

AFRH - G / Master Menus Week of 01 / 17 / 2022 / Cycle 4 - REGULAR LINE

	BREAKFAST - 0700 - 0830	LUNCH - 1130 - 1300	DINNER - 1630 - 1800
M O N Jan 17th	Donuts / Bran Muffins / Apple Fritters Pecan Swirl Danishes Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Pork Bacon / Shredded Hash Browns French Toast Made to Order on the Grill Biscuits / Sausage Gravy	Clam Chowder Navy Bean Soup Tacos w/ Toppings Barbeque Chicken Home Style Mac & Cheese Sautéed Cabbage California Blend Veggies Yeast Rolls / Cornbread	Clam Chowder Navy Bean Soup Assorted Deli Meats / Cheeses Beef Stew w/Potatoes & Carrots Steamed White Rice Seasoned Green Beans Sautéed Squash Brown&Serve Rolls / Sliced Bread
T U E S Jan 18th	Donuts / Bran Muffins / Apple Fritters Cinnamon Rolls Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Creamed Chipped Beef Lyonnais Potatoes Biscuits / Country Gravy	Crn of Broccoli / Trky, Spnch & Lentil Soups Strawberry Spinach Salad Baked Salmon w/ Cucumber Sauce Prime Rib w/Bordelaise Sauce Baked Potato w/Sour Crm/Butter Steamed Asparagus Sautéed Mushrooms, Peppers & Onions Parker House Rolls / Assrt Sweets	Cream of Broccoli Turkey, Spinach & Lentil Soup Assorted Deli Meats / Cheeses Herb Baked Fish / Sliced Rst Beef Roasted Red Potatoes Sugar Snap Peas Italian Pepper Salad Dinner Rolls / Sliced Bread
W E D Jan 19th	Donuts / Bran Muffins / Apple Fritters Assorted Coffee Cakes Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Grilled Ham Steaks Buttery Potatoes / Baked Beans Corn Muffins / Biscuits / Country Gravy	Chili Bean Soup / Pimento Cheese Cheesy Taco Soup Bean & Beef Burritos Assorted Pizza Slices Steak Cut Fries Corn on Cob / Super Sweet White Corn Creamed Spinach w/ Nacho Chips Slider Rolls / Cornbread	Chili Bean Soup / Pimento Cheese Egg Drop Soup Assorted Deli Meats / Cheeses Beef & Broccoli w/ Lo Mein Noodles / Fried Egg Rolls Baby Carrots / Fortune Cookies Bermuda Blend Veggies Yeast Rolls / Sliced Bread
T H U R Jan 20th	Donuts / Bran Muffins / Apple Fritters Honey Bun Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Sausage Patties / Shredded Hash Browns Pancakes / Strawberry Topping Biscuits / Country Gravy	Kansas City Steak Soup Split Pea w/Ham & Carrots Soup BBQ Beef Brskt/Chddr 'n Challah 8639706 Bur Chicken Tenders w/ Assort Dips Warm Pasta Primavera Stuffed Garlic Portabella Mshrms Buttered Cauliflower Assorted Rolls / Cornbread	Kansas City Steak Soup Split Pea w/Ham & Carrots Soup Assorted Deli Meats / Cheeses Fried Pork Chops Cabbage, Green Peas & Noodles Stewed Tomatoes w/ Onions Purple Hull Peas w/ Baked Okra on Side Parker House Rolls / Sliced Bread
F R I Jan 21st	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 Brats w/ Kraut 'n Baget 8564488 Roll Fried Shrimp w/Cocktail/Tartar Sauce Spinach & Onion Au Gratin Pot Southern Okra Succotash Normandy Blend Veggies Hushpuppies / Cornbread	Creamy Chicken & Wild Rice Soup Tomato Florentine Soup Assorted Deli Meats / Cheeses Beef Strips 'n Mushroom Cream Sauce Mashed Potatoes & Mshrm Cream Gravy Grilled Veggie Medley Caesar Salad Brown&Serve Rolls / Sliced Bread
S A T Jan 22nd	Donuts / Bran Muffins / Apple Fritters Cinnamon Rolls Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Corned Beef Hash Shredder Hash Brown Potatoes Biscuits / Sausage Gravy	Home Style Chicken Noodle Soup Corn & Potato Chowder Shrimp Salad w/Tom Wedges & Gold Crackers Barbeque Baby Back Ribs Potato Salad Coleslaw Squash Casserole Yeast Rolls / Cornbread	Home Style Chicken Noodle Soup Corn & Potato Chowder Assorted Deli Meats / Cheeses Ground Beef and Tomato Lasagna / Cheesy Rosemary Bread Roasted Brussel Sprouts Sautéed Fresh Zucchini Chunks Garlic Bread / Sliced Bread
S U N Jan 23rd	Donuts / Bran Muffins / Apple Fritters Apple Fritters Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Grilled Ham Steaks / Cheesy Potatoes Waffles / Banana Topping Biscuits / Country Gravy	Vegetable Soup Chicken & Sausage Gumbo Sloppy Joes 'n Challah 8639706 Bun Garlic Stuffed Fresh Pork Roast Steamed Rice w/Pork Gravy Buttery Green Peas Avocado Tomato & Cucumber Salad Dinner Rolls / Cornbread	Vegetable Soup Chicken & Sausage Gumbo Assorted Deli Meats / Cheeses Sweet & Sour Hawaiian Chicken Hawaiian Fried Pineapple Almond Rice Buttered Broccoli Florets Cape Cod Blend w/ Toasted Pine Nuts Slider Rolls / Sliced Bread

DESSERTS - REGULAR LINE

Mon	Strawberry Cream Pie
Tue	Fruit & Nut Cookies
Wed	Orange Cake
Thu	Peanut Butter Chocolate Pie
Fri	Key Lime Pie
Sat	Chocolate Cookies
Sun	Blueberry Almond Bread Pudding

DESSERTS - DIET LINE

	NSA Coconut Cream Pie
	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 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 / French Fried Potatoes