

AFRH - G / Master Menus Week of 6 / 30 / 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 Jun 30th	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 Herb Baked Chicken Breast / Thigh Baked Potato 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 July 1st	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 July 2nd	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Chili w/Beans & Vegtarn Veg Soups DL Beef Stew w/Potatoes & Carrots DL Brown Rice / DL Cooked Beets DL Whole Kernel Corn Wheat Roll / Cornbread	DL Chili w/Beans & Vegtarn Veg Soups DL Balsamic Glazed Chicken Breast DL Garlic Smashed Red Potatoes DL Sautéed Spinach DL Bermuda Blend / Wheat Roll
T H U July 3rd	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 July 4th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Creamed Ground Turkey Biscuits / DL Biscuit Gravy	DL Vegetable & Vegtarn Veg Soups DL BBQ Ribs / DL Turkey Burgers DL Potato Salad / DL Coleslaw DL Baked Beans / DL Turnip Greens DL Corn / Wheat Roll / Cornbread	DL Vegetable & Vegtarn Veg Soups DL Grilled Chicken Breasts / Thighs DL Chicken Gravy / DL Broccoli DL Grits with DL Cheese Sauce DL Grilled Veggie Blend / Wheat Roll
S A T July 5th	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 Veggie Cutlet with Onion & Peppers DL Bow Tie Pasta Salad DL Italian Green Beans / Cornbread DL Baked Tomato / 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 July 6th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Waffles w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Chick & Wild Rice & Vegtarn Veg Soups DL Sliced Turkey / DL Turkey Gravy DL Mashed Potatoes DL Purple Hull Peas DL Roasted Baby Carrots Wheat Roll / Cornbread	DL Chick & Wild Rice & Vegtrn Veg Soups DL Grnd Turkey & Tomato Basil Lasagna Veggie Meatless 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

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