

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

<b>5-&gt;</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>M O N</b>  24-Jan 2022	Donuts / Assorted Muffins Oatmeal / Grits Eggs to Order  Eggs - Scrambled / Hard Boiled  French Toast Pork Bacon Biscuits / Sausage Gravy	Vegetable Beef & Barley Soup Loaded Potato Soup Seafood Salad  Grilled Liver and Onions  Rice w/Gravy Okra & Tomatoes Blackeyed Peas Corn Muffins / Cornbread	Loaded Potato Soup Vegetable Beef & Barley Soup Deli Chicken  Grill Chop Steaks/Onions  Mashed Potatoes & Gravy Buttery Green Peas Greek Salad Dinner Rolls / White & Wheat Bread
<b>T U E S</b>  25-Jan 2022	Donuts / Bran Muffins  Oatmeal / Cream of Wheat Eggs to Order Eggs - Scrambled / Hard Boiled Creamed Chipped Beef Lyonnaise Potatoes Biscuits / Country Gravy	Pinto Bean Soup Turkey Noodle Soup <b>Italian Sausage, Peppers, Onions</b> Sheppards Pie  Buttered Corn Normandy Blend Vegetables Garlic Bread	Turkey Noodle Soup Pinto Bean Soup Sliced Deli Turkey Codfish Cakes Wild Rice w/Cream Sauce Brussel Sprouts Roasted Mixed Vegetables Dinner Roll / White & Wheat Bread
<b>W E D</b>  26-Jan 2022	Donuts / Assorted Muffins Coffee Cake Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Pork Bacon  Hash Browns  Biscuits / Country Gravy	Tomato Soup Caribbean Chicken Soup Turkey Salad Smothered Pork Chops Baked Sweet Potatoes Cauliflower  Creamed Spinach  Dinner Rolls / White & Wheat Bread	Caribbean Chicken Soup Tomato Soup Assorted Sliced Deli Cold Cuts Jamaica Jerk Chicken Black Beans & Rice Steamed Cabbage  Roasted Plantain  Bread
<b>T H U R S</b>  27-Jan 2022	Donuts / Bran Muffins Cinnamon Rolls Oatmeal / Grits Eggs to Order  Eggs - Scrambled / Hard Boiled  Sausage Link / Scrapple Apple Pancakes  Biscuits / Country Gravy	Italian Wedding Soup Split Pea Soup Sloppy Joes w/Buns Great Northern Beans / Smoked Sausage  Rice  California Blend Vegetables Sautéed Squash  Assorted Rolls	Split Pea Soup Italian Wedding Soup Sliced Deli Roast Beef Roasted Turkey w/Gravy  Cornbread Dressing / Cranberry Sauce  Mashed Potatoes / Stewed Tomatoes Green Bean Casserole  Dinner Rolls / White & Wheat Bread
<b>F R I</b>  28-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	Chicken & Rice Soup Chili Bean Soup Egg Plant Parmesan Salmon Patties Macaroni & Cheese Turnip Greens Southern Fried Succotash Corn Muffins / Cornbread	Chili Bean Soup Chicken & Rice Soup Sliced Deli Ham Open Faced Roast Beef w/Au Jus Steak Fries Creamy Mexican Country Corn Coleslaw Hoagie Roll / White & Wheat Bread
<b>S A T</b>  29-Jan 2022	Donuts / Assorted Muffins Scones Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Corned Beef Hash O'Brian Potatoes  Biscuits / Country Gravy	Knickerbockers Soup Lobster Bisque Egg Salad Barbeque Pulled Pork / Buns Potato Logs Asparagus Spears Fried Zucchini  Bread Stick	Lobster Bisque Knickerbockers Soup Assorted Sliced Deli Cold Cuts Chicken Alfredo Fettuccini Broccoli Sautéed Carrots  Garlic Bread / White & Wheat Bread
<b>S U N</b>  30-Jan 2022	Donuts / Assorted Muffins Cinnamon Rolls Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Grilled Ham Steaks  Peachy Belgian Waffles  Biscuits / Country Gravy	Chicken Tortilla Soup Cream of Broccoli Soup Turkey & Cheese Croissant Yakisoba Beef  Lima Beans  Broccoli Tomato Salad  Yeast Rolls	Cream of Broccoli Soup Chicken Tortilla Soup Sliced Deli Turkey Barbeque Ribs Potato Salad / Baked Beans Collard Greens  Sauteed Corn  Corn Muffins / Cornbread / White/Wheat

**DESSERTS - REGULAR LINE**

**Mon** Lemon Meringue  
**Tue** Peanut Butter Cookies \*\*\*  
**Wed** Brownie \*\*\*\*  
**Thu** Rice Pudding  
**Fri** Pecan Pie  
**Sat** Chocolate Chip Cookies  
**Sun** Peach Cobbler

**DESSERTS - DIET LINE**

NSA Apple Pie  
Assorted SF Cookies  
Vanilla Pudding, NSA  
Sponge Cake w/Diced Pears  
NSA Peach Pie  
Assorted SF Cookies  
Fresh Fruit Cups

**DAILY SHORT ORDER LINE - LUNCH ONLY**

Grilled Hamburgers w/ Buns / Sliced Ch  
Grilled Hot Dogs w/ Buns / Chili / Chees  
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