

AFRH - G / Master Menus Week of 9 / 15 / 2025 / Cycle 3 - 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 Sep 15th	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 & Barley & Vegtarn Veg Soups DL Sliced Turkey Breast DL Brown Rice / DL Gravy DL Asparagus / DL Grape Salad Wheat Roll / Cornbread	DL Veg Beef & Barley & Vegtarn Veg Soups DL Chicken Meatballs / DL Gravy Baked Sweet Potato DL Normandy Vegetable Blend DL Baked Okra / Wheat Roll
T U E S Sep 16th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy	DL Pot, Trky Sausg Kale & Vegtrn Veg Soups DL Strawberry Spinach Salad DL Baked Salmon / Prime Rib Mashed Potatoes / DL Gravy DL Cooked Squash DL Cooked Spinach / Wheat Roll	DL Pot, Trky Sausg Kale & Vegtrn Veg Soups DL Sliced Roast Beef / DL Gravy DL Irish Potatoes DL Stewed Cabbage DL Sliced Carrots / Wheat Roll
W E D Sep 17th	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 Veggie Pizza / DL Gluten-Free Pizza DL Chopped Turkey Steak / DL Gravy DL Mediterranean Pasta / Wheat Roll DL Caesar Salad / DL Broccoli / Cornbread	DL Chili with Beans DL Vegetarian Vegetable Soup DL Shake & Bake Pork Chop DL Brown Rice DL California Vegetable Blend DL Green Peas / Wheat Roll
T H U Sep 18th	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 White Bean&Wheatbrry/Veg.Veg Soups DL Pot Roast in Gravy DL Bada-Bing Bada-Bang Potatoes DL Carrot Soufflé / DL Rutabagas Wheat Roll / Cornbread	DL White Bean&Wheatbrry/Veg.Veg Soups DL Pork Loin / DL BBQ DL Baked Beans DL Sugar Snap Peas DL Coleslaw / Wheat Roll
F R I Sep 19th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Creamed Ground Turkey Biscuits / DL Biscuit Gravy	DL Pasta Fagioli & Vegetarian Veg Soups DL Oven Fried & Baked Fish DL Diced Potatoes / DL Cheese Sauce DL Mustard Greens / Cornbread DL Bermuda Blend / Wheat Roll	DL Pasta Fagioli & Vegetarian Veg Soups DL Tomato Meat Sce with Ground Turkey DL Wheat Spaghetti / Meatless Tomato Sce DL Whole Green Bean Almandine DL Corn / Garlic Bread / Wheat Roll
S A T Sep 20th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon DL Hash Browns Biscuits / DL Biscuit Gravy	DL Chicken & Rice & Vegetarn Veg Soups DL Roast Beef / DL Beef Gravy DL Mashed Potatoes / DL Gravy DL Sautéed Mushrooms DL Speckled Butter Beans Wheat Roll / Cornbread	DL Chicken & Rice & Vegetarn Veg Soups DL Sliced Turkey Breast / DL Gravy DL Skillet Red Potatoes DL Cauliflower DL Brussel Sprouts Wheat Roll
S U N Sep 21st	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs / DL Turkey Sausage Waffles w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Roast Beef & Vegetarian Veg Soups DL Pork Loin DL Brown Rice / DL Pork Gravy DL Sautéed Zucchini / Wheat Roll DL Baked Beets / Cornbread	DL Roast Beef & Vegetarian Veg Soups DL Beef Stroganoff DL Egg Noodles DL Stewed Tomatoes DL Broccoli Florets / 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

SALAD BAR ROTATION LUNCH and DINNER	Monday	Green Pea & Carrot Salad / Strawberry
	Tuesday	Marinated Cucumbers / Orange
	Wednesday	Beet & Onion Salad / Cherry
	Thursday	Pear, Blue Chz, Walnut Salad / Lemon
	Friday	Broccoli Salad / Raspberry
	Saturday	Fruit Salad / Lime
	Sunday	Carrot & Raisin Salad / Watermelon

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