

AFRH - G / Master Menus Week of 10 / 2 / 2023 / Cycle 3 - REGULAR LINE (Revision 2)

	BREAKFAST - 0700 - 0830	LUNCH - 1130 - 1300	DINNER - 1630 - 1800
M O N Oct 2nd	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	Vegetable Beef & Barley Soup Tomato Cream Cheese Soup Chicken & Dumplings Crunchy & Soft Beef Tacos Mexican Rice / Refried Beans Broccoli Florets Fried Squash Yeast Roll / Cornbread / Corn Muffin	Vegetable Beef & Barley Soup Egg Drop Soup Assorted Deli Meats / Cheeses Beef Yakisoba - New with Chinese Noodles Pacific Rim Blend / Egg Rolls Sugar Snap Peas Dinner Roll / Corn Muffin
T U E S Oct 3rd	Donuts / Bran Muffins / Apple Fritters Assorted Coffee Cakes Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Creamed Chipped Beef Lyonnais Potatoes Biscuits / Country Gravy	Chicken and Rice Soup Cream of Asparagus Soup Ham Salad / Mini Croissants Fried Chicken Mashed Potatoes w/Chicken Gravy Creamed Spinach Sautéed Rutabagas Slider Roll / Cornbread / Corn Muffin	Chicken and Rice Soup Cream of Asparagus Soup Assorted Deli Meats / Cheeses Corned Beef Irish Potatoes Stewed Cabbage Sliced Carrots Yeast Roll / Corn Muffin
W E D Oct 4th	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 Italian Wedding Soup Turkey & Bacon Wrap w/ Pub Sauce Shake & Bake Pork Chop Creamy Mushroom Rice Stewed Tomatoes Green Peas / Corn Muffin Brown & Serve Roll / Cornbread	Chili Bean Soup / Pimento Cheese Italian Wedding Soup Assorted Deli Meats / Cheeses Cajun Baked Fish w/Lt Crm Sauce Rotisserie Seasoned Chicken Brst Candied Yams Italian Green Beans / Corn Muffin Speckled Butter Beans / Slider Roll
T H U R Oct 5th	Donuts / Bran Muffins / Apple Fritters Assorted Muffins Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Sausage Patties / Hash Browns Pancakes / Peach Topping Biscuits / Country Gravy	** OKTOBERFEST CELEBRATION** Kielbasa Cabbage Soup German Wurst Salad / German Potato Salad Cider Glazed German Chop Meatballs with Sauerkraut Pork, Apples & Potatoes Pumpkin Rice / German Red Cabbage Tangy Bacon & Green Beans Potato Roll / Assorted Desserts	White Bean & Wheat Berry Soup Cream of Broccoli Soup Assorted Deli Meats / Cheeses BBQ Pulled Pork / Corn Roll Scalloped Potatoes BBQ Baked Beans Fried Okra / Coleslaw Yeast Roll / Corn Muffin
F R I Oct 6th	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	Pasta Fagioli Soup Chicken Tortilla Soup Western Beans with Ground Beef Fried Catfish with Cocktail & Tartar Potato Salad / Mustard Greens Whole Kernel Corn / Corn on the Cob Hushpuppies / Cornbread	Pasta Fagioli Soup Chicken Tortilla Soup Assorted Deli Meats / Cheeses Skillet Smoked Sausage and Potatoes - New Creamed Cauliflower Bermuda Blend Vegetables Dinner Roll / Corn Muffin
S A T Oct 7th	Donuts / Bran Muffins / Apple Fritters Honey Bun Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Corned Beef Hash Hash Browns Biscuits / Sausage Gravy	Amish Chicken & Corn Soup Potato Sausage & Kale Soup Breaded Zesty Chicken Sandwich Roast Beef with Gravy Mashed Potatoes / Beef Gravy Garlic Butter Sautéed Mushrooms Baked Beets with Shallots Parker House Roll / Cornbread	Amish Chicken & Corn Soup Potato Sausage & Kale Soup Assorted Deli Meats / Cheeses Meat Balls 'n Tomato Meat Sauce Spaghetti / Cheesy Rosemary Bread Tuscan Blend Vegetables Sautéed Brussel Sprouts Garlic Bread / Corn Muffin
S U N Oct 8th	Donuts / Bran Muffins / Apple Fritters Cinnamon Rolls Oatmeal / Grits Eggs to Order / Cheesy Diced Potatoes Eggs - Scrambled / Hard Boiled Smoked Rope Sausage Waffles / Blueberry Topping Biscuits / Country Gravy	Roast Beef Soup Loaded Potato Soup Crispy Battered Fried Shrimp Po-Boy Garlic Stuffed Fresh Pork Roast / Pork Gravy Twice Baked Potato Casserole Whole Green Bean Almandine Glazed Baby Carrots Brown & Serve Roll / Cornbread	Roast Beef Soup Loaded Potato Soup Assorted Deli Meats / Cheeses Beef Stroganoff White Rice Sautéed Fresh Thick Cut Zucchini Cape Cod Blend Slider Roll / Corn Muffin

DESSERTS - REGULAR LINE

Mon	Apple Pie
Tue	Snickerdoodle Cookies
Wed	Lemon Cake
Thu	Caramel Apple Crumb Cake
Fri	French Silk Pie
Sat	Wh. Chocolate Macadamia Nut Cookies
Sun	Peach Cobbler

DESSERTS - DIET LINE

NSA Berry Pie
Assorted SF Cookies
Fresh Fruit Cups
Sponge Cake with Strawberries
NSA Cherry Pie
Assorted SF Cookies
Tropical Fruit Cups

GRILL OPTIONS (LUNCH ONLY)

* Grilled Hamburger	* Grilled All Beef Hot Dog
* Grilled Skinless, Boneless Chicken Breast	
* Grilled Cheese	* Grilled Ham & Cheese
* Breaded Cod Filet	* Bacon * Cheese * Chili
* Buns	* Flour Tortillas * White & Wheat Bread
* French Fries	* Sweet Potato Fries
* Beer Battered Onion Rings (Wed Only)	
* Condiment Stations Available	