

AFRH - G / Master Menus Week of 12 / 4 / 2023 / Cycle 6 - REGULAR LINE (Revision 2)

	BREAKFAST - 0700 - 0830	LUNCH - 1130 - 1300	DINNER - 1630 - 1800
<b>M O N</b>  <b>Dec 4th</b>	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	Cream of Asparagus Soup Roast Beef Soup Tacos with Toppings Fried Pork Chop Candied Yams Green Baby Limas Okra & Tomatoes Dinner Roll / Cornbread / Corn Muffin	Cream of Asparagus Soup Roast Beef Soup Assorted Deli Meats / Cheeses Philly Cheese Steak Sub with Grilled Onions & Peppers Potato Logs Whole Kernel Corn / Broccoli Florets Slider Roll / Corn Muffin
<b>T U E S</b>  <b>Dec 5th</b>	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	Tomato Cream Cheese Soup Red Bean Soup Toasted Cuban Sandwich Chicken Parmesan w/ Marinara Angel Hair Pasta / Marinara Sauce Roasted Fresh Asparagus Spears Caesar Salad / Garlic Bread Cornbread / Corn Muffin	Tomato Cream Cheese Soup Red Bean Soup Assorted Deli Meats / Cheeses Smoked Chicken Wings Fresh Salmon Cakes w/ Fresh Tartar Gouda Grits / Roasted Brussel Sprouts Fresh Thick Cut Sautéed Squash Parker House Roll / Corn Muffin
<b>W E D</b>  <b>Dec 6th</b>	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	Egg Drop Soup Zesty Italian Soup Italian Sausage with Peppers Asian Cashew Chicken with Steamed White Rice Stir-Fried Asian Blend Vegetables Sugar Snap Peas / Egg Rolls Dinner Roll / Cornbread / Corn Muffin	Corn & Potato Chowder Zesty Italian Soup Assorted Deli Meats / Cheeses <b>Cheeseburger Casserole - New</b> Pickle Spears / Tater Tots Seasoned Cut Green Beans Steamed Buttered Cauliflower Brown & Serve Roll / Corn Muffin
<b>T H U R</b>  <b>Dec 7th</b>	Donuts / Bran Muffins / Apple Fritters Assorted Muffins Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Sausage Patties / Hash Browns Pancakes / Blueberry Topping Biscuits / Country Gravy	Chili Bean Soup / Pimento Cheese Vegetable Soup Tuna Salad with Tomato Wedges Corned Beef with Horseradish Sauce Irish Potatoes Cabbage / Sliced Carrots Yeast Roll / Cornbread / Corn Muffin	Chili Bean Soup / Pimento Cheese Vegetable Soup Assorted Deli Meats / Cheeses BBQ Chicken Macaroni & Cheese Mustard Greens Fried Okra Slider Roll / Corn Muffin
<b>F R I</b>  <b>Dec 8th</b>	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, Wh Bean & Sun Dried Tom Soup Chicken & Sausage Gumbo Sheppard's Pie Fried Catfish with Cocktail & Tartar Sauce Garlic Smashed Red Potatoes Corn Casserole / Italian Green Beans Hushpuppies / Cornbread / Corn Muffin	Pasta, Wh Bean & Sun Dried Tom Soup Chicken & Sausage Gumbo Assorted Deli Meats / Cheeses Glazed Pork Chop Cilantro Lime Rice Speckled Butter Beans Tuscan Vegetable Blend Brown & Serve Roll / Corn Muffin
<b>S A T</b>  <b>Dec 9th</b>	Donuts / Bran Muffins / Apple Fritters Honey Bun Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Corned Beef Hash Hash Browns Biscuits / Sausage Gravy	Creamy Chicken & Wild Rice Soup Vegetable Beef Soup Turkey Casserole w/ Penne Pasta Pot Roast 'n Gravy Mashed Potatoes w/Gravy Buttery Green Peas Sliced Harvard Beets Parker House Roll / Cornbread / Corn Muffin	Creamy Chicken & Wild Rice Soup Vegetable Beef Soup Assorted Deli Meats / Cheeses Chicken Cacciatore with Vermicilli Pasta Sautéed Fresh Thick Cut Zucchini Creamed Spinach / Corn Muffin Garlic Bread / Cheesy Rosemary Brd
<b>S U N</b>  <b>Dec 10th</b>	Donuts / Bran Muffins / Apple Fritters Cinnamon Rolls Oatmeal / Grits Eggs to Order / Cheesy Diced Potatoes Eggs - Scrambled / Hard Boiled Smoked Rope Sausage Waffles / Peach Topping Biscuits / Country Gravy	Navy Bean Soup Roasted Poblano & Beef Soup Smoked Brisket / Cornbread Bun / BBQ Fried Butterflied Shrimp / Cocktail & Tartar Baked Potato with Butter & Sour Cream California Vegetable Blend Turnip Greens Yeast Roll / Cornbread / Corn Muffin	Navy Bean Soup Roasted Poblano & Beef Soup Assorted Deli Meats / Cheeses Chopped Steak with Onions / Gravy Hash Brown Casserole Garlic Butter Sautéed Mushrooms Baked Parmesan Tomato Brown & Serve Roll / Corn Muffin

<u>DESSERTS - REGULAR LINE</u>		<u>DESSERTS - DIET LINE</u>	<u>GRILL OPTIONS (LUNCH ONLY)</u>
<b>Mon</b>	Cherry Pie	NSA Berry Pie	* Grilled Hamburger * Grilled All Beef Hot Dog
<b>Tue</b>	Turtle Carmel Pecan Cookies	Assorted SF Cookies	* Grilled Skinless, Boneless Chicken Breast
<b>Wed</b>	Coconut Cake	Fresh Fruit Cups	* Grilled Cheese * Grilled Ham & Cheese
<b>Thu</b>	Brownies w/Nut	Angel Cake with Crushed Pineapple	* Breaded Cod Filet * Bacon * Cheese * Chili
<b>Fri</b>	Boston Cream Pie	NSA Cherry Pie	* Buns * Flour Tortillas * White & Wheat Bread
<b>Sat</b>	Heath Bar Crunch	Assorted SF Cookies	* French Fries * Sweet Potato Fries
<b>Sun</b>	Cinnamon Raisin Bread Pudding	Tropical Fruit Cups	* Beer Battered Onion Rings (Wed Only) * Condiment Stations Available