

AFRH - G / Master Menus Week of 9 / 7 / 2026 / Cycle 6 - REGULAR LINE (Revision 2)

	BREAKFAST - 0700 - 0830	LUNCH - 1130 - 1300	DINNER - 1630 - 1800
MON Sep 7th	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	** HAPPY LABOR DAY ** ----- Loaded Potato Soup Chicken & Sausage Gumbo / Rice BBQ Ribs / Boiled Shrimp Grilled Burgers / Grilled Hot Dogs Coleslaw / Potato Salad Corn on the Cob / Whole Kernel Corn Baked Beans / Cut Green Beans Yeast Roll / Cornbread / Corn Muffin	Loaded Potato Soup Chicken & Sausage Gumbo / Rice Assorted Deli Meats / Cheeses Philly Cheese Steak Sub with Grilled Onions & Peppers Potato Logs / Sugar Snap Peas Sautéed Brussel Sprouts Slider Roll / Corn Muffin
		Navy Bean Soup / Zesty Italian Soup Crab Cakes Tartar / Lemon Meat Balls 'n Tomato Meat Sauce over Spaghetti Pasta Creamy Country Corn / Broccoli Garlic & Cheddar Muffin Garlic Bread / Cornbread / Corn Muffin	
WED Sep 9th	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	Chili with Beans Cream of Broccoli Soup Chicken Tenders / Assorted Dips Hungarian Beef Goulash with Steamed Rice Green Baby Lima Beans Sautéed Fresh Cut Squash Slider Roll / Cornbread / Corn Muffin	Chili with Beans Cream of Broccoli Soup Assorted Deli Meats / Cheeses Salmon Croquettes / Tartar / Lemon Baked Potato Butter / Sour Cream Italian Green Beans Bermuda Vegetable Blend Yeast Roll / Corn Muffin
THUR Sep 10th	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	Beef, M'room,Brly Soup / Chz Ham Chowder Egg Salad / Mini Croissant Beef & Cheese Quesadillas with Grilled Onions & Peppers Spanish Rice / Refried Beans Southwestern Egg Rolls Mexican Chopped Salad Mexican Cornbread / Corn Muffin	Beef, Mushroom & Barley Soup Cheesy Ham Chowder Assorted Deli Meats / Cheeses BBQ Chicken Macaroni & Cheese Fried Okra Sautéed Cabbage Yeast Roll / Corn Muffin
FRI Sep 11th	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	Roast Beef Soup Chicken & Sausage Gumbo / Rice Western Beans with Ground Beef Fried Catish / Cocktail / Tartar / Lemon Mashed Potatoes / Brown Gravy Skillet Corn with Bacon Mustard Greens Hushpuppies / Cornbread / Corn Muffin	Roast Beef 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
SAT Sep 12th	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	Lobster Bisque Chicken & Wild Rice Soup Turkey Casserole w/ Penne Pasta Pot Roast 'n Gravy Garlic Smashed Red Potatoes Green Peas Harvard Beets / Corn Muffin Parker House Roll / Cornbread	Lobster Bisque Chicken & Wild Rice Soup Assorted Deli Meats / Cheeses Lemon Pepper Roasted Chicken Baked Sweet Potato Sautéed Fresh Cut Zucchini Broccoli Florets Dinner Roll / Corn Muffin
SUN Sep 13th	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 Home-Style Chicken Noodle Soup Pulled Pork / BBQ / Cornbread Bun Shrimp Alfredo over Fettuccini Pasta Normandy Vegetable Blend Roasted Fresh Asparagus Yeast Roll / Cornbread / Corn Muffin	Corn & Potato Chowder Home-Style Chicken Noodle Soup Assorted Deli Meats / Cheeses Chopped Steak / Onions / Gravy Mashed Potatoes / Beef Gravy Sautéed Sliced Mushrooms Stewed Tomatoes Brown & Serve Roll / Corn Muffin

DESSERTS - REGULAR LINE

DESSERTS - DIET LINE

GRILL OPTIONS (LUNCH ONLY)

Mon	Holiday Desserts	NSA Holiday Desserts	* Hamburger * Cheeseburger * Sliced Spam
Tue	Turtle Caramel Pecan Cookies	Assorted NSA Cookies	* Grilled All Beef Hot Dog * Breaded Cod Filet
Wed	Coconut Cake	Fresh Fruit Cups	* Grilled Skinless, Boneless Chicken Breast
Thu	Chocolate Brownie	Angel Cake with Crushed Pineapple	* Grilled Cheese * Grilled Ham & Cheese
Fri	Boston Cream Pie	NSA Apple Pie	* French Fries * Sweet Potato Fries * Chili
Sat	Heath Bar Crunch Cookies	Assorted NSA Cookies	* Onion Rings (Wed Only) * Bacon * Cheese
Sun	Cinn. Raisin Bread Pudding / Assortment	Tropical Fruit Cups / NSA Assortment	* Buns * Flour Tortillas * White & Wheat Bread
	*Bananas Foster Bread Pudding Topping		* Condiment Stations Available