

AFRH - G / Master Menus Week of 9 / 22 / 2025 / 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 Sep 22nd	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 Home Chick Ndle&Vegtarn Veg Soups DL Grilled Chicken Breast / Thigh DL Brown Rice / DL Gravy DI Sugar Snaps / DL California Blend Wheat Roll / Cornbread	DL Home Chick Ndle&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 Sep 23rd	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy	DL Trky,Spnch,Lntl & Vegetarian Veg Soups DL Turkey Meatloaf / DL Gravy DL Mashed Potatoes / DL Gravy DL Green Peas DL Cabbage Wheat Roll / Cornbread	DL Trky,Spnch,Lntl & Vegetarian Veg Soups DL Baked Pork Chop Baked Sweet Potato DL Rutabagas DL Collard Greens Wheat Roll
W E D Sep 24th	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 Stuffed Peppers - <i>New</i> DL Lyonnaise Potatoes DL Beets / DL Whole Kernel Corn Wheat Roll / Cornbread	DL Chili w/Beans & Vegtarn Veg Soups DL Chicken Meatballs / DL Gravy DL Garlic Smashed Red Potatoes DL Sautéed Spinach DL Bermuda Blend / Wheat Roll
T H U Sep 25th	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 Kansas Steak & Vegtarn Veg Soups DL Chopped Turkey Steak / DL Gravy DL Wheat Noodles / DL Egg Rolls DL Cut Green Beans DL Asian Veggies / Wheat Roll	DL Kansas Steak & Vegtarn Veg Soups DL Oven Roasted Pork Loin DL Brown Rice / DL Pork Gravy DL Roasted Fresh Asparagus DL Squash / Wheat Roll
F R I Sep 26th	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 Macaroni with DL Cheese Sauce DL Baked Tomato / DL Succotash Wheat Roll / Cornbread	DL Chick & Wild Rice & Vegtarn Veg Soups DL Grilled Chicken Breasts / Thighs DL Chicken Gravy DL Potato Salad / DL Broccoli DL Grilled Veggie Blend / Wheat Roll
S A T Sep 27th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters DL Turkey Bacon / Boiled Egg DL Hash Browns Biscuits / DL Biscuit Gravy	DL Rst Poblano, Beef & Vegtrian Veg Soups DL Chicken Salad / DL Baked Beans DL BBQ Baby Back Ribs DL Turnip Greens / Cornbread DL Coleslaw / Wheat Roll	DL Rst Poblano, Beef & Vegtrian 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 Sep 28th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Waffles w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Vegetable & Vegtarn Veg Soups DL Sliced Turkey / DL Turkey Gravy DL Mashed Potatoes DL Purple Hull Peas DL Roasted Baby Carrots Wheat Roll / Cornbread	DL Vegetable & Vegtarn Veg Soups DL Lasagna with Ground Turkey DL Meatless Veggie Lasagna DL Caesar Salad DL Sautéed Fresh Zucchini Chunks 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

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

**SALAD BAR
ROTATION
LUNCH
and
DINNER**