AFRH - G / Master Menus Week of 6 / 29 / 2026 / Cycle 2 - 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 Jun 29th	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 Tomato Soup / Vegtarn Veg Soup DL Turkey Salad / DL Pork Loin / DL Gravy DL Blackeyed Peas / DL Brown Rice DL Stewed Cabbage / Wheat Roll DL Sugar Snap Peas / Cornbread	DL Tomato Soup / Vegtarn Veg Soup DL American Tomato & Turkey Goulash DL Mac / Meatless Tom Sce / Wheat Roll DL Prince Edward Blend / Garlic Bread DL Cauliflower / DL Cheese on Side
T U E S Jun 30th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy	DL Chili & Vegtarn Veg Soups DL Hot Rst Beef Sandwch on Wheat Berry DL Baked Crinkle Cut Fries DL Grape Salad DL Okra & Tomatoes Wheat Roll / Cornbread	DL Chili & Vegtarn Veg Soups DL Pork Loin / DL Gravy DL Wheat Pasta DL Roasted Asparagus Spears DL Cooked Spinach Wheat Roll
W E D July 1st	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Chicken & Rice & Vegtarn Veg Soups DL Baked Red Fish with Lemon DL Baked Sweet Potato DL Brussel Sprouts / DL Squash Wheat Roll / Cornbread	DL Soups / DL Sausage / DL Bacon DL Scrambled Egg Beaters **Pancakes** / SF Syrup DL Grits / DL Oatmeal Biscuits / DL Biscuit Gravy
T H U July 2nd	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 Turkey Noodle & Vegtarn Veg Soups DL Grilled Chicken Breast / Thigh DL Brown Rice / DL Gravy DL Baby Carrots / DL Broccoli DL Egg Rolls / Wheat Roll / Cornbread	DL Turkey Noodle & Vegtarn Veg Soups DL Chopped Turkey Steak / DL Gravy DL Mashed Potatoes DL Stewed Tomatoes DL Field Peas / Wheat Roll
F R I July 3rd	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Creamed Ground Turkey Biscuits / DL Biscuit Gravy	DL Zesty Italian & Vegetarian Veg Soups DL Oven Fried & Baked Fish DL Macaroni with DL Cheese Sauce DL Cut Green Beans / Wheat Roll DL Cauliflower / Cornbread	DL Zesty Italian & Vegetarian Veg Soups DL Sliced Ham DL Roasted Red Potatoes DL Normandy Vegetable Blend DL Cabbage / Wheat Roll
S A T July 4th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon DL Hash Browns Biscuits / DL Biscuit Gravy	**DL Chicken Gumbo & Vegtarn Veg Soups** **DL BBQ Chicken Breasts/Thighs** **DL Potato Salad / DL Coleslaw** **DL Baked Beans / DL Turnip Greens** **DL Whole Kernel Corn** **Wheat Roll / Cornbread**	DL Chicken Gumbo & Vegtarn Veg Soups DL Grilled Chicken Breast / Thigh w/ DL Potatoes, Carrots & Celery DL Brown Rice DL Rutabagas DL Green Peas / Wheat Roll
S U N July 5th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs / DL Turkey Sausage Waffles w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Chicken Noodle & Vegetarian Veg Soups DL Veggie Cutlet / DL Sautéed Shrimp DL Peppers & Onions / DL Gravy DL Baked Potato / DL Bermuda Blend DL Mushrooms / Wheat Roll / Cornbread	DL Chicken Noodle & Vegetarian Veg Soups DL Roast Beef with DL Gravy DL Mashed Potatoes DL Sautéed Fresh Cut Zucchini DL Cooked Beets / 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	Beet & Onion Salad / Strawberry	Sliced Peaches / Tropical Fruit Cocktail
SALAD BAR	**Tuesday**	Greek Salad / Orange	Sliced Peaches / Pineapple Chucks
ROTATION	**Wednesday**	Pear & Cheddar Salad / Cherry	Sliced Peaches / Fruit Cocktail
LUNCH	**Thursday**	**Fruit Salad** / Lemon	Sliced Peaches / Mandarin Oranges
and	**Friday**	German Tomato Salad / Raspberry	Sliced Peaches / Pineapple Slices
DINNER	**Saturday**	**Macaroni Salad** / Lime	Sliced Peaches / Apricot Halves
	Sunday	Carrot & Raisin Salad / Watermelon	Sliced Peaches / Pear Halves