

AFRH - G / Master Menus Week of 3 / 3 / 2025 / Cycle 5 - DIET LINE (Revision 2)

Items with DL before the menu name indicates this item has been modified to be lower in calories, fat 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 3rd	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 Red Bean & Vegetarian Veg Soups DL Veggie Cutlet with Peppers DL Roasted Red Potatoes / DL Gravy DL Cauliflower / DL Bermuda Blend Wheat Roll / Cornbread	DL Red Bean & Vegetarian Veg Soups DL Roast Beef / DL Gravy DL Potato Salad DL Whole Green Bean Almandine DL Baked Beets / Wheat Roll
T U E S Mar 4th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy	DL Turkey Noodle & Vegtarn Veg Soups DL Italian Oven-Fried Chicken Brs/Thigh with DL Marinara Sauce DL Wheat Pasta / Wheat Roll DL Roasted Asparagus / Garlic Bread DL Spinach Salad w/ Lemon Vinaigrette	DL Turkey Noodle & Vegtarn Veg Soups DL Chopped Turkey Steak DL Mashed Potatoes / DL Brown Gravy DL Butter Beans DL Steakhouse Mushrooms Wheat Roll
W E D Mar 5th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Chili & Vegtrn Veg Soups / DL Tuna Salad DL Veggie Pizza / DL Gluten-Free Pizza DL Chicken Meatballs / DL Gravy Baked Sweet Potato / DL California Blend DL Sugar Snaps / Wheat Roll / Cornbread	DL Soups / DL Sausage / DL Bacon DL Scrambled Egg Beaters DL Oatmeal / DL Hash Browns DL Grits / Biscuits / DL Biscuit Gravy French Toast / SF Syrup
T H U Mar 6th	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 Pasta Fagioli & Vegtarn Veg Soups DL Grilled & Oven Fried Chick Brst/Thgh DL Macaroni with DL Cheese Sauce DL Kernel Corn / Cornbread DL Cut Green Beans / Wheat Roll	DL Pasta Fagioli & Vegtarn Veg Soups DL Sliced Turkey Breast / DL Gravy DL Red Beans / DL Brown Rice DL Collard Greens DL Baked Okra / Wheat Roll
F R I Mar 7th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs Creamed Ground Turkey Biscuits / DL Biscuit Gravy	DL Beef, Spnch, Psta & Vegtarn Veg Soups DL Oven Fried & Baked Fish DL Baked Tater Tots DL Cabbage / DL Squash Wheat Roll / Cornbread	DL Beef, Spnch, Psta & Vegtarn Veg Soups DL Veggie Cutlet / DL Tomato Basil Sce Baked Sweet Potato DL Stewed Tomatoes DL Field Peas / Wheat Roll
S A T Mar 8th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters DL Turkey Bacon / Boiled Egg DL Hash Browns Biscuits / DL Biscuit Gravy	DL Vegetable & Vegtarn Veg Soups DL Grilled Chicken Breast / Thigh DL Wheat Pasta / DL Chicken Gravy DL Roasted Baby Carrots DL Spinach / Wheat Roll / Cornbread	DL Vegetable & Vegtarn Veg Soups DL Roast Beef / DL Gravy DL Sour Cream & Chive Mashed Potatoes DL Grilled Veggie Blend DL Broccoli / Wheat Roll
S U N Mar 9th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs Hard Boil Eggs / DL Turkey Sausage Waffles w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL White Bean&Wheatberry/Vegtrn.Veg Soups DL LS/LF Grilled Ham w/Grilled Pineapple DL Lyonnaise Potatoes DL Roasted Fresh Zucchini DL Normandy Vegetable Blend Wheat Roll / Cornbread	DL White Bean&Wheatberry/Vegtrn.Veg Soups DL Chicken Stew Breast / Thigh w/ DL Potatoes, Carrots & Celery Brown Rice DL Sautéed Rutabagas 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>
<u>SALAD BAR</u> <u>ROTATION</u> <u>LUNCH</u> and <u>DINNER</u>	Monday	Cashew Pea Salad / Strawberry	Sliced Peaches / Tropical Fruit Cocktail
	Tuesday	Marinated Cucumbers / Orange	Sliced Peaches / Pineapple Chunks
	Wednesday	Beet & Onion Salad / Cherry	Sliced Peaches / Fruit Cocktail
	Thursday	Black Bean,Corn & Avocado Sal. / Lemon	Sliced Peaches / Mandarin Oranges
	Friday	Broccoli Salad / Raspberry	Sliced Peaches / Pineapple Slices
	Saturday	Fruit Salad / Lime	Sliced Peaches / Apricot Halves
	Sunday	Macaroni Salad / Watermelon	Sliced Peaches / Pear Halves