

AFRH - G / Master Menus Week of 10 / 12 / 2026 / 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 Oct 12th	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 Veg Beef & Vegetarian Veg Soups DL Pork Loin / DL Gravy DL Grits / DL Cheese Sauce DL Green Bean Almandine DL Squash / Wheat Roll / Cornbread	DL Veg Beef & Vegetarian Veg Soups DL Roast Beef / DL Gravy DL Potato Salad DL Stewed Cabbage DL Baked Beets / Wheat Roll
T U E S Oct 13th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy	DL Minestrone & Vegetarian Veg Soups DL Italian Oven-Fried Chicken Brs/Thigh with DL Marinara Sauce DL Wheat Pasta / Wheat Roll DL Normandy Vegetable Blend DL Roasted Asparagus / Garlic Bread	DL Minestrone & Vegetarian Veg Soups DL Sliced Turkey Breast DL Mashed Potatoes / DL Gravy DL Butter Beans DL Stewed Tomatoes Wheat Roll
W E D Oct 14th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Chili & Vegetarian Veg Soups DL Veggie Pizza / DL Gluten-Free Pizza DL Veggie Cutlet with Onions & Peppers DL Baked Sweet Potato / DL Grape Salad 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 Waffles / SF Syrup
T H U Oct 15th	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 Cabbage Soup & Vegtarin Veg Soup DL Sauerbraten / DL Potato Salad DL Chicken Meatballs with Sauerkraut DL Pumpkin Rice / DL Red Cabbage DL Tangy Green Beans / Wheat Roll	DL Cabbage Soup & Vegtarin Veg Soup DL Chopped Turkey Steak / DL Gravy DL Red Beans / DL Brown Rice DL Turnip Greens DL Baked Okra / Wheat Roll
F R I Oct 16th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs Creamed Ground Turkey Biscuits / DL Biscuit Gravy	DL Chicken & Rice & Vegtarn Veg Soups DL Oven Fried & Baked Fish DL Bada-Bing, Bada-Bang Potatoes DL Field Peas / DL Spinach Wheat Roll / Cornbread	DL Chicken & Rice & Vegtarn Veg Soups DL Pork Loin with Onions / DL Gravy DL Baked Potato / FF Sour Cream DL Sliced Carrots DL Squash / Wheat Roll
S A T Oct 17th	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 Sliced Turkey Breast DL Wheat Pasta / DL Gravy DL Broccoli Florets / Wheat Roll DL Capri Veggie Blend / Cornbread	DL Vegetable & Vegtarn Veg Soups DL Roast Beef / DL Gravy DL Sour Cream & Chive Mashed Potatoes DL Steakhouse Mushrooms DL Cauliflower / Wheat Roll
S U N Oct 18th	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 Kansas City Steak & Vegtrn.Veg Soups DL Grilled Ham with Grilled Pineapple DL Lyonnaise Potatoes DL Roasted Fresh Zucchini DL Bermuda Vegetable Blend Wheat Roll / Cornbread	DL Kansas City Steak & Vegtrn.Veg Soups DL Grilled Chicken Breast / Thigh DL Potatoes, Carrots & Celery DL 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>
SALAD BAR ROTATION LUNCH and DINNER	Monday Cashew Pea Salad / Strawberry	Sliced Peaches / Tropical Fruit Cocktail
	Tuesday Marinated Cucumbers / Orange	Sliced Peaches / Pineapple Chucks
	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