

AFRH - G / Master Menus Week of 10 / 6 / 2025 / Cycle 6 - REGULAR LINE (Revision 2)

	BREAKFAST - 0700 - 0830	LUNCH - 1130 - 1300	DINNER - 1630 - 1800
M O N Oct 6th	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	French Onion Soup Tomato Cream Cheese Soup Sheppard's Pie Fried Pork Chop Candied Yams Okra & Tomatoes Mustard Greens Dinner Roll / Cornbread / Corn Muffin	French Onion Soup Tomato Cream Cheese Soup Assorted Deli Meats / Cheeses Philly Cheese Steak Sub with Grilled Onions & Peppers Potato Logs / Sugar Snap Peas Sautéed Brussel Sprouts Slider Roll / Corn Muffin
T U E S Oct 7th	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	Navy Bean Soup Zesty Italian Soup Seafood Casserole Meat Balls 'n Tomato Meat Sauce Spaghetti / Cheesy Rosemary Bread Broccoli Florets / Creamy Country Corn Cheesy Rosemary Bread Garlic Bread / Cornbread / Corn Muffin	Navy Bean Soup Zesty Italian Soup Assorted Deli Meats / Cheeses Pork Scaloppini Mashed Potatoes / Scaloppini Sauce Bermuda Vegetable Blend Sautéed Fresh Thick Cut Squash Brown & Serve Roll / Corn Muffin
W E D Oct 8th	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	Beef, Mushroom & Barley Soup Cream of Broccoli Soup Hungarian Goulash with Beef BBQ Chicken Au Gratin Potatoes Green Baby Limas Fried Okra / Slider Roll Cornbread / Corn Muffin	Beef, Mushroom & Barley Soup Cream of Broccoli Soup Assorted Deli Meats / Cheeses Salmon Croquettes / Tartar / Lemon Gouda Cheese Grits Seasoned Cut Green Beans Steamed Buttered Cauliflower Yeast Roll / Corn Muffin
T H U R Oct 9th	Donuts / Bran Muffins / Apple Fritters Assorted Muffins Oatmeal / Grits TO ORDER: Eggs / Sliced Spam Eggs - Scrambled / Hard Boiled Sausage Patties / Hash Browns Pancakes / Blueberry Topping Pork Bacon / Biscuits / Country Gravy	Chili with Beans / Chicken Noodle Soup Egg Salad / Mini Croissant Beef & Cheese Quesadillas with Grilled Onions & Peppers Spanish Rice / Refried Beans Southwestern Egg Rolls Mexican Chopped Salad Tortilla Chips / Cornbread / Corn Muffin	Chili with Beans Home-Style Chicken Noodle Soup Assorted Deli Meats / Cheeses Chicken Cacciatore with Vermicilli Pasta Caesar Salad Roasted Fresh Asparagus Garlic Bread / Corn Muffin
F R I Oct 10th	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, Wh Bean & Sun Dried Tom Soup Chicken & Sausage Gumbo / Rice Beef Liver & Onions with Gravy Fried Catfish / Cocktail / Tartar Mashed Potatoes / Brown Gavy Skillet Corn with Bacon Turnip Greens Hushpuppies / Cornbread / Corn Muffin	Pasta, Wh Bean & Sun Dried Tom Soup Chicken & Sausage Gumbo / Rice Assorted Deli Meats / Cheeses Glazed Pork Chop Cilantro Lime Rice Speckled Butter Beans Creamed Spinach Brown & Serve Roll / Corn Muffin
S A T Oct 11th	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 & Wild Rice Soup Vegetable Beef Soup Turkey Casserole w/ Penne Pasta Pot Roast 'n Gravy Garlic Smashed Red Potatoes Buttery Green Peas Sliced Harvard Beets Parker House Roll / Cornbread / Corn Muffin	Chicken & Wild Rice Soup Vegetable Beef Soup Assorted Deli Meats / Cheeses Lemon Pepper Roasted Chicken Baked Sweet Potato Sautéed Fresh Thick Cut Zucchini Broccoli Florets Dinner Roll / Corn Muffin
S U N Oct 12th	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 / Peach Topping Biscuits / Country Gravy	Corn & Potato Chowder Roasted Poblano & Beef Soup Pulled Pork / BBQ / Cornbread Bun Oven-Roasted Garlic Shrimp Lemon Butter Linguini California Vegetable Blend Italian Green Beans Yeast Roll / Cornbread / Corn Muffin	Corn & Potato Chowder Roasted Poblano & Beef Soup Assorted Deli Meats / Cheeses Chopped Steak / Onions / Gravy Mashed Potatoes / Beef Gravy Sautéed Sliced Mushrooms Baked Parmesan Tomato Brown & Serve Roll / Corn Muffin

GRILL OPTIONS (LUNCH ONLY)

	<u>DESSERTS - REGULAR LINE</u>	<u>DESSERTS - DIET LINE</u>	* Hamburger * Cheeseburger * Sliced Spam
Mon	Blueberry Dump Cake	NSA Peach Pie	* Grilled All Beef Hot Dog * Breaded Cod Filet
Tue	Assorted Desserts	NSA Assorted Desserts	* Grilled Skinless, Boneless Chicken Breast
Wed	Coconut Cake	Fresh Fruit Cups	* Grilled Cheese * Grilled Ham & Cheese
Thu	Assorted Desserts	NSA Assorted Desserts	* French Fries * Sweet Potato Fries * Chili
Fri	Boston Cream Pie	NSA Cherry Pie	* Onion Rings (Wed Only) * Bacon * Cheese
Sat	Assorted Desserts	NSA Assorted Desserts	* Buns * Flour Tortillas * White & Wheat Bread
Sun	Cinnamon Raisin Bread Pudding	Tropical Fruit Cups	* Condiment Stations Available