

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

4->	BREAKFAST	LUNCH	DINNER
M O N 12-Oct 2020	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
T U E S 13-Oct 2020	Donuts / Bran Muffins Oatmeal / Cream of Wheat Eggs to Order Eggs - Scrambled / Hard Boiled Creamed Chipped Beef Lyonnais 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
W E D 14-Oct 2020	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 Steak Fries Mushrooms & Onions Coleslaw
T H U R S 15-Oct 2020	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 Lyonnais Rice Cashew Pea Salad Spinach Dinner Rolls / White & Wheat Bread
F R I 16-Oct 2020	Donuts / Assorted Muffins Assorted Danishes Oatmeal / Cream of Wheat Eggs to Order Eggs - Scrambled / Hard Boiled Creamed Ground Beef Home Fried Potatoes Biscuits / Country Gravy	Tomato Florentine Soup Cream of Mushroom Soup Hot Rubeen 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
S A T 17-Oct 2020	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
S U N 18-Oct 2020	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 / 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