AFRH - G / Master Menus Week of 9 / 4 / 2023 / Cycle 5 - REGULAR LINE (Revision 3)

	BREAKFAST - 0700 - 0830	LUNCH - 1130 - 1300	DINNER - 1630 - 1800
M	Donuts / Bran Muffins / Apple Fritters	**** HAPPY LABOR DAY ****	Fresh Tomato Tortellini Soup
O	Assorted Danishes	Fresh Tomato Tortellini Soup	Beef, Mushrooms & Barley Soup
N	Oatmeal / Grits	Beef, Mushrooms & Barley Soup	Assorted Deli Meats / Cheeses
	Eggs to Order	Chopped Steak Burgers / Hot Dogs	Burnt Brisket Ends / BBQ Sauce
	Eggs - Scrambled / Hard Boiled	BBQ Ribs / Boiled Shrimp	Scalloped Potatoes
Sep	Pork Bacon / Hash Browns	Baked Beans / Coleslaw / Potato Salad	Whole Green Bean Almandine
4th	French Toast Made to Order on the Grill	Corn on the Cob / Whole Kernel Corn	Harvard Beets
	Biscuits / Sausage Gravy	Mustard Greens / Yeast Rolls	Slider Roll / Corn Muffin
		Watermelon / Assorted Desserts	
T	Donuts / Bran Muffins / Apple Fritters	Potato Sausage & Kale Soup	Potato Sausage & Kale Soup
U	Assorted Coffee Cakes	Pasta Fagioli Soup	Pasta Fagioli Soup
E	Oatmeal / Grits	Sliced Roast Beef Wraps	Assorted Deli Meats / Cheeses
S	Eggs to Order	Baked Pork Chop w/Pork Gravy	Blackened Fish w/ Tartar & Lemon
	Eggs - Scrambled / Hard Boiled	Baked Sweet Potato	Chopped Steak / Grilled Onions in Gravy
Sep	Creamed Chipped Beef	Creamed Cauliflower / Cape Cod Blend	Mashed Potatoes / Brown Onion Gravy
5th	Lyonnaise Potatoes	Dinner Roll / Cornbread / Corn Muffin	Stuffed Portabella Mushrooms
	Biscuits / Country Gravy		Butter Beans / Brown & Serve Roll
W	Donuts / Bran Muffins / Apple Fritters	Turkey Noodle Soup	*** * BREAKFAST NIGHT * ***
E	Cinnamon Rolls	Chili Bean Soup / Pimento Cheese	Chili Bean Soup / Turkey Noodle Soup
D	Oatmeal / Grits	Turkey Pot Pie with Biscuit Top	Breakfast Breads, Pastries & Fruits
	Eggs to Order	Tomato & Meat Sauce 'n	Sausage / Bacon / Deli Meats / Cheeses
	Eggs - Scrambled / Hard Boiled	Spaghetti Au Gratin Casserole	Scrambled Eggs / Eggs to Order
Sep	Grilled Ham Steaks / Baked Beans	Broccoli Florets / Garlic Bread	Egg & Sausage Casserole / Grits
6th	Buttery Diced Potatoes	Tuscan Blend / Cheesy Rosemary Bread	Hash Brown Casserole / French Toast
	Corn Muffins / Biscuits / Country Gravy	Slider Roll / Cornbread / Corn Muffin	Oatmeal / Biscuits / Country Gravy
T	Donuts / Bran Muffins / Apple Fritters	Italian Wedding Soup	Italian Wedding Soup
H	Assorted Muffins	Beef, Spinach & Pasta Soup	Beef, Spinach & Pasta Soup
U	Oatmeal / Grits	Grilled Beef Tips w/ Onions & Peppers	Assorted Deli Meats / Cheeses
R	Eggs to Order	Fried Chicken	Smoked Sausage
	Eggs - Scrambled / Hard Boiled	Mashed Potatoes / Chicken Gravy	Louisiana Style Red Beans / Rice
Sep	Sausage Patties / Hash Browns	Skillet Corn with Bacon	Steamed Rice / Fried Okra
7th	Pancakes / Pineapple Topping	Power Greens	Sautéed Brussel Sprouts
	Biscuits / Country Gravy	Yeast Roll / Cornbread / Corn Muffin	Yeast Roll / Corn Muffin
F	Donuts / Bran Muffins / Apple Fritters	Chicken & Rice Soup	Chicken & Rice Soup
R	Assorted Danishes	Kielbasa Cabbage Soup	Kielbasa Cabbage Soup
I	Oatmeal / Grits	Hot Tamales / Sour Cream	Assorted Deli Meats / Cheeses
	Eggs to Order	Fried Catfish w/Cocktail/Tartar Sauce	Teriyaki Chicken / Fried Egg Rolls
	Eggs - Scrambled / Hard Boiled	Creamy Ranch Potatoes	Stir-Fried Rice
Sep	Creamed Ground Beef	Squash Casserole	Stir-Fried Asian Veggies
8th	Home Fried Potatoes	Stewed Cabbage	Teriyaki Glazed Sliced Carrots
	Biscuits / Country Gravy	Hushpuppies / Cornbread / Corn Muffin	Parker House Roll / Corn Muffin
S	Donuts / Bran Muffins / Apple Fritters	Chicken Noodle Soup	Chicken Noodle Soup / Lobster Bisque
A	Honey Bun	Lobster Bisque	Assorted Deli Meats / Cheeses
T	Oatmeal / Grits	Egg Salad / Mini Croissant	Veggie Meat Balls in Beef Gravy
	Eggs to Order	Cornish Hen Halves	Creamy Shrimp Scampi w/ Parm
	Eggs - Scrambled / Hard Boiled	Wild Rice / Chicken Gravy	over Angel Hair Pasta
Sep	Corned Beef Hash	Bermuda Blend Vegetables	Roasted Fresh Asparagus Spears
9th	Hash Browns	Sautéed Fresh Thick Cut Zucchini	Spinach Vrazel
	Biscuits / Sausage Gravy	Dinner Roll / Cornbread / Corn Muffin	Parker House Roll / Corn Muffin
S	Donuts / Bran Muffins / Apple Fritters	Chicken Tortilla Soup	Chicken Tortilla Soup
U	Cinnamon Rolls	White Bean & Wheat Berry Soup	White Bean & Wheat Berry Soup
N	Oatmeal / Grits	Sloppy Joe	Assorted Deli Meats / Cheeses
	Eggs to Order / Cheesy Diced Potatoes	Grilled Ham with Grilled Pineapple	Cut Chicken Stew
	Eggs - Scrambled / Hard Boiled	Au Gratin Potatoes	with Potatoes, Carrots & Celery
Sep	Smoked Rope Sausage	Sugar Snap Peas	Steamed Rice
10th	Waffles / Apple Topping	Normandy Blend Vegetables	Green Peas / Sautéed Rutabagas
	Biscuits / Country Gravy	Yeast Roll / Cornbread / Corn Muffin	Brown & Serve Roll / Corn Muffin

	DESSERTS - REGULAR LINE	DESSERTS - DIET LINE
Mon	Lemon Meringue	NSA Apple Pie
Tue	Peanut Butter Cookies	Assorted SF Cookies
Wed	Chocolate Cake	Fresh Fruit Cups
Thu	Red Velvet Cake	Sponge Cake with Diced Pears
Fri	Pecan Pie	NSA Chocolate Parfait
Sat	Chocolate Chip Cookies	Assorted SF Cookies
Sun	Apple Cobbler	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