

AFRH - G / Master Menus Week of 2 / 9 / 2026 / 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.

	<b>BREAKFAST - 0700 - 0830</b>	<b>LUNCH - 1130 - 1300</b>	<b>DINNER - 1630 - 1800</b>
<b>M</b> <b>O</b> <b>N</b> <b>Feb</b> <b>9th</b>	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 DL Gravy DL Baked Sweet Potato DL Collard 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
<b>T</b> <b>U</b> <b>E</b> <b>S</b> <b>Feb</b> <b>10th</b>	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 Ground Turkey in DL Tomato Sauce or DL Meatless Tomato Sauce DL Wheat Spaghetti DL Corn / DL Broccoli Wheat Roll / Garlic Bread	DL Zesty Italian & Vegetarian Veg Soups DL Pork Loin / DL Gravy DL Roasted Red Potatoes DL Carrot Soufflé DL Steamed Cauliflower Wheat Roll
<b>W</b> <b>E</b> <b>D</b> <b>Feb</b> <b>11th</b>	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Chili Bean & Vegetarian Veg Soups DL Grilled & Oven Fried Chick Brst/Thgh DL Brown Rice / DL Gravy DL Green Baby Limas / DL Squash Wheat Roll / Cornbread	DL Chili Bean & Vegetarian Veg Soups DL Salmon Croquettes / Lemon DL Baked Potato / FF Sour Cream DL Italian Green Beans DL Bermuda Blend / Wheat Roll
<b>T</b> <b>H</b> <b>U</b> <b>Feb</b> <b>12th</b>	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 Beef,Mshrm,Brly & Vegtarn Veg Soups DL Sliced Roast Beef w/ DL Gravy DL Mashed Potatoes / DL Pinto Beans DL Mexican Chopped Salad Wheat Roll / Cornbread	DL Beef,Mshrm,Brly & Vegtarn Veg Soups DL BBQ Chicken Breast & Thighs DL Macaroni with DL Cheese Sauce DL Sautéed Cabbage DL Baked Okra / Wheat Roll
<b>F</b> <b>R</b> <b>I</b> <b>Feb</b> <b>13th</b>	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 Mustard 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
<b>S</b> <b>A</b> <b>T</b> <b>Feb</b> <b>14th</b>	DL Oatmeal / DL Grits DL Scrambled Egg Beaters DL Turkey Bacon / Boiled Egg DL Hash Browns Biscuits / DL Biscuit Gravy	<b>DL Chick &amp; Wild Rice &amp; Vegtarn Veg Soups</b> <b>Strawberry Spinach Salad / Cornbread</b> <b>Grilled Chicken Breast / Thigh</b> <b>DL Wheat Pasta with DL Cream Sauce</b> <b>DL Asparagus / DL Corn / Wheat Roll</b>	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
<b>S</b> <b>U</b> <b>N</b> <b>Feb</b> <b>15th</b>	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 Normanday Vegetable Blend DL Roasted Fresh Asparagus 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 Sautéed Sliced Mushrooms DL Baked Tomato / 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><b>SALAD BAR</b></u>		<u><b>SALADS / GELATINS</b></u>	<u><b>FRUITS</b></u>
	<b>Monday</b>	Pear, Blue Cheese, Walnut Salad / Strawberry	Sliced Peaches / Tropical Fruit Cocktail
	<b>Tuesday</b>	Greek Salad / Orange	Sliced Peaches / Pineapple Chucks
<b>ROTATION</b>	<b>Wednesday</b>	Carrot & Raisin Salad / Cherry	Sliced Peaches / Fruit Cocktail
<b>LUNCH</b>	<b>Thursday</b>	German Tomato Salad / Lemon	Sliced Peaches / Mandarin Oranges
and	<b>Friday</b>	Potato Salad / Raspberry	Sliced Peaches / Pineapple Slices
<b>DINNER</b>	<b>Saturday</b>	Fruit Salad / Lime	Sliced Peaches / Apricot Halves
	<b>Sunday</b>	Beet & Onion Salad / Watermelon	Sliced Peaches / Pear Halves