AFRH - G / Master Menus Week of 11 / 23 / 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	DL Oatmeal / DL Grits	DL Veg Beef & Vegetarian Veg Soups	DL Veg Beef & Vegetarian Veg Soups
O	DL Scrambled Egg Beaters / Boiled Egg	DL Pork Loin / DL Gravy	DL Roast Beef / DL Gravy
N	DL Hash Browns / DL Turkey Bacon	DL Grits / DL Cheese Sauce	DL Potato Salad
Nov	French Toast w/ No Sugar Syrup	DL Green Bean Almandine	DL Stewed Cabbage
23rd	Biscuit / DL Biscuit Gravy	DL Squash / Wheat Roll / Cornbread	DL Baked Beets / Wheat Roll
T	DL Oatmeal / DL Grits	DL Minestrone & Vegetarian Veg Soups	DL Minestrone & Vegetarian Veg Soups
U	DL Scrambled Egg Beaters	DL Italian Oven-Fried Chicken Brs/Thigh	**DL Veggie Meatballs** / DL Gravy
E	Hard Boiled Eggs	with DL Marinara Sauce	DL Mashed Potatoes / DL Gravy
S	DL Turkey Sausage Patties	DL Wheat Pasta / Wheat Roll	DL Butter Beans
Nov	DL Lyonnaise Potatoes	DL Normandy Vegetable Blend	DL Stewed Tomatoes
24th	Biscuits / DL Biscuit Gravy	DL Roasted Asparagus / Garlic Bread	Wheat Roll
W	DL Oatmeal / DL Grits	DL Chili & Vegetarian Veg Soups	DL Soups / DL Sausage / DL Bacon
E	DL Scrambled Egg Beaters	DL Veggie Pizza / DL Gluten-Free Pizza	DL Scrambled Egg Beaters
D	Hard Boiled Eggs	DL Veggie Cutlet with Onions & Peppers	DL Oatmeal / DL Hash Browns
Nov	LF / LS Grilled Ham	DL Whole Kernel Corn / DL Grape Salad	DL Grits / Biscuits / DL Biscuit Gravy
25th	Biscuits / DL Biscuit Gravy	DL Sugar Snaps / Wheat Roll / Cornbread	**French Toast** / SF Syrup
T	DL Oatmeal / DL Grits	**DL Chicken Gumbo & Vegtarn Veg Soups**	DL Chicken Gumbo & Vegtarn Veg Soups
H	DL Scrambled Egg Beaters / Boiled Egg	**DL Sliced Turkey Breast / DL Turkey Grvy**	DL Chopped Turkey Steak
U	DL Hash Browns / DL Turkey Sausage	**DL Cornbread Dressing / DL Collard Grns**	DL Brown Rice / DL Gravy
Nov	Pancakes w/ No Sugar Syrup	**DL Sweet Potato / DL Mac & Cheese**	DL Red Beans
26th	Biscuits / DL Biscuit Gravy	**DL Green Beans / DL Carrots / Wheat Roll**	DL Baked Okra / Wheat Roll
F	DL Oatmeal / DL Grits	DL Chicken & Rice & Vegtarn Veg Soups	DL Chicken & Rice & Vegtarn Veg Soups
R	DL Scrambled Egg Beaters	DL Oven Fried & Baked Fish	DL Pork Loin with Onions / DL Gravy
I	Hard Boiled Eggs	DL Bada-Bing, Bada-Bang Potatoes	DL Baked Potato / FF Sour Cream
Nov	Creamed Ground Turkey	DL Field Peas / DL Spinach	DL Roasted Brussel Sprouts
27th	Biscuits / DL Biscuit Gravy	Wheat Roll / Cornbread	DL Squash / Wheat Roll
S	DL Oatmeal / DL Grits	DL Vegetable & Vegtarn Veg Soups	DL Vegetable & Vegtarn Veg Soups
A	DL Scrambled Egg Beaters	DL Sliced Turkey Breast	DL Roast Beef / DL Gravy
T	DL Turkey Bacon / Boiled Egg	DL Wheat Pasta / DL Gravy	DL Sour Cream & Chive Mashed Potatoes
Nov	DL Hash Browns	DL Broccoli Florets / Wheat Roll	DL Steakhouse Mushrooms
28th	Biscuits / DL Biscuit Gravy	DL Capri Veggie Blend / Cornbread	DL Cauliflower / Wheat Roll
S	DL Oatmeal / DL Grits	DL Kansas City Steak & Vegtrn.Veg Soups	DL Kansas City Steak & Vegtrn.Veg Soups
U	DL Scrambled Egg Beaters	DL Grilled Ham with Grilled Pineapple	DL Grilled Chicken Breast / Thigh
N	Hard Boiled Eggs	DL Lyonnaise Potatoes	DL Potatoes, Carrots & Celery
	Hard Boil Eggs / DL Turkey Sausage	DL Roasted Fresh Zucchini	DL Brown Rice
Nov	Waffles w/No Sugar Syrup	DL Bermuda Vegetable Blend	DL Sautéed Rutabagas
29th	Biscuits / DL Biscuit Gravy	Wheat Roll / Cornbread	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, Blueberries, 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	Cashew Pea Salad / Strawberry	Sliced Peaches / Tropical Fruit Cocktail
SALAD BAR	**Tuesday**	Marinated Cucumbers / Orange	Sliced Peaches / Pineapple Chucks
ROTATION	**Wednesday**	Beet & Onion Salad / Cherry	Sliced Peaches / Fruit Cocktail
LUNCH	**Thursday**	Black Bean,Corn & Avocado Sal. / Lemon	Sliced Peaches / Mandarin Oranges
and	**Friday**	Broccoli Salad / Raspberry	Sliced Peaches / Pineapple Slices
DINNER	**Saturday**	Fruit Salad / Lime	Sliced Peaches / Apricot Halves
	Sunday	Macaroni Salad / Watermelon	Sliced Peaches / Pear Halves