

AFRH - G / Master Menus Week of 9 / 1 / 2025 / 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 Sep 1st	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 Chili w/Beans / Vegetarian Veg Soups DL BBQ Ribs / DL Baked Beans DL Grilled Turkey Burgers / DL Coleslaw DL Potato Salad / DL Green Beans DL Corn / Wheat Roll / Cornbread	DL Chili w/Beans / Vegetarian Veg Soups DL Grilled Chicken Breast / Thigh DL Mashed Potatoes DL Sugar Snaps Peas DL Bermuda Blend / Wheat Roll
T U E S Sep 2nd	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 Chicken Meatballs / DL Gravy DL Mashed Potatoes / DL Gravy DL Asparagus / DL Cauliflower Wheat Roll / Cornbread	DL Veg, Beef. Brly & Vegetarian Veg Soups DL Rosemary Garlic Pork Chop Baked Sweet Potato DL Green Peas & Carrots DI Cabbage / Wheat Roll
W E D Sep 3rd	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 Veggie Pizza / DL Gluten-Free Pizza DL Grilled Chicken Breast / Thigh DL Brown Rice / DL Gravy DL Green Baby Limas / Wheat Roll DL Normandy Blend / Cornbread	DL Kansas Steak Soup DL Vegetarian Vegetable Soup DL Sliced Turkey / DL Gravy DL Roasted Red Potatoes DL Grilled Veggie Blend DL Broccoli Florets / Wheat Roll
T H U Sep 4th	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 Shrimp & Artichoke & Vegtarn Veg Soups DL Chef Salad / DL Summer Peach Spinach Salad DL Grilled T-Bone Steak DL Grilled Chicken Breast / Thigh DL Mashed Potatoes / DL Gravy DL Carrots / DL Green Beans / Wheat Roll	DL Shrimp & Artichoke & Vegtarn Veg Soups DL Sliced Roast Beef / DL Gravy DL Mashed Potatoes / DL Gravy DL Roasted Brussel Sprouts DL Navy Beans / Wheat Roll
F R Sep 5th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Creamed Ground Turkey Biscuits / DL Biscuit Gravy	DL Trky, Spnch, Lntl & Vegetarian Veg Soups DL Veggie Cutlet / DL Gravy / Wheat Roll DL Sautéed Shrimp / DL New Potatoes DL Squash / DL Spinach / Cornbread	DL Trky, Spnch, Lntl & Vegetarian Veg Soups DL Beef Stew w/Potatoes & Carrots DL Brown Rice DL Stewed Tomatoes DL Cooked Beets / Wheat Roll
S A T Sep 6th	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 Cut Green Beans Wheat Roll
S U N Sep 7th	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, Assorted Dry Cereals, Prunes, Sliced Tomatoes, Bananas, Whole Fresh Fruit,
Jelly, SF Jelly, Syrup, SF Syrup, Cut Fresh Fruit, Grapefruit Sections, Applesauce,
Raisins, Dried Cranberries, Brown Sugar, Cinnamon, Nuts, Granola

STANDARD MENU ITEMS ALL MEALS

Assorted Breads, Assorted Juices, Assorted Milk, Assorted Beverages, Coffee, Decaf Coffee,
Tea - Sweet, Un-sweet, Hot Tea Bags; Butter, Margarine, Sugar, Sugar Substitutes, Salt, Pepper, Assorted Condiments

STANDARD SALAD BAR ITEMS FOR LUNCH & DINNER

Available Daily: Mixed Salad Greens, Cherry Tomatoes, Sliced Cucumbers, Sliced Red Onions, Baby Carrots
Varies Daily: Sliced Green Peppers, Bread & Butter Pickles, Whole Green Olives, Sliced Black Olives,
Tuna Fish, Boiled Eggs, Coleslaw, Cottage Cheese, Shredded Cheese, Bacon Bits, Sliced Beets,
Broccoli, Cauliflower, Green Peas, Edamames, Green Onions, Celery Sticks, Avocados
Chopped Nuts, Dried Cranberries, Raisins, Sunflower Seeds, Jalapeno, Banana Peppers

STANDARD SALAD DRESSINGS

Ranch, Blue Cheese, Thousand Island, Fat Free Ranch, Italian & Catalina French, Red and White Vinegar, Olive Oil

		<u>SALADS / GELATINS</u>	<u>FRUITS</u>
	Monday	Green Pea w/Carrot Salad / Strawberry	Sliced Peaches / Tropical Fruit Cocktail
<u>SALAD BAR</u>	Tuesday	Marinated Cucumbers / Orange	Sliced Peaches / Pineapple Chunks
<u>ROTATION</u>	Wednesday	Carrot & Raisin Salad / Cherry	Sliced Peaches / Fruit Cocktail
<u>LUNCH</u>	Thursday	Beet & Onion Salad / Lemon	Sliced Peaches / Mandarin Oranges
<u>and</u>	Friday	Potato Salad / Raspberry	Sliced Peaches / Pineapple Slices
<u>DINNER</u>	Saturday	Fruit Salad / Lime	Sliced Peaches / Apricot Halves
	Sunday	Broccoli Salad / Watermelon	Sliced Peaches / Pear Halves