

AFRH - G / Master Menus Week of 3 / 6 / 2023 / Cycle 3 - REGULAR LINE

	BREAKFAST - 0700 - 0830	LUNCH - 1130 - 1300	DINNER - 1630 - 1800
M O N Mar 6th	Donuts / Bran Muffins / Apple Fritters Assorted 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	Chicken and Rice Soup Tomato Cream Cheese Soup Grilled Cheese w/Cheddar & Jack Sautéed Shrimp Scampi w/ Angel Hair Pasta Steamed Asparagus Spears Spinach, Apple & Feta Salad Garlic Bread / Cornbread	Chicken and Rice Soup Egg Drop Soup Assorted Deli Meats / Cheeses Sweet & Sour Pork Asian Fried Rice / Fried Egg Rolls Stir-Fried Broc, Red Pep. Carrots Sautéed Mushrooms Yeast Rolls / Sliced Bread
T U E S Mar 7th	Donuts / Bran Muffins / Apple Fritters Assorted Coffee Cakes Oatmeal / Grits Eggs to Order (Crm Chip Beef When Available) Eggs - Scrambled / Hard Boiled Smoked Rope Sausage Links Lyonnaisse Potatoes Biscuits / Country Gravy	Roast Beef Soup Cream of Broccoli Soup Beef Pot Pie with Biscuit Fried Chicken Mashed Potatoes w/Chicken Gravy Mustard Greens Sautéed Rutabagas Slider Roll / Cornbread	Roast Beef Soup Cream of Broccoli Soup Assorted Deli Meats / Cheeses Cajun Baked Fish w/Lt Crm Sauce Roast Beef with Beef Gravy Baked Potato w/Sour Crm/Butter Baby Carrots / Field Peas w/ Snaps Dinner Rolls / Sliced Bread
W E D Mar 8th	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 Chicken & Dumplings Hot Rueben Sandwiches 'n Rye Steak Cut Fries Lettuce, Tomato & Cucumber Salad Italian Green Beans Yeast Rolls / Cornbread	Chili Bean Soup / Pimento Cheese Italian Wedding Soup Assorted Deli Meats / Cheeses Beef Stroganoff Egg Noodles Caribbean Blend Veggies Creamed Cauliflower Slider Rolls / Sliced Bread
T H U R Mar 9th	Donuts / Bran Muffins / Apple Fritters Assorted Muffins Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Sausage Patties / Shred Hash Browns Pancakes / Peach Topping Biscuits / Country Gravy	White Bean & Wheat Berry Soup Cream of Asparagus Soup Beef Tacos Crunchy / Soft Shells with All the Fixins' Refried Beans / Spanish Rice Breaded Zesty Chicken Sandwich Sugar Snap Peas / Harvard Beets Parker House Roll / Cornbread	White Bean & Wheat Berry Soup Cream of Asparagus Soup Assorted Deli Meats / Cheeses Shake & Bake Pork Chops Baked Sweet Potatoes Roasted Brussel Sprouts Stewed Tomatoes Brown&Serve Rolls / Sliced Bread
F R I Mar 10th	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, w/Ground Beef & Smokies Fried Fish w/Cocktail/Tartar Sauce Scalloped Potatoes Fried Okra Traditional Coleslaw Hushpuppies / Cornbread	Pasta Fagioli Soup Seafood Salad / Chicken Tortilla Soup Assorted Deli Meats / Cheeses Baked Chicken w/ Lt. Chick Gravy Mashed Potatoes w/Chicken Gravy Sautéed Fresh Thick Cut Zucchini California Blend Veggies Dinner Rolls / Sliced Bread
S A T Mar 11th	Donuts / Bran Muffins / Apple Fritters Honey Bun Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Corned Beef Hash Shredded Hash Brown Potatoes Biscuits / Sausage Gravy	Amish Chicken & Corn Soup Potato Sausage & Kale Soup Egg Salad Meat Balls 'n Tomato Meat Sauce Spaghetti / Cheesy Rosemary Bread Whole Green Bean Almandine Cape Cod Blend Garlic Bread / Cornbread	Amish Chicken & Corn Soup Potato Sausage & Kale Soup Assorted Deli Meats / Cheeses Corned Beef / Horseradish Sauce Irish Potatoes Cabbage Sliced Carrots Brown&Serve Rolls / Sliced Bread
S U N Mar 12th	Donuts / Bran Muffins / Apple Fritters Cinnamon Rolls Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Grilled Ham Steaks / Cheesy Diced Pot Waffles / Blueberry Topping Biscuits / Country Gravy	Vegetable Beef & Barley Soup Loaded Potato Soup Crispy Battered Fried Shrimp Po-Boy Garlic Stuffed Fresh Pork Roast / Pork Gravy Rosemary Red Potatoes Sautéed Fresh Squash Buttery Green Peas Cornbread / Brown&Serve Rolls	Vegetable Beef & Barley Soup Loaded Potato Soup Assorted Deli Meats / Cheeses Lemon Chicken Scallopini Rice Pilaf Broccoli Florets Creamed Corn Parker House Rolls / Sliced Bread

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 w/Diced Peaches
NSA Cherry 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 Skinless, Boneless Chicken Breast
Grilled Cheese Sandwiches on White or Wheat
Condiments: Green Leaf Lettuce / Sliced Tomatoes
Sliced Red Onions / Dill Pickle Slices
Horseradish / Bacon / French Fried Potatoes