

AFRH - G / Master Menus Week of 10 / 5 / 2026 / Cycle 4 - 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 Oct 5th	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 Chick Noodle & Vegtarn Veg Soups DL Grilled Chicken Breast / Thigh DL Mashed Potatoes / DL Gravy DL Green Peas / Wheat Roll DL Sautéed Cabbage / Cornbread	DL Chick Noodle & Vegtarn Veg Soups DL Open-Faced Sloppy Roast Beef with DL Gravy on Wheat Berry DL Baked Steak Fries / DL Limas DL Cauliflower / Wheat Roll
T U E S Oct 6th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy	DL Vegetable & Vegtarn Veg Soups DL Veggie Cutlet with Onions & Peppers DL Brown Rice / DL Gravy DL Sugar Snap Peas DL Normandy Vegetable Blend Wheat Roll / Cornbread	DL Vegetable & Vegtarn Veg Soups DL Baked Pork Chop / DL Gravy DL Baked Sweet Potato DL Sautéed Rutabagas DL Collard Greens Wheat Roll
W E D Oct 7th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Chili w/Beans & Vegetarn Veg Soups DL Home-Made Stuffed Peppers DL Lyonnaise Potatoes DL Beets / DL Whole Kernel Corn Wheat Roll / Cornbread	DL Chili w/Beans & Vegetarn Veg Soups DL Sliced Turkey Breast / DL Gravy DL Macaroni with DL Cheese Sauce DL Sautéed Spinach DL Bermuda Blend / Wheat Roll
T H U Oct 8th	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 Roast Beef & Vegtarn Veg Soups DL Chopped Turkey Steak / DL Gravy DL Brown Rice / DL Egg Rolls DL Asian Veggies / Wheat Roll DL Cut Green Beans / Cornbread	DL Roast Beef & Vegtarn Veg Soups DL Oven Roasted Pork Loin DL Garlic Smashed Red Potatoes DL Black-eyed Peas DL Squash / Wheat Roll
F R I Oct 9th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Creamed Ground Turkey Biscuits / DL Biscuit Gravy	DL Chick & Wild Rice & Vegtarn Veg Soups DL Roast Beef / DL Sautéed Shrimp DL Grits with DL Cheese Sauce DL Stewed Tomatoes / Wheat Roll DL Roasted Asparagus / Cornbread	DL Chick & Wild Rice & Vegtarn Veg Soups DL Grilled Chicken Breasts / Thighs DL Chicken Gravy DL Potato Salad / DL Broccoli DL Baked Okra / Wheat Roll
S A T Oct 10th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters DL Turkey Bacon / Boiled Egg DL Hash Browns Biscuits / DL Biscuit Gravy	DL Turkey Noodle & Vegetrn Veg Soups DL BBQ Baby Back Ribs DL Baked Beans DL Mustard Greens / Cornbread DL Coleslaw / Wheat Roll	DL Turkey Noodle & Vegetrn Veg Soups DL Beef Strips in DL Mshrm Sauce DL Mashed Potatoes / DL Gravy DL Roasted Brussel Sprouts DL Corn / Wheat Roll
S U N Oct 11th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Waffles w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Zesty Italian & Vegetarian Veg Soups DL Roasted Sliced Turkey Breast DL Cornbread Dressing / DL Gravy DL Purple Hull Peas DL Roasted Baby Carrots Wheat Roll / Cornbread	DL Zesty Italian & Vegetarian Veg Soups DL Lasagna with Ground Turkey DL Meatless Veggie Lasagna DL Caesar Salad DL Sautéed Fresh Zucchini Garlic Bread / 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

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