

AFRH - G / Master Menus Week of 11 / 27 / 2023 / 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 Nov 27th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs/DL Turkey Bacon French Toast w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Beef,Mshrm,Brly & Vegetarian Veg Soups DL Turkey Salad / DL Sautéed Shrimp DL Steamed Brown Rice DL Sugar Snap Peas / Wheat Roll DL Collard Greens / Cornbread	DL Beef,Mshrm,Brly & Vegetarian Veg Soups DL Veggie Meat Balls / DL BBQ DL Scalloped Potatoes DL Whole Green Bean Almandine DL Beets / Wheat Roll
T U E S Nov 28th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy	DL Pasta Fagioli & Vegtarn Veg Soups DL Tomato & Turkey Meat Sauce in DL Pasta Casserole DL Steamed Broccoli Florets DL Tuscan Vegetable Blend Garlic Bread / Wheat Roll	DL Pasta Fagioli & Vegtarn Veg Soups DL Blackened Fish with Lemon DL Chopped Turkey Steak / Brown Gravy DL Mashed Potatoes / DL Brown Gravy DL Stuffed Portabella Mushrooms DL Butter Beans / Wheat Roll
W E D Nov 29th	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 Baked Pork w/DL Pork Gravy DL Baked Sweet Potato DL Cauliflower / Cape Cod Blend Wheat Roll / Cornbread	DL Soups / DL Sausage / DL Bacon DL Scrambled Egg Beaters DL Breakfast Casserole DL Grits / Biscuits / DL Biscuit Gravy DL Oatmeal / Waffles / SF Syrup
T H U Nov 30th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs / DL Turkey Sausage Pancakes w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Beef, Spnch, Psta & Vegtarn Veg Soups DL Grilled & Oven Fried Chick Brst/Thgh DL Mashed Potatoes / DL Chicken Grvy DL Kernel Corn / Cornbread DL Cut Green Beans / Wheat Roll	DL Beef, Spnch, Psta & Vegtarn Veg Soups DL Pork Wings with DL Pork Gravy DL Red Beans / DL Brown Rice DL Power Greens DL Stewed Okra / Wheat Roll
F R I Dec 1st	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs Creamed Ground Turkey Biscuits / DL Biscuit Gravy	DL Cabbage & Vegtarin Veg Soups DL Oven Fried & Baked Fish DL Ranch Potatoes DL Cabbage / DL Squash Wheat Roll / Cornbread	DL Cabbage & Vegtarin Veg Soups DL Grilled Chicken Breats & Thighs Asian-Style DL Noodles DL Asian Blend Veggies / DL Carrots DL Egg Rolls / Wheat Roll
S A T Dec 2nd	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs / DL Turkey Bacon Biscuits DL Biscuit Gravy	DL Chicken Noodle & Vegtarn Veg Soups DL Cornish Hen Halves DL Cranberry Brown Rice DL Grilled Veggie Blend / DL Spinach Wheat Roll / Cornbread	DL Chicken Noodle & Vegtarn Veg Soups DL Veggie Meatballs / DL Gravy DL Sautéed Shrimp / DL Pasta DL Steamed Fresh Asparagus DL Bermuda Blend / Wheat Roll
S U N Dec 3rd	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 White Bean&Wheatberry/Vegtrn.Veg Soups DL LS/LF Grilled Ham w/Grilled Pineapple DL Diced Potatoes / DL Cheese Sauce DL Roasted Fresh Zucchini DL Normandy Blend Vegetables Wheat Roll / Cornbread	DL White Bean&Wheatberry/Vegtrn.Veg Soups DL Chicken Breast / Thigh Stew with DL Potatoes, Carrots & Celery Brown Rice DL Sautéed Rutabagas DL Green Peas / Wheat Roll

STANDARD BREAKFAST MENU ITEMS

Bagels, English Muffins, Jelly, SF Jelly, Syrup, SF Syrup, Prunes, Bananas, Whole Fresh Fruit,
Cut Fresh Fruit, Grapefruit Sections, Applesauce, Raisins, Brown Sugar, Cinnamon Shake

STANDARD MENU ITEMS ALL MEALS

Assorted Breads, Assorted Dry Cereals, Assorted Juices, Assorted Milk, Assorted Beverages, Coffee, Decaf Coffee,
Iced Tea - w/Sugar & No Sugar, Hot Tea Bags, Butter, Margarine, Sugar, Sugar Substitute, Salt, Pepper, Assorted Condiments

STANDARD SALAD BAR ITEMS FOR LUNCH & DINNER

Available Every Day - Mixed Salad Greens, Cherry Tomatoes, Sliced Cucumbers, Sliced Red Onions, Matchstick Carrots,
Sliced Green Peppers, Bread & Butter Pickles, Whole Green Olives, Sliced Black Olives, Coleslaw, Tuna Fish, Boiled Eggs,
Cottage Cheese, Shredded Cheese, Bacon Bits / Variables - Sliced, Diced or Whole Beets, Jalapeno or Banana Peppers,
Broccoli or Cauliflower Florets, Green Peas or Edamames, Green Onions or Celery Sticks, Avocados or Baby Corns,
Chopped Nuts, Dried Cranberries or Raisins, Sunflower Seeds or Bleu Cheese Crumbles - Salmon Monday, Wednesday, Friday

STANDARD SALAD DRESSINGS

Ranch, Blue Cheese, Thousand Island, Fat Free Ranch, Italian & Catalina French, Balsamic Vinegar, Red/White Vinegar, Olive Oil

SALADS / GELATINS

Cashew Pea Salad / Strawberry
Marinated Cucumbers / Orange
Italian Pepper Salad / Cherry
Black Bean, Corn & Avocado Salad / Lemon
Broccoli Salad / Raspberry
Fruit Salad / Lime
Macaroni Salad / Watermelon

DAILY SALAD BAR ROTATION

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

FRUITS

Sliced Peaches / Tropical Fruit Cocktail
Sliced Peaches / Pineapple Chunks
Sliced Peaches / Fruit Cocktail
Sliced Peaches / Mandarin Oranges
Sliced Peaches / Pineapple Slices
Sliced Peaches / Apricot Halves
Sliced Peaches / Pear Halves