

AFRH - G / Master Menus Week of 3 / 2 / 2026 / 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.

	BREAKFAST - 0700 - 0830	LUNCH - 1130 - 1300	DINNER - 1630 - 1800
M O N Mar 2nd	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 Veg Beef & Barley & Vegtrn Veg Soups DL Pork Loin DL Red Beans / DL Brown Rice DL Italian Green Beans DL Squash / Wheat Roll / Cornbread	DL Veg Beef & Barley & Vegtrn Veg Soups DL Sliced Turkey Breast / DL Gravy DL Baked Sweet Potato DL Normandy Vegetable Blend DL Baked Okra / Wheat Roll
T U E S Mar 3rd	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy	DL Minestrone & Vegtrn Veg Soups DL Oven-Fried or Grilled Chicken DL Mashed Potatoes / DL Gravy DL Spinach / Wheat Roll DL Speckled Butter Beans / Cornbread	DL Minestrone & Vegtrn Veg Soups DL Sliced Roast Beef / DL Gravy DL Irish Potatoes DL Stewed Cabbage DL Sliced Carrots / Wheat Roll
W E D Mar 4th	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 Veggie Pizza / DL Gluten-Free Pizza DL Chopped Turkey Steak / DL Gravy DL Mediterranean Pasta DL Caesar Salad / DL Broccoli Wheat Roll / Cornbread	DL Chili with Beans DL Vegetarian Vegetable Soup DL Shake & Bake Pork Chop DL Brown Rice DL Brussel Sprouts DL Cauliflower / Wheat Roll
T H U Mar 5th	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 White Bean&Wheatbrry/Veg.Veg Soups DL Pot Roast in DL Gravy DL Bada-Bing Bada-Bang Potatoes DL Carrot Soufflé / DL Zucchini Wheat Roll / Cornbread	DL White Bean&Wheatbrry/Veg.Veg Soups DL BBQ Chicken Breast / Thigh DL Potato Salad DL Baked Beans / DL Coleslaw DL Sugar Snaps / Wheat Roll
F R I Mar 6th	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 Diced Potatoes / DL Cheese Sauce DL Turnip Greens / Cornbread DL Pinto Beans / Wheat Roll	DL Pasta Fagioli & Vegetarian Veg Soups DL Tomato Meat Sce with Ground Turkey DL Wheat Spaghetti / Meatless Tomato Sce DL Tuna Salad / DL Bermuda Blend DL Corn / Garlic Bread / Wheat Roll
S A T Mar 7th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon DL Hash Browns Biscuits / DL Biscuit Gravy	DL Chicken & Rice & Vegetrn Veg Soups DL Roast Beef / DL Beef Gravy DL Mashed Potatoes / DL Gravy DL Sautéed Mushrooms DL Sautéed Rutabagas Wheat Roll / Cornbread	DL Chicken & Rice & Vegetrn Veg Soups DL Grilled Ham with Grilled Pineapple DL Lyonnaise Potatoes DL Green Peas DL Cut Green Beans Wheat Roll
S U N Mar 8th	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 DL Brown Rice / DL Pork Gravy DL Asparagus / Wheat Roll DL Baked Beets / Cornbread	DL Roast Beef & Vegetarian Veg Soups DL Beef Stroganoff DL Curly Egg Noodles DL Stewed Tomatoes DL Broccoli Florets / 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

SALADS / GELATINS

FRUITS

<u>SALAD BAR ROTATION LUNCH and DINNER</u>	Monday	Green Pea & Carrot Salad / Strawberry
	Tuesday	Marinated Cucumbers / Orange
	Wednesday	Beet & Onion Salad / Cherry
	Thursday	Pear, Blue Chz, Walnut Salad / Lemon
	Friday	Broccoli Salad / Raspberry
	Saturday	Fruit Salad / Lime
	Sunday	Carrot & Raisin Salad / Watermelon

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