

AFRH - W / MASTER MENU / L -1, 2020 / CYCLE TWO - DL

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.

2->	BREAKFAST	LUNCH	DINNER
M O N 6-Jul 2020	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon Biscuits / DL Biscuit Gravy	DL Vegetable Soup DL Teriyaki Chicken DL Brown Fried Rice DL Asian Vegetables DL Steamed Broccoli / Rolls	DL Vegetable Soup DL Chopped Turkey w/DL Gravy DL Mashed Potatoes w/DL Gravy DL Broiled Tomatoes DL Brussels Sprouts / Rolls
T U E S 7-Jul 2020	DL Oatmeal / DL Cream of Wheat DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy	DL Cream of Tomato Soup DL Sliced Roast Beef n' DL Gravy DL Diced Potatoes DL Fresh Spinach Salad DL Carrots Rolls	DL Cream of Tomato Soup DL Baked Salmon w/Cucumber Sauce DL Steamed Wild Rice DL Sugar Snap Peas DL Okra & Tomatoes Rolls
W E D 8-Jul 2020	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Minestrone Soup DL Pizza /DL Swedish MeatBalls DL Gr. DL Mashed Potatoes w/DL Gravy DL Cabbage DL Corn / Rolls	DL Minestrone Soup Chicken Sub Baked Krinkle Sweet Potatoe Fries Mushroom & Onion Coleslaw
T H U R 9-Jul 2020	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs DL Turkey Sausage Patties Biscuits / DL Biscuit Gravy	DL Chicken Noodle Soup DL Smothered Pork Chop DL Blackeyed Peas & Brown Rice DL Collard Greens DL Beets / Assorted Rolls	DL Chicken Noodle Soup DL Roasted Turkey w/DL Gravy DL Mashed Potatoes w/DL Gravy DL Green Peas DL Steamed Cauliflower / Rolls
F R I 10-Jul 2020	DL Oatmeal / DL Cream of Wheat DL Scrambled Egg Beaters Hard Boiled Eggs DL Creamed Ground Beef Biscuits / DL Biscuit Gravy	DL Manhattan Clam Chowder DL Broiled Fish Bake Potatoes w LF Sour DL Okra DL Coleslaw / Wheat Rolls	DL Manhattan Clam Chowder DL Grilled Chicken Breast w/Veggies Baked Sweet Potatoes DL Succotash DL Asparagus Spears / Rolls
S A T 11-Jul 2020	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon DL O'Brian Potatoes Biscuits / DL Biscuit Gravy	DL Split Pea Soup DL Vegetable Cutlet w/Marinara DL Mashed Potatoes DL Rutabagas DL Spinach Assorted Rolls	DL Split Pea Soup DL Grilled Chopped Steak Baked Potato w/FF Sour Cream DL Carrots DL Whole Green Beans Assorted Rolls
S U N 12-Jul 2020	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs LF/LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Beef Noodle Soup DL Chicken w/ DL Dumplings DL Squash DL German Blend Veggies / Rolls	DL Beef Vegetable Soup DL Braised Beef Ribs n Onions DL Brown Rice DL Normandy Blend Vegetables DL Zucchini / Rolls

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

Beet & Onion Salad / Strawberry
Greek Salad / Orange
Potato Salad / Cherry
German Tomato Salad / Lemon
Pear Salad / Raspberry
Fruit Salad / Lime

Pasta Salad / Watermelon

DAILY SALAD BAR ROTATION

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

FRUITS

Sliced Peaches / Mandarin Oranges

Sliced Peaches / Tropical Fruit Cocktail

Sliced Peaches / Pineapple Chunks

Sliced Peaches / Apricot Halves

Sliced Peaches / Fruit Cocktail

Sliced Peaches / Pineapple Slices

Sliced Peaches / Pear Halves

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