

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

6->	BREAKFAST	LUNCH	DINNER
M O N	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 Tetrazini w/Vermicelli Sautéed Carrots Sugar Snap Peas Dinner Rolls / White & Wheat Bread
27-Sep 2021			
T U E S	Donuts / Bran Muffins Oatmeal / Cream of Wheat Eggs to Order Eggs - Scrambled / Hard Boiled Creamed Chipped Beef Lyonnais 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
28-Sep 2021			
W E D	Donuts / Assorted Muffins Coffee Cake Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Pork Bacon Hash Browns Biscuits / Country Gravy	Cream of Broccoli Soup Minestrone Soup Assorted Pizza Slices Spicy Chicken Wings Dirty Rice Sautéed Squash Marinated Mushroom Salad Yeast Rolls	Minestrone Soup Cream of Broccoli 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
29-Sep 2021			
T H U R S	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
30-Sep 2021			
F R I	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
1-Oct 2021			
S A T	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
2-Oct 2021			
S U N	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
3-Oct 2021			

DESSERTS - REGULAR LINE

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

DESSERTS - DIET LINE

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

**DAILY SHORT ORDER LINE -
LUNCH ONLY**

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