

AFRH - G / Master Menus Week of 3 / 2 / 2026 / Cycle 3 - REGULAR LINE (Revision 2)

	BREAKFAST - 0700 - 0830	LUNCH - 1130 - 1300	DINNER - 1630 - 1800
M O N Mar 2nd	Donuts / Bran Muffins / Apple Fritters Assorted Danishes Oatmeal / Grits TO ORDER: Eggs / Sliced Spam Eggs - Scrambled / Hard Boiled Pork Bacon / Hash Browns French Toast Made to Order on the Grill Biscuits / Sausage Gravy	Vegetable, Beef & Barley Soup Cream of Tomato Soup Grilled Cheese w/ Cheddar & Jack Smoked Sausage Louisiana-Style Red Beans / Rice Italian Green Beans Sautéed Fresh Cut Squash Yeast Roll / Cornbread / Corn Muffin	Vegetable, Beef & Barley Soup Cream of Tomato Soup Assorted Deli Meats / Cheeses Chicken & Dumplings Baked Sweet Potato Baked Okra Normandy Vegetable Blend Dinner Roll / Corn Muffin
T U E S Mar 3rd	Donuts / Bran Muffins / Apple Fritters Assorted Coffee Cakes Oatmeal / Grits TO ORDER: Eggs / Sliced Spam Eggs - Scrambled / Hard Boiled Creamed Chipped Beef Pork Bacon / Lyonnaise Potatoes Biscuits / Country Gravy	Minestrone Soup Cream of Asparagus Soup Jamaican Escovitch Tilapia Fried Chicken Mashed Potatoes / Chicken Gravy Speckled Butter Beans Creamed Spinach Slider Roll / Cornbread / Corn Muffin	Minestrone Soup Cream of Asparagus Soup Assorted Deli Meats / Cheeses Corned Beef Irish Potatoes Stewed Cabbage Sliced Carrots Yeast Roll / Corn Muffin
W E D Mar 4th	Donuts / Bran Muffins / Apple Fritters Cinnamon Rolls Oatmeal / Grits TO ORDER: Eggs / Sliced Spam Eggs - Scrambled / Hard Boiled Pork Bacon / Grilled Ham Steaks Baked Beans / Buttery Diced Potatoes Corn Muffins / Biscuits / Country Gravy	Italian Wedding Soup Chili with Beans Assorted Pizza Slices Smoked Chicken Wings Mediterranean Penne Pasta Caesar Salad Steamed Broccoli Florets Slider Roll / Cornbread / Corn Muffin	Italian Wedding Soup Chili with Beans Assorted Deli Meats / Cheeses Shake & Bake Pork Chop Cranberry Wild Rice Creamed Cauliflower Sautéed Brussel Sprouts Brown & Serve Roll / Corn Muffin
T H U R Mar 5th	Donuts / Bran Muffins / Apple Fritters Assorted Muffins Oatmeal / Grits TO ORDER: Eggs / Sliced Spam Eggs - Scrambled / Hard Boiled Sausage Patties / Hash Browns Pancakes / Peach Topping Pork Bacon / Biscuits / Country Gravy	White Bean & Wheat Berry Soup Shrimp & Artichoke Soup Turkey & Bacon Wrap with Ranch Pot Roast in Gravy Bada-Bing Bada-Bang Potatoes Carrot Soufflé Sautéed Fresh Cut Zucchini Yeast Roll / Cornbread / Corn Muffin	White Bean & Wheat Berry Soup Shrimp & Artichoke Soup Assorted Deli Meats / Cheeses BBQ Chicken Potato Salad Baked Beans / Coleslaw Sugar Snap Peas Dinner Roll / Corn Muffin
F R I Mar 6th	Donuts / Bran Muffins / Apple Fritters Assorted Danishes Oatmeal / Grits TO ORDER: Eggs / Sliced Spam Eggs - Scrambled / Hard Boiled Creamed Ground Beef Pork Bacon / Home Fried Potatoes Biscuits / Country Gravy	Pasta Fagioli Soup / Chicken Tortilla Soup Crunchy & Soft Beef Tacos with all the toppings Fried Catfish / Cocktail / Tartar / Lemon Au Gratin Potatoes Pinto Beans Turnip Greens / Cornbread Hushpuppies / Corn Muffin	Pasta Fagioli Soup / Chicken Tortilla Soup Assorted Deli Meats / Cheeses Meat Balls in Tomato Meat Sauce over Spaghetti Pasta Tuna Salad / Creamy Country Corn Bermuda Vegetable Blend Garlic & Cheddar Muffin Garlic Bread / Corn Muffin
S A T Mar 7th	Donuts / Bran Muffins / Apple Fritters Honey Bun Oatmeal / Grits TO ORDER: Eggs / Sliced Spam Eggs - Scrambled / Hard Boiled Corned Beef Hash Pork Bacon / Hash Browns Biscuits / Sausage Gravy	Chicken and Rice Soup Split Pea Soup Chicken Salad / Mini Croissant Sliced Roast Beef with Gravy Mashed Potatoes / Beef Gravy Sautéed Garlic Butter Mushrooms Sautéed Rutabagas Slider Roll / Cornbread / Corn Muffin	Chicken and Rice Soup Split Pea Soup Assorted Deli Meats / Cheeses Grilled Ham Steak w/ Grilled Pineapple Scalloped Potatoes Green Peas Seasoned Cut Green Beans Dinner Roll / Corn Muffin
S U N Mar 8th	Donuts / Bran Muffins / Apple Fritters Cinnamon Rolls Oatmeal / Grits / Cheesy Diced Potatoes TO ORDER: Eggs / Sliced Spam Eggs - Scrambled / Hard Boiled Pork Bacon / Smoked Rope Sausage Waffles / Blueberry Topping Biscuits / Country Gravy	Roast Beef Soup Loaded Potato Soup Fried Shrimp Po-Boy Tartar / Cocktail Garlic-Stuffed Fresh Pork Roast Dirty Rice / Pork Gravy Roasted Fresh Asparagus Baked Beets with Shallots Yeast Roll / Cornbread / Corn Muffin	Roast Beef Soup Loaded Potato Soup Assorted Deli Meats / Cheeses Beef Stroganoff Curly Egg Noodles Steamed Broccoli Florets Stewed Tomatoes Slider Roll / Corn Muffin

GRILL OPTIONS (LUNCH ONLY)

DESSERTS - REGULAR LINE	DESSERTS - DIET LINE	* Hamburger * Cheeseburger * Sliced Spam
Mon Apple Pie	NSA Vanilla Parfait	* All Beef Hot Dog * Breaded Cod Filet
Tue Snickerdoodle Cookies	Assorted NSA Cookies	* Grilled Skinless, Boneless Chicken Breast
Wed Pound Cake with Fruit	Fresh Fruit Cups	* Grilled Cheese * Grilled Ham & Cheese
Thu Caramel Apple Crumb Cake	Sponge Cake with Strawberries	* French Fries * Sweet Potato Fries * Chili
Fri French Silk Pie	NSA Apple Pie	* Onion Rings (Wed Only) * Bacon * Cheese
Sat Wh. Chocolate Macadamia Nut Cookies	Assorted NSA Cookies	* Buns * Flour Tortillas * White & Wheat Bread
Sun Peach Cobbler / Assortment	Tropical Fruit Cups / NSA Assortment	* Condiment Stations Available