

AFRH - G / Master Menus Week of 7 / 7 / 2025 / 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 July 7th | 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 Red Bean & Vegetarian Veg Soups DL Pork Loin / DL Gravy DL Roasted Red Potatoes DL Cauliflower / DL Bermuda Blend Wheat Roll / Cornbread | DL Red Bean & Vegetarian Veg Soups DL Roast Beef / DL Gravy DL Potato Salad DL Whole Green Bean Almandine DL Baked Beets / Wheat Roll |
| T U E S July 8th | DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy | DL Turkey Noodle & Vegtarin Veg Soups DL Italian Oven-Fried Chicken Brs/Thigh with DL Marinara Sauce DL Wheat Pasta / Wheat Roll DL Roasted Asparagus / Garlic Bread DL Pineapple & Cucumber Salad | DL Turkey Noodle & Vegtarin Veg Soups DL Chopped Turkey Steak DL Mashed Potatoes / DL Brown Gravy DL Butter Beans DL Steakhouse Mushrooms Wheat Roll |
| W E D July 9th | DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy | DL Chili & Vegetarian Veg Soups DL Veggie Pizza / DL Gluten-Free Pizza DL Veggie Cutlet with Onions & Peppers Baked Sweet Potato / DL California Blend DL Sugar Snaps / Wheat Roll / Cornbread | DL Soups / DL Sausage / DL Bacon DL Scrambled Egg Beaters DL Oatmeal / DL Hash Browns DL Grits / Biscuits / DL Biscuit Gravy French Toast / SF Syrup |
| T H U July 10th | 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 Pasta Fagioli & Vegtarn Veg Soups DL Grilled & Oven Fried Chick Brst/Thgh DL Macaroni with DL Cheese Sauce DL Kernel Corn / Cornbread DL Cut Green Beans / Wheat Roll | DL Pasta Fagioli & Vegtarn Veg Soups DL Sliced Turkey Breast / DL Gravy DL Red Beans / DL Brown Rice DL Collard Greens DL Baked Okra / Wheat Roll |
| F R I July 11th | DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs Creamed Ground Turkey Biscuits / DL Biscuit Gravy | DL Beef, Spnch, Psta & Vegtarn Veg Soups DL Oven Fried & Baked Fish DL Baked Tater Tots DL Cabbage / DL Squash Wheat Roll / Cornbread | DL Beef, Spnch, Psta & Vegtarn Veg Soups DL Pork Loin with Onions Baked Sweet Potato / DL Gravy DL Stewed Tomatoes DL Field Peas / Wheat Roll |
| S A T July 12th | DL Oatmeal / DL Grits DL Scrambled Egg Beaters DL Turkey Bacon / Boiled Egg DL Hash Browns Biscuits / DL Biscuit Gravy | DL Vegetable & Vegtarn Veg Soups DL Grilled Chicken Breast / Thigh DL Wheat Pasta / DL Chicken Gravy DL Roasted Baby Carrots / Wheat Roll DL Spinach / Cornbread | DL Vegetable & Vegtarn Veg Soups DL Roast Beef / DL Gravy DL Sour Cream & Chive Mashed Potatoes DL Grilled Veggie Blend DL Broccoli / Wheat Roll |
| S U N July 13th | 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 Lyonnaise Potatoes DL Roasted Fresh Zucchini DL Normandy Vegetable Blend Wheat Roll / Cornbread | DL White Bean&Wheatberry/VegtrnVeg Soups DL Grilled Chicken Breast / Thigh DL Potatoes, Carrots & Celery Brown Rice DL Sautéed Rutabagas 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

SALADS / GELATINS

FRUITS

| | | |
|--|------------------|--|
| SALAD BAR ROTATION LUNCH and DINNER | Monday | Cashew Pea Salad / Strawberry |
| | Tuesday | Marinated Cucumbers / Orange |
| | Wednesday | Beet & Onion Salad / Cherry |
| | Thursday | Black Bean,Corn & Avocado Sal. / Lemon |
| | Friday | Broccoli Salad / Raspberry |
| | Saturday | Fruit Salad / Lime |
| | Sunday | Macaroni Salad / Watermelon |

| |
|--|
| Sliced Peaches / Tropical Fruit Cocktail |
| Sliced Peaches / Pineapple Chucks |
| Sliced Peaches / Fruit Cocktail |
| Sliced Peaches / Mandarin Oranges |
| Sliced Peaches / Pineapple Slices |
| Sliced Peaches / Apricot Halves |
| Sliced Peaches / Pear Halves |