

AFRH - G / Master Menus Week of 12 / 4 / 2023 / Cycle 6 - 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 Dec 4th	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 Roast Beef & Vegetarian Veg Soups DL Pork Wings w/ DL Pork Gravy DL Baked Sweet Potato DL Green Baby Limas / Cornbread DL Okra & Tomatoes / Wheat Roll	DL Roast Beef & Vegetarian Veg Soups DL Philly Subs w/ Grilled Pepps. & Onions DL Potato Logs DL Whole Kernel Corn DL Broccoli Florets / Wheat Roll
T U E S Dec 5th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy	DL Red Bean & Vegetarian Veg Soups DL Italian Oven Fried Chick Brst/Thgh with DL Marinara Sauce DL Wheat Pasta / Wheat Roll DL Roasted Fresh Asparagus DL Caesar Salad / Cornbread	DL Red Bean & Vegetarian Veg Soups DL Gourmet Turkey Salad DL Fresh Salmon Cakes w/ DL Tartar DL Grits with DL Cheese Sauce DL Sautéed Fresh Cut Squash DL Brussel Sprouts / Wheat Roll
W E D Dec 6th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Zesty Italian & Vegtarn Veg Soups DL Baked Chicken Breast & Thighs DL Brown Rice / DL Chicken Gravy DL Stir-Fried Asian Blend / DL Sugar Snaps DL Egg Rolls / Wheat Roll / Cornbread	DL Zesty Italian & Vegtarn Veg Soups DL Veggie Meatballs w/DL Tomato Gravy DL Steak Cut Fries DL Green Beans / DL Cauliflower Wheat Hoagie Roll
T H U Dec 7th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs / DL Turkey Sausage Pancakes w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Chili Bean & Vegetarian Veg Soups DL Sliced Roast Beef w/ DL Gravy DL Irish Potatoes DL Cabbage / DL Sliced Carrots Wheat Roll / Cornbread	DL Chili Bean & Vegetarian Veg Soups DL BBQ Chicken Breast & Thighs DL Macaroni w/DL Cheese Sauce DL Mustard Greens DL Stewed Okra / Wheat Roll
F R I Dec 8th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Creamed Ground Turkey Biscuits / DL Biscuit Gravy	DL Psta,Wh,Bean,SunDryTom & Vegtrn Veg Soup DL Oven Fried & Baked Fish DL Garlic Smashed Red Potatoes DL Whole Kernel Corn / Wheat Roll DL Italian Green Beans / Cornbread	DL Psta,Wh,Bean,SunDryTom & Vegtrn Veg Soup DL Baked Pork Chop DL Cilantro Lime Rice DL Tuscan Vegetable Blend DL Speckled Butter Beans / Wheat Roll
S A T Dec 9th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon Biscuits / DL Biscuit Gravy	DL Chick & Wild Rice & Vegtarn Veg Soups DL Pot Roast w/ DL Gravy DL Mashed Potatoes w/ DL Gravy DL Sliced Beets / DL Green Peas Wheat Roll / Cornbread	DL Chick & Wild Rice & Vegtarn Veg Soups DL Grilled & Oven Fried Chick Brst/Thgh DL Cacciatore Sauce / DL Pasta DL Sautéed Fresh Zucchini / Wheat Roll DL Cooked Spinach / Garlic Bread
S U N Dec 10th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Waffles w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Rst Poblano Beef & Vegtarn Veg Soups DL Chicken Salad / DL Sautéed Shrimp DL Baked Potato w/ FF Sour Cream DL Turnip Greens DL California Blend Wheat Roll / Cornbread	DL Rst Poblano Beef & Vegtarn Veg Soups DL Chopped Turkey Steak with Grilled Onions & DL Gravy DL Mashed Potatoes / DL Gravy DL Baked Tomato / Cornbread DL Sautéed Mushrooms / Wheat Roll

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

Pear, Blue Cheese, Walnut Salad / Strawberry
Greek Salad / Orange
Carrot & Raisin Salad / Cherry
German Tomato Salad / Lemon
Potato Salad / Raspberry
Fruit Salad / Lime
Beet & Onion Salad / Watermelon

DAILY SALAD BAR ROTATION

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

FRUITS

Sliced Peaches / Tropical Fruit Cocktail
Sliced Peaches / Pineapple Chucks
Sliced Peaches / Fruit Cocktail
Sliced Peaches / Mandarin Oranges
Sliced Peaches / Pineapple Slices
Sliced Peaches / Apricot Halves
Sliced Peaches / Pear Halves