

AFRH - G / Master Menus Week of 10 / 6 / 2025 / 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 Oct 6th	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 Tomato & Vegetarian Veg Soups DL Veggie Cutlet with Peppers DL Baked Sweet Potato / DL Gravy DL Mustard Greens / Cornbread DL Okra & Tomatoes / Wheat Roll	DL Tomato & Vegetarian Veg Soups DL Philly Subs w/ Grilled Pepps. & Onions DL Potato Logs / Wheat Hoagie DL Sugar Snap Peas DL Brussel Sprouts / Wheat Roll
T U E S Oct 7th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy	DL Zesty Italian & Vegetarian Veg Soups DL Chicken Meatballs in DL Tomato Sauce or DL Meatless Tomato Sauce DL Wheat Spaghetti / DL Broccoli DL Corn / Wheat Roll / Garlic Bread	DL Zesty Italian & Vegetarian Veg Soups DL Pork Loin / DL Gravy DL Mashed Potatoes / DL Gravy DL Bermuda Vegetable Blend DL Fresh Cut Cooked Squash Wheat Roll
W E D Oct 8th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Beef,Mshrm,Brly & Vegtarn Veg Soups DL BBQ Chicken Breast & Thighs DL Diced Potatoes / DL Cheese Sauce DLGreen Baby Limas / Cornbread DL Baked Okra / Wheat Roll	DL Beef,Mshrm,Brly & Vegtarn Veg Soups DL Salmon Croquettes / Lemon DL Grits with DL Cheese Sauce DL Cut Green Beans DL Cauliflower / Wheat Roll
T H U Oct 9th	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 Chili Bean & Vegetarian Veg Soups DL Sliced Roast Beef w/ DL Gravy DL Brown Rice / DL Pinto Beans DL Mexican Chopped Salad Wheat Roll / Cornbread	DL Chili Bean & Vegetarian Veg Soups DL Grilled & Oven Fried Chick Brst/Thgh DL Cacciatore Sauce / DL Wheat Pasta DL Caesar Salad / DL Asparagus Garlic Bread / Wheat Roll
F R I Oct 10th	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 Mashed Potatoes / DL Gravy DL Whole Kernel Corn / Wheat Roll DL Turnip Greens / Cornbread	DL Psta,Wh,Bean,SunDryTom&Vegtrn Veg Soup DL Baked Pork Chop DL Cilantro Lime Rice DL Speckled Butter Beans DL Cooked Spinach / Wheat Roll
S A T Oct 11th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters DL Turkey Bacon / Boiled Egg DL Hash Browns Biscuits / DL Biscuit Gravy	DL Chick & Wild Rice & Vegtarn Veg Soups DL Pot Roast w/ DL Gravy DL Garlic Smashed Red Potatoes DL Cooked Beets / Wheat Roll DL Green Peas / Cornbread	DL Chick & Wild Rice & Vegtarn Veg Soups DL Lemon Pepper Chicken Brst & Thgh DL Baked Sweet Potato DL Sautéed Fresh Cut Zucchini DL Broccoli Florets / Wheat Roll
S U N Oct 12th	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 Wheat Pasta DL Italian Green Beans DL California Vegatable 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, 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</u>	Monday	Pear, Blue Cheese, Walnut Salad / Strawberry	Sliced Peaches / Tropical Fruit Cocktail
<u>ROTATION</u>	Tuesday	Greek Salad / Orange	Sliced Peaches / Pineapple Chunks
LUNCH	Wednesday	Carrot & Raisin Salad / Cherry	Sliced Peaches / Fruit Cocktail
and	Thursday	German Tomato Salad / Lemon	Sliced Peaches / Mandarin Oranges
DINNER	Friday	Potato Salad / Raspberry	Sliced Peaches / Pineapple Slices
	Saturday	Fruit Salad / Lime	Sliced Peaches / Apricot Halves
	Sunday	Beet & Onion Salad / Watermelon	Sliced Peaches / Pear Halves