Oni DL Strbry Spnch Salad / Wheat Rolls	DL Trky,Spnch,Lntl & Vegetarian Veg Soups DL Herb Baked Fish / Sliced Rst Beef DL Roasted Red Potatoes DL Sugar Snap Peas DL Italian Pepper Salad Wheat Rolls
W E D Jan 19th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Chili Bean & Vegetarian Veg Soups DL Beef & Bean Burritos / DL Pizza DL Baked Steak Cut Potatoes DL Super Sweet White Corn DL Spinach / Wheat Rolls	DL Chili Bean & Vegetarian Veg Soups DL Beef and Broccoli / DL Baked Egg Rolls w/ DL Wheat Spaghetti Pasta DL Bermuda Blend / Fortune Cookies DL Baby Carrots / Wheat Rolls
T H U Jan 20th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs/DL Turkey Sausage Pancakes w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Kansas Steak & Vegtarn Veg Soups DL Grilled Chicken Tenders DL Warm Pasta Primavera DL Stuffed Garlic Portabella Mshrm DL Cauliflower / Wheat Rolls	DL Kansas Steak & Vegtarn Veg Soups DL Pork Loin / Wheat Rolls DL Cabbage, Peas & Noodles DL Purple Hull Peas w/Baked Okra on side DL Stewed Tomatoes w/Onions
F R I Jan 21st	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Creamed Ground Turkey Biscuits / DL Biscuit Gravy	DL Chick & Wild Rice & Vegtarn Veg Soups DL Sautéed Shrimp DL Spinach & Onion AuGratin Potatoes DL Normandy Blend Veggies DL Okra Succotash / Wheat Rolls	DL Chick & Wild Rice & Vegtarn Veg Soups DL Beef Strips 'n DL Mshrm Sauce DL Mash Potatoes w/DL Mshrm Gryv DL Grilled Veggie Medley DL Caesar Salad / Wheat Rolls
S A T Jan 22nd	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon DL Shredder Hash Brown Potatoes Biscuits / DL Biscuit Gravy	DL Home Chick Ndle&Vegtarn Veg Soups DL BBQ Baby Back Ribs DL Potato Salad DL Coleslaw DL Squash Casserole Wheat Rolls	DL Home Chick Ndle&Vegtarn Veg Soups DL Ground Turkey w/Tomato Basil Lasagna / Veggie Meatless Lasagna DL Roasted Brussel Sprouts DL Sautéed Fresh Zucchini Chunks Garlic Bread / Wheat Rolls
S U N Jan 23rd	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs/LF/LS Grilled Ham Waffles w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Vegetable & Vegtarn Veg Soups DL Pork Loin w/DL Pork Gravy DI Brown Rice w/DL Pork Gravy DL Avocado, Tomato & Cucumber Salad DL Green Peas / Wheat Rolls	DL Vegetable & Vegtarn Veg Soups Sweet & Sour Hawaiian Chicken Brst/Thgh DL Hawaiian Fried Pineapple Almnd Brwn Rice DL Cape Cod Blind w/Toasted Pine Nuts DL Broccoli Florets / Wheat 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

Marinated Mushroom Salad / Strawberry
Greek Salad / Orange
Pear & Cheddar Salad / Cherry
German Tomato Salad / Lemon
Carrot & Raisin Salad / Raspberry
Fruit Salad / Lime
Potato 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