

AFRH - G / Master Menus Week of 4 / 28 / 2025 / Cycle 1 - 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 DIET 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 Apr 28th | 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 Chili w/Beans / Vegetarian Veg Soups DL Club Quarters on Wheat Berry DL Pork Loin / DL Corn DL Red Beans / DL Brown Rice DL Okra / Wheat Roll / Cornbread | DL Chili w/Beans / Vegetarian Veg Soups DL Grilled Chicken Breast / Thigh DL Mashed Potatoes DL Sugar Snaps Peas DL Bermuda Blend / Wheat Roll |
| T U E S Apr 29th | DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy | DL Veg, Beef. Brly & Vegetarian Veg Soups DL Chicken Meatballs / DL Gravy DL Mashed Potatoes / DL Gravy DL Asparagus / DL Cauliflower Wheat Roll / Cornbread | DL Veg, Beef. Brly & Vegetarian Veg Soups DL Rosemary Garlic Pork Chop Baked Sweet Potato DL Green Peas & Carrots DI Cabbage / Wheat Roll |
| W E D Apr 30th | DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy | DL Kansas Steak & Vegetarian Veg Soups DL Veggie Pizza / DL Gluten-Free Pizza DL Grilled Chicken Breast / Thigh DL Brown Rice / DL Gravy DL Green Baby Limas / Wheat Roll DL Normandy Blend / Cornbread | DL Kansas Steak Soup DL Vegetarian Vegetable Soup DL Sliced Turkey / DL Gravy DL Roasted Red Potatoes DL Grilled Veggie Blend DL Broccoli Florets / Wheat Roll |
| T H U May 1st | 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 Chicken Noodle & Vegtarn Veg Soups DL Seafood Salad / DL Pork Loin / DL Gravy DL Wheat Pasta / DL Egg Rolls DL Whole Green Beans / Cornbread DL Stir-Fried Asian Veggies / Wheat Roll | DL Chicken Noodle & Vegtarn Veg Soups DL Sliced Roast Beef / DL Gravy DL Mashed Potatoes / DL Gravy DL Roasted Brussel Sprouts DL Navy Beans / Wheat Roll |
| F R May 2nd | DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Creamed Ground Turkey Biscuits / DL Biscuit Gravy | DL Trky,Spnch,Lntl & Vegetarian Veg Soups DL Veggie Cutlet / DL Gravy DL Sautéed Shrimp / DL Squash DL New Potatoes / DL Cooked Spinach Wheat Roll / Cornbread | DL Trky,Spnch,Lntl & Vegetarian Veg Soups DL Beef Stew w/Potatoes & Carrots DL Brown Rice DL Stewed Tomatoes DL Cooked Beets / Wheat Roll |
| S A T May 3rd | DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon DL Hash Browns Biscuits / DL Biscuit Gravy | DL Knckrbockr Soup & Vegtarn Veg Soups DL Ground Turkey in DL Tomato Sauce DL Meatless Tomato Sauce DL Wheat Spaghetti DL Whole Kernel Corn / DL Zucchini Garlic Bread / Wheat Roll / Cornbread | DL Knckrbockr Soup & Vegtarn Veg Soups DL Beef Short Ribs / DL BBQ Sauce DL Potato Salad DL Baked Beans DL Cut Green Beans Wheat Roll |
| S U N May 4th | DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs / DL Turkey Sausage Waffles w/No Sugar Syrup Biscuits / DL Biscuit Gravy | DL Home Style Veg & Vegtarn Veg Soup DL Grilled & Oven Fried Chick Brst/Thgh DL Macaroni w/ DL Cheese Sauce DL Collard Greens / Cornbread DL Rutabagas / Wheat Roll | DL Home Style Veg & Vegtarn Veg Soup DL Turkey Meatloaf / DL Gravy DL Mashed Potatoes / DL Gravy DL Sliced Carrots 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> |
|------------------|-----------|---------------------------------------|--|
| | Monday | Green Pea w/Carrot Salad / Strawberry | Sliced Peaches / Tropical Fruit Cocktail |
| <u>SALAD BAR</u> | Tuesday | Marinated Cucumbers / Orange | Sliced Peaches / Pineapple Chunks |
| <u>ROTATION</u> | Wednesday | Carrot & Raisin Salad / Cherry | Sliced Peaches / Fruit Cocktail |
| <u>LUNCH</u> | Thursday | Beet & Onion Salad / Lemon | Sliced Peaches / Mandarin Oranges |
| <u>and</u> | Friday | Potato Salad / Raspberry | Sliced Peaches / Pineapple Slices |
| <u>DINNER</u> | Saturday | Fruit Salad / Lime | Sliced Peaches / Apricot Halves |
| | Sunday | Broccoli Salad / Watermelon | Sliced Peaches / Pear Halves |