

**AFRH - G / Master Menus Week of 10 / 2 / 2023 / Cycle 3 - 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 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.

	<b>BREAKFAST - 0700 - 0830</b>	<b>LUNCH - 1130 - 1300</b>	<b>DINNER - 1630 - 1800</b>
<b>M O N Oct 2nd</b>	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 Veg Beef & Barley & Vegtarn Veg Soups DL Chicken & Dumplings DL Potato Salad DL Broccoli / DL Squash Wheat Roll / Cornbread	DL Veg Beef & Barley & Vegtarn Veg Soups DL Roast Beef with DL Gravy DL Noodles / DL Egg Rolls DL Pacific Rim Blend Vegetables DL Sugar Snap Peas / Wheat Roll
<b>T U E S Oct 3rd</b>	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy	DL Chicken & Rice & Vegetarian Veg Soups DL Oven-Fried or Grilled Chicken Breast and Thighs DL Mashed Potatoes w/ DL Chicken Gravy DL Spinach / DL Rutabagas Wheat Roll / Cornbread	DL Chicken & Rice & Vegetarian Veg Soups DL Sliced Roast Beef w/DL Gravy DL Irish Potatoes DL Stewed Cabbage DL Sliced Carrots Wheat Roll / Cornbread
<b>W E D Oct 4th</b>	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 Shake & Bake Pork Chop DL Creamy Mushroom Brown Rice DL Green Peas / Cornbread DL Stewed Tomatoes / Wheat Roll	DL Chili Bean & Vegetarian Veg Soups DL Cajun Baked Fish w/ Light Cream Sce DL Grilled Chicken Breast / Thighs DL Baked Sweet Potato / DL Speckled Butter Beans DL Italian Green Beans / Wheat Roll
<b>T H U Oct 5th</b>	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs / DL Turkey Sausage Pancakes w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Cabbage Soup / DL Potato Salad DL German Wurst Salad / DL Cider Pork Loin DL Turkey Meatballs with Sauerkraut DL Pork , Apple & Potatoes DL Pumpkin Rice / Red Cabbage / Green Beans Potato Roll / Wheat Roll / NSA Desserts	DL White Bean&Wheatbrry/Vegn.Veg Soups DL BBQ Pork Loin DL Scalloped Potatoes DL Baked Beans / DL Stewed Okra DL Coleslaw / Wheat Roll
<b>F R I Oct 6th</b>	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Creamed Ground Turkey Biscuits / DL Biscuit Gravy	DL Pasta Fagioli & Vegetarian Veg Soups DL Oven Fried & Baked Fish DL Potato Salad / DL Mustard Greens DL Corn / Wheat Roll / Cornbread	DL Pasta Fagioli & Vegetarian Veg Soups DL Roast Beef / DL Beef Gravy <b>DL Skillet Potatoes - New</b> DL Bermuda Blend Vegetables DL Cauliflower / Wheat Roll
<b>S A T Oct 7th</b>	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon Biscuits DL Biscuit Gravy	DL Pot, Trky Sausg Kale & Vegtrn Veg Soups DL Roast Beef with DL Beef Gravy DL Mashed Potatoes / DL Gravy DL Sautéed Mushrooms DL Baked Beets with Shallots Wheat Roll / Cornbread	DL Pot, Trky Sausg Kale & Vegtrn Veg Soups DL Trky Meat Balls 'n DL Tomato Sauce DL Wheat Spaghetti / Meatless Tomato Sauce DL Tuscan Blend Vegetables DL Brussel Sprouts / Wheat Roll Wheat Roll
<b>S U N Oct 8th</b>	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs / DL Turkey Sausage Waffles w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Roast Beef & Vegetarian Veg Soups DL Pork Loin with DL Pork Gravy DL Baked Potato / Cornbread DL Whole Green Bean Almandine DL Baby Carrots / Wheat Roll	DL Roast Beef & Vegetarian Veg Soups DL Beef Stroganoff DL Brown Rice / Wheat Roll DL Cape Cod Blend / Garlic Bread DL Sautéed Fresh Zucchini

**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  
German Tomato Salad / Cherry  
Broccoli Salad / Lemon  
Pear, Blue Cheese, Walnut 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