AFRH - G / Master Menus Week of 11 / 2 / 2026 / Cycle 2 - REGULAR LINE (Revision 2)

	BREAKFAST - 0700 - 0830	LUNCH - 1130 - 1300	DINNER - 1630 - 1800
M	Donuts / Bran Muffins / Apple Fritters	Tomato Cream Cheese Soup	Tomato Cream Cheese Soup
O	Assorted Danishes	Corn & Potato Chowder	Corn & Potato Chowder
N	Oatmeal / Grits	Gourmet Turkey Salad / Mini Croissant	Assorted Deli Meats / Cheeses
	TO ORDER: Eggs / Sliced Spam	Smoked Pork Butt	American-Style Tomato & Beef
	Eggs - Scrambled / Hard Boiled	Blackeyed Peas / Steamed Rice	Goulash w/ Macaroni
Nov	Pork Bacon / Hash Browns	Stewed Cabbage	Prince Edward Vegetable Blend
2nd	French Toast Made to Order on the Grill	Sugar Snap Peas	Cauliflower / Cheese Sauce
	Biscuits / Sausage Gravy	Slider Roll / Cornbread / Corn Muffin	Garlic Bread / Corn Muffin
T	Donuts / Bran Muffins / Apple Fritters	Chili with Beans	Chili with Beans
U	Assorted Coffee Cakes	Cheesy Ham Chowder	Cheesy Ham Chowder
E	Oatmeal / Grits	Chicken, Broccoli & Rice Casserole	Assorted Deli Meats / Cheeses
S	TO ORDER: Eggs / Sliced Spam	Hot Rueben on Rye	Swedish Meatballs
	Eggs - Scrambled / Hard Boiled	Crinkle Cut Fries	over Curly Egg Noodles
Nov	Creamed Chipped Beef	Grape Salad	Roasted Fresh Asparagus Spears
3rd	Pork Bacon / Lyonnaise Potatoes	Stewed Okra & Tomatoes	Sautéed Spinach
	Biscuits / Country Gravy	Dinner Roll / Cornbread / Corn Muffin	Parker House Roll / Corn Muffin
W	Donuts / Bran Muffins / Apple Fritters	Loaded Potato Soup	*** * BREAKFAST NIGHT * ***
E	Cinnamon Rolls	Chicken & Rice Soup	Loaded Potato & Chicken & Rice Soups
D	Oatmeal / Grits	Cajun Baked Red Fish	Breakfast Breads, Pastries & Fruits
	TO ORDER: Eggs / Sliced Spam	Fried Pork Chop	Sausage / Bacon / Deli Meats / Cheeses
	Eggs - Scrambled / Hard Boiled	Baked Sweet Potato	Scrambled Eggs / Eggs to Order
Nov	Pork Bacon / Grilled Ham Steaks	Squash Casserole	Scrambed Eggs with Cheese
4th	Baked Beans / Buttery Diced Potatoes	Sautéed Brussel Sprouts	**Pancakes**
	Corn Muffins / Biscuits / Country Gravy	Yeast Roll / Cornbread / Corn Muffin	Cheesy Grits / Hash Brown Patty
			Oatmeal / Biscuits / Country Gravy
T	Donuts / Bran Muffins / Apple Fritters	Turkey Noodle Soup	
H	Assorted Muffins	Egg Drop Soup	Turkey Noodle Soup
U	Oatmeal / Grits	Beef Pot Pie with Golden Flakey Crust	Lobster Bisque
R	TO ORDER: Eggs / Sliced Spam	General Tso's Chicken	Assorted Deli Meats / Cheeses
	Eggs - Scrambled / Hard Boiled	Stir-Fried Rice / Egg Rolls	Salisbury Steak / Gravy
Nov	Sausage Patties / Hash Browns	Steamed Broccoli Florets	Mashed Potatoes / Field Peas
5th	Pancakes / Banana Topping	Teriyaki Baby Carrots	Stewed Tomatoes
	Pork Bacon / Biscuits / Country Gravy	Slider Roll / Cornbread / Corn Muffin	Brown & Serve Rolls / Corn Muffin
F	Donuts / Bran Muffins / Apple Fritters	Zesty Italian Soup	Zesty Italian Soup
R	Assorted Danishes	French Onion Soup	French Onion Soup
I	Oatmeal / Grits	Jumbo Cheese Ravioli w/ Red Sauce	Assorted Deli Meats / Cheeses
	TO ORDER: Eggs / Sliced Spam	Fried Catish / Cocktail / Tartar / Lemon	Italian Sausage w/ Peppers & Onions
	Eggs - Scrambled / Hard Boiled	Hashbrown Casserole	Roasted Red Potatoes
Nov	Creamed Ground Beef	**Creamed Corn** / Whole Kernel Corn	Sautéed Cabbage
6th	Pork Bacon / Home Fried Potatoes	Mustard Greens / Cornbread	Normandy Vegetable Blend
	Biscuits / Country Gravy	Hushpuppies / Corn Muffin	Hoagie Roll / Corn Muffin
S	Donuts / Bran Muffins / Apple Fritters	Roast Beef Soup	Roast Beef Soup
A	Honey Bun	Home-Style Vegetable Soup	Home-Style Vegetable Soup
T	Oatmeal / Grits	Nachos with Ground Beef & Fixins	Assorted Deli Meats / Cheeses
	TO ORDER: Eggs / Sliced Spam	Blackened Shrimp	Roasted Chicken / **Cranberry Sauce**
	Eggs - Scrambled / Hard Boiled	Baked Potato / Butter / Sour Cream	Stewed Potatoes, Carrots & Celery
Nov	Corned Beef Hash	Sautéed Mushrooms	Steamed Rice
7th	Pork Bacon / Hash Browns	Bermuda Vegetable Blend	Green Peas / Sautéed Rutabagas
	Biscuits / Sausage Gravy	Dinner Roll / Cornbread / Corn Muffin	Parker House Roll / Corn Muffin
S	Donuts / Bran Muffins / Apple Fritters	Navy Bean Soup	Navy Bean Soup
U	Cinnamon Rolls	Home-Style Chicken Noodle Soup	Home-Style Chicken Noodle Soup
N	Oatmeal / Grits / Cheesy Diced Potatoes	Fried Chicken Wings / Ranch	Assorted Deli Meats / Cheeses
	TO ORDER: Eggs / Sliced Spam	BBQ Country-Style Pork Ribs	Grilled Beef Tips w/ Onions & Peppers
	Eggs - Scrambled / Hard Boiled	Mac & Cheese / Potato Salad	Mashed Potatoes
Nov	Pork Bacon / Smoked Rope Sausage	Carolina BBQ Baked Beans	Sautéed Fresh Cut Zucchini
8th	Waffles / Strawberry Topping	Seasoned Cut Green Beans	Sliced Harvard Beets
	Biscuits / Country Gravy	Brown & Serve / Cornbread / Corn Muffin	Yeast Roll / Corn Muffin

	DESSERTS - REGULAR LINE	DESSERTS - DIET LINE
Mon	Peach Pie	NSA Apple Pie
Tue	Royale Cookies	Assorted NSA Cookies
Wed	Carrot Cake	Fresh Fruit Cups
Thu	Chocolate Cake	NSA Chocolate Parfait
Fri	Butterscotch Parfait	NSA Cherry Pie
Sat	Rocky Road Cookies	Assorted NSA Cookies
Sun	Pineapple Bread Pudding / Assortment *Bananas Foster Bread Pudding Topping	Tropical Fruit Cups / NSA Assortment

GRILL OPTIONS (LUNCH ONLY)

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