

6->	BREAKFAST	LUNCH	DINNER
M O N 27-Mar 2023	Donuts / Assorted Muffins Assorted Muffins Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Pork Bacon French Toast Biscuits / Sausage Gravy	Corn & Crab Bisque Lentil Soup Swedish Meatballs / Gravy Salmon Salad Mash Potatoes Normandy Blend Veggies Brussel Sprouts Croissants	Lentil Soup Corn & Crab Bisque Sliced Deli Roast Beef Turkey Tettrazini w/Vermicelli Sautéed Carrots Sugar Snap Peas Dinner Rolls / White & Wheat Bread
T U E S 28-Mar 2023	Donuts / Bran Muffins Oatmeal / Cream of Wheat Eggs to Order Eggs - Scrambled / Hard Boiled Creamed Chipped Beef Lyonnaise Potatoes Biscuits / Country Gravy	Cream of Asparagus Soup Tomato Cream Cheese Soup Chicken Salad Wrap Smoked Sausage w/Red Beans and Rice Fried Okra Roasted Mixed Vegetables Corn Muffins / Cornbread	Tomato Cream Cheese Soup Cream of Asparagus Soup Assorted Sliced Deli Cold Cuts Fish & Chips California Blend Vegetables Peas & Pearl Onions Dinner Rolls / White & Wheat Bread
W E D 29-Mar 2023	Donuts / Assorted Muffins Coffee Cake Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Pork Bacon Hash Browns Biscuits / Country Gravy	Chicken & Dumplings Soup Minestrone Soup Assorted Pizza Slices Spicy Chicken Wings Dirty Rice Sautéed Squash Marinated Mushroom Salad Yeast Rolls	Minestrone Soup Chicken & Dumpling Soup * * BREAKFAST NIGHT * * Country Fried Steak /Deli Chicken Scrambled Eggs / Eggs to Order Cheesy Grits / Country Gravy Belgian Waffles w/Strawberry Topping Biscuits / White & Wheat Bread
T H U R S 30-Mar 2023	Donuts / Bran Muffins Cinnamon Rolls Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Sausage Pattie / Spam Blueberry Pancakes Biscuits / Country Gravy	Navy Bean Soup Vegetable Soup Cabbage Rolls Marinara Meatball w Spaghetti Peas & Pearl Onions Harvard Beets Garlic Toast White & Wheat Bread	Vegetable Soup Navy Bean Soup Sliced Deli Turkey Barbeque Chicken Baked Beans Collard Greens Corn on the Cob Corn Muffins / Cornbread
F R I 31-Mar 2023	Donuts / Assorted Muffins Assorted Danishes Oatmeal / Cream of Wheat Eggs to Order Eggs - Scrambled / Hard Boiled Creamed Ground Beef Home Fried Potatoes /Tater Tots Biscuits / Country Gravy	Beef Noodle Cajun Gumbo Turkey Salad Wrap Fried Fish w/Cocktail/Tartar Sauce Macaroni and Cheese Stewed Cabbage Broiled Tomato Hushpuppies	Cajun Gumbo Beef Noodle Assorted Cold Cuts Salisbury Steak w/Mushroom Gravy Mashed Potatoes and Gravy Broccoli Florets Fried Zucchini Dinner Rolls / White & Wheat Bread
S A T 1-Apr 2023	Donuts / Assorted Muffins Scones Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Corned Beef Hash O'Brian Potatoes Biscuits / Country Gravy	Chicken and Rice Soup Split Pea Soup Beanie Weinies Chicken Parmesan w/Marinara Angel Hair Pasta / Marinara Sauce Southern Fried Succotash Spinach w/Sliced Boiled Eggs Garlic Bread	Split Pea Soup Chicken and Rice Soup Sliced Deli Chicken Beef and Broccoli Fried Rice Egg Rolls Creamed Cauliflower Dinner Rolls / White & Wheat Bread
S U N 2-Apr 2023	Donuts / Assorted Muffins Cinnamon Rolls Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Grilled Ham Steaks Peachy Waffles Biscuits / Country Gravy	Kielbasa Cabbage Soup Cream of Broccoli Soup Ham Salad Beef Ragu Ravioli Sautéed Carrots Seasoned Green Beans Yeast Rolls	Cream of Broccoli Soup Kielbasa Cabbage Soup Sliced Deli Roast Beef Shrimp & Sausage Jambalaya Jambalaya Rice Asparagus Spears Mustard Greens Corn Muffins / Cornbread / White/Wheat

DESSERTS - REGULAR LINE

DESSERTS - DIET LINE

DAILY SHORT ORDER LINE -
LUNCH ONLY

Mon	Cherry Pie
Tue	Vanilla Pudding
Wed	Bread Pudding
Thu	Brownies w/Nut
Fri	Boston Cream Pie
Sat	Banana Cream Pie
Sun	Black Berry Cobbler

NSA Berry Pie
Assorted SF Cookies
NSA Chocolate Pudding
Angel Cake w/Blueberries
NSA Cherry Pie
Assorted SF Cookies
Fresh Fruit Cups

Grilled Hamburgers w/ Buns / Sliced Cheese
Grilled Hot Dogs w/ Buns / Chili / Cheese Sauce
Grilled Chicken Breast w/ Corn Rolls
Grilled Cheese Sandwiches on White or Wheat
Condiments: Green Leaf Lettuce / Sliced Tomatoes
Sliced Red Onions / Dill Pickle Slices
Horseradish / Bacon / Assorted Chips

AFRH - W / MASTER MENU / M -2, 2020 CYCLE SIX - 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.

6->	BREAKFAST	LUNCH	DINNER
M O N 27-Mar 2023	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon Biscuits / DL Biscuit Gravy	DL Lentil Bean Soup DL Salmon Salad DL Mash Potatoes DL Normandy Blend Veggies DL Brussel Sprouts / Rolls	DL Lentil Bean Soup DL Sliced Roasted Turkey Breast w DL Gravy DL Roasted New Potatoes DL Sugar Snap Peas DL Carrots / Rolls
T U E S 28-Mar 2023	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 Asparagus Soup DL Chop Turkey DL Red Beans & Brown Rice DL Okra DL Roasted Mixed Vegetables Assorted Rolls	DL Cream of Asparagus Soup DL Broiled Fish Almandine DL Baked Sweet Potato DL California Blend Vegetables DL Peas & Pearl Onions Assorted Rolls
W E D 29-Mar 2023	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Ministrone Soup DL Veggie Pizza DL Baked Chicken Wings Roasted New Potatoes DL Squash / Mushroom Salad / Rolls	DL Ministrone Soup DL Grilled Breakfast Chopped Steak DL Scrambled Egg Beaters DL Grits Waffles w/SF Syrup (Toast Available)
T H U R 30-Mar 2023	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs DL Turkey Sausage Patties Biscuits / DL Biscuit Gravy	DL Vegetable Soup DL Marinara Sauce / Spaghetti Pasta Variety DL Beets Peas & Pearl Onions Wheat Roll	DL Vegetable Soup DL Bake Chicken w/BBQ Shake DL Vegetarian Baked Beans DL Collard Greens DL Coleslaw / Rolls
F R I 31-Mar 2023	DL Oatmeal / DL Cream of Wheat DL Scrambled Egg Beaters Hard Boiled Eggs DL Creamed Ground Beef Biscuits / DL Biscuit Gravy	DL Beef Noodle Soup DL Oven Fried Fish DL Parmesan Egg Noodles DL Cabbage DL Brolied Tomatoes / Rolls	DL Beef Noodle Soup DL Salisbury Steak DL Mashed Potatoes / DL Gravy DL Broccoli Florets DL ZucchiniAssorted Rolls
S A T 1-Apr 2023	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon DL O'Brian Potatoes Biscuits / DL Biscuit Gravy	DL Chicken and Rice Soup DL Grilled Italian Chicken Breast Angel Hair Pasta w/Marinara Sauce DL Succotash DL Spinach / Wheat Rolls Assorted Rolls	DL Chicken and Rice Soup DL Asian Beef w/Broccoli DL Brown Fried Rice DL Steamed Cauliflower Assorted Rolls
S U N 2-Apr 2023	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs LF/LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Cabbage Soup DL Pot Roast w/DL Gravy DL Diced Potatoes DL Carrots DL Green Beans / Wheat Rolls	DL Cabbage Soup DL Sauteed Shrimp DL Yellow Rice DL Asparagus Spears DL Mustard Greens / 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

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 / Apricot Halves
Sliced Peaches / Tropical Fruit Cocktail
Sliced Peaches / Pineapple Chunks
Sliced Peaches / Mandarin Oranges
Sliced Peaches / Fruit Cocktail
Sliced Peaches / Pineapple Slices
Sliced Peaches / Pear Halves