

**AFRH - W / MASTER MENU / M -1, 2020 CYCLE FOUR - REGULAR LINE**

<b>4-&gt;</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>M O N</b>  17-Jan 2022	Donuts / Assorted Muffins Oatmeal / Grits Eggs to Order  Eggs - Scrambled / Hard Boiled  French Toast Pork Bacon Biscuits / Sausage Gravy	Split Pea Soup Chicken Noodle Soup Enchiladas  Roasted Pork Loin w/Apples  Mash Potatoes w/ Pork Gravy German Blend Vegetables Refried Beans Dinner Rolls	Chicken Noodle Soup Split Pea Soup Sliced Deli Roast Beef  Curry Chicken w Rice  Roasted Plantain Broccoli Florets Cauliflower Florets Yeast Rolls / White & Wheat Bread
<b>T U E S</b>  18-Jan 2022	Donuts / Bran Muffins  Oatmeal / Cream of Wheat Eggs to Order Eggs - Scrambled / Hard Boiled Creamed Chipped Beef Lyonnaise Potatoes Biscuits / Country Gravy	Cream of Broccoli Soup Navy Bean Soup Chicken Salad Corned Beef / Horseradish Sauce Buttery Parsley Potatoes Sautéed Cabbage Sautéed Carrots Corn Muffins / Cornbread	Navy Bean Soup Cream of Broccoli Soup Sliced Deli Turkey Lemon Baked Fish Buttered Parmesan Egg Noodles Club Spinach California Blend Dinner Rolls / White & Wheat Bread
<b>W E D</b>  19-Jan 2022	Donuts / Assorted Muffins Coffee Cake Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Pork Bacon  Hash Browns  Biscuits / Country Gravy	Corn Chowder Kielbasa Cabbage Soup Assorted Crust Pizza Slices Corn Dogs  Sautéed Squash  Sugar Snap Peas  Yeast Rolls	Kielbasa Cabbage Soup Corn Chowder Philly Steak & Cheese Sub Fish & Cheese Sub <b>Steak Fries</b> Mushrooms & Onions  Coleslaw
<b>T H U R S</b>  20-Jan 2022	Donuts / Bran Muffins Cinnamon Rolls Oatmeal / Grits Eggs to Order  Eggs - Scrambled / Hard Boiled Sausage Pattie / Spam Apple Pancakes Biscuits / Country Gravy	New England Clam Chowder Minestrone Soup Tuna Salad Fried Chicken  AuGratin Potatoes  Coleslaw Turnip Greens Corn Muffins	Minestrone Soup Clam Chowder Sliced Deli Chicken Marinated Grilled Rib Bites  Lyonnaise Rice Cashew Pea Salad Spinach Dinner Rolls / White & Wheat Bread
<b>F R I</b>  21-Jan 2022	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	Tomato Florentine Soup Cream of Mushroom Soup Hot Rueben Sandwich Fried Fish w/Cocktail/Tartar Sauce Macaroni & Cheese Broccoli Florets Normandy Blend Veggies Hushpuppies	Tomato Florentine Soup Cream of Mushroom Soup Sliced Deli Roast Beef Shrimp Salad w/Croissants Potato Logs Asparagus Casserole Taco Salad Croissant / White & Wheat Bread
<b>S A T</b>  22-Jan 2022	Donuts / Assorted Muffins Scones Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Corned Beef Hash O'Brian Potatoes Biscuits / Country Gravy	Won Ton Soup Vegetable Soup American Style Tomato & Beef Goulash with Macaroni Grilled Ham & Cheese Sandwich Collard Greens Corn and Carrots  Cornbread	Won Ton Soup Vegetable Soup Assorted Sliced Deli Cold Cuts Char Grilled Teriyaki Chicken Sticks Asian Stir Fried Noodles Stir Fried Asian Vegetables Sautéed Asian Cabbage  Assort Rolls / White & Wheat Bread
<b>S U N</b>  23-Jan 2022	Donuts / Assorted Muffins Cinnamon Rolls Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Grilled Ham Steaks Belgian Waffles w Strawberry Banana Topping Biscuits / Country Gravy	Chicken and Rice Soup Manhattan Clam Chowder Egg Salad Veal Parmesan /Pasta  Italian Green Beans Mixed Vegetables  Garlic Bread	Manhattan Clam Chowder Chicken and Rice Soup Sliced Deli Turkey Barbeque Beef Brisket Hashbrown Casserole Creamy Country Corn  Cauliflower Dinner Rolls / White & Wheat Bread

**DESSERTS - REGULAR LINE**

**Mon** Strawberry Cream Pie  
**Tue** Oatmeal Cookies  
**Wed** Orange Cake  
**Thu** Sweet Potato Pie  
**Fri** Banana Cake  
**Sat** Chocolate Cookies  
**Sun** Tapioca Pudding

**DESSERTS - DIET LINE**

NSA Chocolate Pudding  
Assorted SF Cookies  
Fresh Fruit Cups  
Angel Cake w/Fruit Cocktail  
NSA Peach Pie  
Assorted SF Cookies  
Tropical Fruit Cups

**DAILY SHORT ORDER LINE - LUNCH ONLY**

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