

AFRH - G / Master Menus Week of 6 /5 / 2023 / Cycle 4 - REGULAR LINE (Revision 2)

	BREAKFAST - 0700 - 0830	LUNCH - 1130 - 1300	DINNER - 1630 - 1800
M O N  Jun 5th	Donuts / Bran Muffins / Apple Fritters Assorted Danishes Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Pork Bacon / Hash Browns French Toast Made to Order on the Grill Biscuits / Sausage Gravy	Roasted Poblano & Beef Soup Navy Bean Soup (No Carrots) Ham & Swiss Cheese Wraps Barbeque Chicken Home Style Mac & Cheese Turnip Greens Seasoned Cut Green Beans Parker House Rolls / Cornbread	Roasted Poblano & Beef Soup Navy Bean Soup (No Carrots) Assorted Deli Meats / Cheeses Beef Stew w/Potatoes & Carrots Steamed White Rice Sautéed Rutabagas California Blend Veggies Brown&Serve Rolls / Sliced Bread
T U E S  Jun 6th	Donuts / Bran Muffins / Apple Fritters Assorted Coffee Cakes Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Creamed Chipped Beef Lyonnaise Potatoes Biscuits / Country Gravy	Cream of Broccoli Soup Turkey, Spinach & Lentil Soup Chicken & Sausage Jambalaya Roast Beef & Gravy Po Boy Potato Salad Fried Cauliflower with Ranch Bermuda Blend Vegetables Hoagie Roll / Cornbread	Cream of Broccoli Turkey, Spinach & Lentil Soup Assorted Deli Meats / Cheeses Herb Baked Fish Pork Loin with Pork Gravy Hash Brown Casserole Roasted Aspraragus / Cape Cod Blend Dinner Rolls / Sliced Bread
W E D  Jun 7th	Donuts / Bran Muffins / Apple Fritters Cinnamon Rolls Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Grilled Ham Steaks / Baked Beans Buttery Diced Potatoes Corn Muffins / Biscuits / Country Gravy	Chili Bean Soup / Pimento Cheese Cheesy Taco Soup Cabbage Rolls Assorted Pizza Slices Spinach & Onion Au Gratin Pot Corn on Cob / Whole Kernel Corn Caribbean Blend Vegetables Slider Rolls / Cornbread	Chili Bean Soup / Pimento Cheese Egg Drop Soup Assorted Deli Meats / Cheeses Beef & Broccoli w/ Lo Mein Noodles / Fried Egg Rolls Pacific Rim Vegetables Sugar Snap Peas Parker House Rolls / Sliced Bread
T H U R  Jun 8th	Donuts / Bran Muffins / Apple Fritters Assorted Muffins Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Sausage Patties / Hash Browns Pancakes / Strawberry Topping Biscuits / Country Gravy	Kansas City Steak Soup Split Pea w/Ham & Carrots Soup Chicken Tenders w/ Assort Dips Meatloaf with Gravy on the Side Mashed Potatoes w/ Brown Gravy Stuffed Garlic Portabella Mshrms Sautéed Fresh Thick Cut Squash Yeast Rolls / Cornbread	Kansas City Steak Soup Split Pea w/Ham & Carrots Soup Assorted Deli Meats / Cheeses Fried Pork Chops Baked Sweet Potato Stewed Tomatoes w/ Onions Purple Hull Peas w/ Baked Okra on Side Yeast Rolls / Sliced Bread
F R I  Jun 9th	Donuts / Bran Muffins / Apple Fritters Assorted Danishes Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Creamed Ground Beef Home Fried Potatoes Biscuits / Country Gravy	Creamy Chicken & Wild Rice Soup Tomato Florentine Soup Chicken Salad Fried Shrimp w/Cocktail/Tartar Sauce Pan Fried Potatoes & Onions Southern Okra Succotash Squash Casserole Hoagie / Hushpuppies/ Cornbread	Creamy Chicken & Wild Rice Soup Tomato Florentine Soup Assorted Deli Meats / Cheeses Beef Strips 'n Mushroom Cream Sauce Mashed Potatoes & Mshrm Crm Gravy Grilled Veggie Medley Sautéed Brussel Sprouts Brown&Serve Rolls / Sliced Bread
S A T  Jun 10th	Donuts / Bran Muffins / Apple Fritters Honey Bun Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Corned Beef Hash Hash Browns Biscuits / Sausage Gravy	Home Style Chicken Noodle Soup Corn & Potato Chowder Crispy Battered Pollock Filet with Lemon Wedges & Tartar Sauce Barbeque Baby Back Ribs Steak Fries BBQ Baked Beans / Coleslaw Yeast Rolls / Cornbread	Home Style Chicken Noodle Soup Corn & Potato Chowder Assorted Deli Meats / Cheeses Ground Beef and Tomato Lasagna / Cheesy Rosemary Bread Caesar Salad Sautéed Fresh Zucchini Chunks Garlic Bread / Sliced Bread
S U N  Jun 11th	Donuts / Bran Muffins / Apple Fritters Cinnamon Rolls Oatmeal / Grits Eggs to Order / Cheesy Diced Potatoes Eggs - Scrambled / Hard Boiled Smoked Rope Sausage Waffles / Banana Topping Biscuits / Country Gravy	Vegetable Soup Chicken & Sausage Gumbo Stuffed Peppers Turkey & Dressing w/ Turkey Gravy Mashed Potatoes w/ Brown Gravy Buttery Green Peas Creamed Spinach Dinner Rolls / Cornbread	Vegetable Soup Chicken & Sausage Gumbo Assorted Deli Meats / Cheeses Sweet & Sour Hawaiian Chicken Hawaiian Coconut Rice Buttered Broccoli Florets Ginger Honey Roasted Baby Carrots Slider Rolls / Sliced Bread

	DESSERTS - REGULAR LINE	DESSERTS - DIET LINE	DAILY SHORT ORDER LINE - LUNCH ONLY
Mon	Strawberry Short Cake w/ Sgr + w/ NSA	NSA Coconut Cream Pie	Grilled Hamburgers w/ Buns / Sliced Cheese
Tue	M & M Cookies	Assorted SF Cookies	Grilled Hot Dogs w/ Buns / Chili / Cheese Sauce
Wed	Orange Cake	Fresh Fruit Cups	Grilled Skinless, Boneless Chicken Breast
Thu	Peanut Butter Chocolate Pie	Angel Cake with Blueberries	Grilled Cheese Sandwiches on White or Wheat
Fri	Key Lime Pie	NSA Peach Pie	Condiments: Green Leaf Lettuce / Sliced Tomatoes
Sat	Chocolate Cookies	Assorted SF Cookies	Sliced Red Onions / Dill Pickle Slices
Sun	Blueberry Almond Bread Pudding	Tropical Fruit Cups	Horseradish / Bacon / French Fried Potatoes