AFRH - G / Master Menus Week of 11 / 2 / 2026 / Cycle 2 - 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	DL Oatmeal / DL Grits	DL Tomato Soup / Vegtarn Veg Soup	DL Tomato Soup / Vegtarn Veg Soup
O	DL Scrambled Egg Beaters / Boiled Egg	DL Turkey Salad / DL Pork Loin / DL Gravy	DL American Tomato & Turkey Goulash
N	DL Hash Browns / DL Turkey Bacon	DL Blackeyed Peas / DL Brown Rice	DL Mac / Meatless Tom Sce / Wheat Roll
Nov	French Toast w/ No Sugar Syrup	DL Stewed Cabbage / Wheat Roll	DL Prince Edward Blend / Garlic Bread
2nd	Biscuit / DL Biscuit Gravy	DL Sugar Snap Peas / Cornbread	DL Cauliflower / DL Cheese on Side
T	DL Oatmeal / DL Grits	DL Chili & Vegtarn Veg Soups	DL Chili & Vegtarn Veg Soups
U	DL Scrambled Egg Beaters	DL Hot Rst Beef Sandwch on Wheat Berry	DL Pork Loin / DL Gravy
E	Hard Boiled Eggs	DL Baked Crinkle Cut Fries	DL Wheat Pasta
S	DL Turkey Sausage Patties	DL Grape Salad	DL Roasted Asparagus Spears
Nov	DL Lyonnaise Potatoes	DL Okra & Tomatoes	DL Cooked Spinach
3rd	Biscuits / DL Biscuit Gravy	Wheat Roll / Cornbread	Wheat Roll
W	DL Oatmeal / DL Grits	DL Chicken & Rice & Vegtarn Veg Soups	DL Soups / DL Sausage / DL Bacon
E	DL Scrambled Egg Beaters	DL Baked Red Fish with Lemon	DL Scrambled Egg Beaters
D	Hard Boiled Eggs	DL Baked Sweet Potato	**Pancakes** / SF Syrup
Nov	LF / LS Grilled Ham	DL Brussel Sprouts / DL Squash	DL Grits / DL Oatmeal
4th	Biscuits / DL Biscuit Gravy	Wheat Roll / Cornbread	Biscuits / DL Biscuit Gravy
T	DL Oatmeal / DL Grits	DL Turkey Noodle & Vegtarn Veg Soups	DL Turkey Noodle & Vegtarn Veg Soups
H	DL Scrambled Egg Beaters / Boiled Egg	DL Grilled Chicken Breast / Thigh	DL Chopped Turkey Steak / DL Gravy
U	DL Hash Browns / DL Turkey Sausage	DL Brown Rice / DL Gravy	DL Mashed Potatoes
Nov	Pancakes w/ No Sugar Syrup	DL Baby Carrots / DL Broccoli	DL Stewed Tomatoes
5th	Biscuits / DL Biscuit Gravy	DL Egg Rolls / Wheat Roll / Cornbread	DL Field Peas / Wheat Roll
F	DL Oatmeal / DL Grits	DL Zesty Italian & Vegetarian Veg Soups	DL Zesty Italian & Vegetarian Veg Soups
R	DL Scrambled Egg Beaters	DL Oven Fried & Baked Fish	DL Sliced Ham
I	Hard Boiled Eggs	DL Hashbrown Casserole	DL Roasted Red Potatoes
Nov	DL Creamed Ground Turkey	DL Corn / DL Mustard Greens	DL Normandy Vegetable Blend
6th	Biscuits / DL Biscuit Gravy	Wheat Roll / Cornbread	DL Cabbage / Wheat Roll
S	DL Oatmeal / DL Grits	DL Vegetable & Vegetarian Veg Soups	DL Vegetable & Vegtarn Veg Soups
A	DL Scrambled Egg Beaters	DL Veggie Cutlet / DL Sautéed Shrimp	DL Grilled Chicken Breast / Thigh
T	Hard Boiled Eggs	DL Peppers & Onions / DL Gravy	w/ DL Potatoes, Carrots & Celery
	DL Turkey Bacon	DL Baked Potato / DL Mushrooms	DL Brown Rice
Nov	DL Hash Browns	DL Bermuda Vegetable Blend	DL Rutabagas
7th	Biscuits / DL Biscuit Gravy	Wheat Roll / Cornbread	DL Green Peas / Wheat Roll
S	DL Oatmeal / DL Grits	DL Chicken Noodle & Vegetarian Veg Soups	DL Chicken Noodle & Vegetarian Veg Soups
U	DL Scrambled Egg Beaters	DL Pork Loin with DL BBQ Sauce	DL Roast Beef with DL Gravy
N	Hard Boil Eggs / DL Turkey Sausage	DL Macaroni with DL Cheese Sauce	DL Mashed Potatoes
Nov	Waffles w/No Sugar Syrup	DL Baked Beans / DL Potato Salad	DL Sautéed Fresh Cut Zucchini
8th	Biscuits / DL Biscuit Gravy	DL Green Beans / Wheat Roll / Cornbread	DL Cooked Beets / 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

SALAD BAR ROTATION LUNCH and DINNER	SALADS / GELATINS	FRUITS
Monday	Beet & Onion Salad / Strawberry	Sliced Peaches / Tropical Fruit Cocktail
Tuesday	Greek Salad / Orange	Sliced Peaches / Pineapple Chucks
Wednesday	Pear & Cheddar Salad / Cherry	Sliced Peaches / Fruit Cocktail
Thursday	Macaroni Salad / Lemon	Sliced Peaches / Mandarin Oranges
Friday	German Tomato Salad / Raspberry	Sliced Peaches / Pineapple Slices
Saturday	Fruit Salad / Lime	Sliced Peaches / Apricot Halves
Sunday	Carrot & Raisin Salad / Watermelon	Sliced Peaches / Pear Halves