AFRH - G / Master Menus Week of 12 / 8 / 2025 / Cycle 3 - REGULAR LINE (Revision 3)

	BREAKFAST - 0700 - 0830	LUNCH - 1130 - 1300	DINNER - 1630 - 1800
М	Donuts / Bran Muffins / Apple Fritters	Vegetable Beef & Barley Soup	Vegetable Beef & Barley Soup
0	Assorted Danishes	Cream of Tomato Soup	Cream of Tomato Soup
N	Oatmeal / Grits	Grilled Cheese w/ Cheddar & Jack	Assorted Deli Meats / Cheeses
	TO ORDER: Eggs / Sliced Spam	Smoked Sausage	Chicken & Dumplings
	Eggs - Scrambled / Hard Boiled	Louisiana-Style Red Beans / Rice	Baked Sweet Potato
Dec	Pork Bacon / Hash Browns	Italian Green Beans	Baked Okra
8th	French Toast Made to Order on the Grill	Sautéed Fresh Cut Squash	Normandy Vegetable Blend
	Biscuits / Sausage Gravy	Yeast Roll / Cornbread / Corn Muffin	Dinner Roll / Corn Muffin
Т	Donuts / Bran Muffins / Apple Fritters	Minestrone Soup	Minestrone Soup
U	Assorted Coffee Cakes	Shrimp & Artichoke Soup	Shrimp & Artichoke Soup
E	Oatmeal / Grits	Unrolled Stuffed Cabbage	Assorted Deli Meats / Cheeses
S	TO ORDER: Eggs / Sliced Spam	Fried Chicken	Corned Beef
	Eggs - Scrambled / Hard Boiled	Mashed Potatoes / Chicken Gravy	Irish Potatoes
Dec	Creamed Chipped Beef	Speckled Butter Beans	Stewed Cabbage
9th	Pork Bacon / Lyonnaise Potatoes	Creamed Spinach	Sliced Carrots
	Biscuits / Country Gravy	Slider Roll / Cornbread / Corn Muffin	Yeast Roll / Corn Muffin
W	Donuts / Bran Muffins / Apple Fritters	Italian Wedding Soup	Italian Wedding Soup
E	Cinnamon Rolls	Chili with Beans	Chili with Beans
D	Oatmeal / Grits	Assorted Pizza Slices	Assorted Deli Meats / Cheeses
	TO ORDER: Eggs / Sliced Spam	Smoked Chicken Wings	Shake & Bake Pork Chop
	Eggs - Scrambled / Hard Boiled	Mediterranean Penne Pasta	Cranberry Wild Rice
Dec	Pork Bacon / Grilled Ham Steaks	Caesar Salad	Green Peas
10th	•	Broccoli Florets	Grilled Vegetable Blend
<u> </u>	Corn Muffins / Biscuits / Country Gravy	Slider Roll / Cornbread / Corn Muffin	Brown & Serve Roll / Corn Muffin
T	Donuts / Bran Muffins / Apple Fritters	White Bean & Wheat Berry Soup	White Bean & Wheat Berry Soup
H	Assorted Muffins	Cream of Asparagus Soup	Cream of Asparagus Soup
U	Oatmeal / Grits	Turkey & Bacon Wrap with Ranch	Assorted Deli Meats / Cheeses
R	TO ORDER: Eggs / Sliced Spam	Pot Roast in Gravy	BBQ Chicken
Doo	Eggs - Scrambled / Hard Boiled	Bada-Bing Bada-Bang Potatoes Carrot Soufflé	Potato Salad Baked Beans / Coleslaw
Dec			
11th	Pancakes / Peach Topping Pork Bacon / Biscuits / Country Gravy	Sautéed Rutabagas Yeast Roll / Cornbread / Corn Muffin	Sugar Snap Peas Dinner Rolll / Corn Muffin
F	Donuts / Bran Muffins / Apple Fritters	Pasta Fagioli Soup / Chicken Tortilla Soup	Pasta Fagioli Soup / Chicken Tortilla Soup
R	Assorted Danishes	Crunchy & Soft Beef Tacos	Assorted Deli Meats / Cheeses
l ï l	Oatmeal / Grits	with all the toppings	Meat Balls in Tomato Meat Sauce
'	TO ORDER: Eggs / Sliced Spam	Fried Catfish / Lemon / Tartar / Cocktail	over Spaghetti Pasta
	Eggs - Scrambled / Hard Boiled	Au Gratin Potatoes	Bermuda Vegetable Blend
Dec	Creamed Ground Beef	Pinto Beans	Creamy Country Corn
12th	Pork Bacon / Home Fried Potatoes	Turnip Greens / Cornbread	Garlic & Cheddar Muffin
	Biscuits / Country Gravy	Hushpuppies / Corn Muffin	Garlic Bread / Corn Muffin
S	Donuts / Bran Muffins / Apple Fritters	Split Pea Soup / Chicken and Rice Soup	Chicken and Rice Soup
Α	Honey Bun	Chef's Special : Stuffed Salmon	Split Pea Soup
Т	Oatmeal / Grits	with Spinach & Sun-Dried Tomatoes	Assorted Deli Meats / Cheeses
	TO ORDER: Eggs / Sliced Spam	Chicken Salad / Mini Croissant	Skillet Smoked Sausage
	Eggs - Scrambled / Hard Boiled	Sliced Roast Beef with Gravy	and Skillet Red Potatoes
Dec	Corned Beef Hash	Baked Potato / Butter / Sour Cream	Creamed Cauliflower
13th	Pork Bacon / Hash Browns	Sautéed Garlic Butter Mushrooms	Sautéed Brussel Sprouts
	Biscuits / Sausage Gravy	Sautéed Fresh Cut Zucchini	Dinner Roll / Corn Muffin
S	Donuts / Bran Muffins / Apple Fritters	Slider Roll / Cornbread / Corn Muffin	Roast Beef Soup
U	Cinnamon Rolls	Roast Beef Soup / Loaded Potato Soup	Loaded Potato Soup
N	Oatmeal / Grits / Cheesy Diced Potatoes	Fried Shrimp Po-Boy Tartar / Cocktail	Assorted Deli Meats / Cheeses
	TO ORDER: Eggs / Sliced Spam	Garlic-Stuffed Fresh Pork Roast	Beef Stroganoff
	Eggs - Scrambled / Hard Boiled	Dirty Rice / Pork Gravy	Curly Egg Noodles
Dec	Pork Bacon / Smoked Rope Sausage	Roasted Fresh Asparagus	Broccoli Florets
14th	,	Baked Beets with Shallots	Stewed Tomatoes
	Biscuits / Country Gravy	Yeast Roll / Cornbread / Corn Muffin	Slider Roll / Corn Muffin
	DECOMPTS DECIMANA	DEGGEDTO DIET : 15:5	GRILL OPTIONS (LUNCH ONLY)
	DESSERTS - REGULAR LINE	DESSERTS - DIET LINE	* Hamburger * Cheeseburger * Sliced Spam

	DESSERIS - REGULAR LINE	DESSERIS - DIET LINE	Hamburger Cheeseburger Sliced Spam
Mon	Apple Pie	NSA Vanilla Parfait	* All Beef Hot Dog * Breaded Cod Filet
Tue	Snickerdoodle Cookies	Assorted NSA Cookies	* Grilled Skinless, Boneless Chicken Breast
Wed	Assorted Desserts	NSA Assorted Desserts	* Grilled Cheese * Grilled Ham & Cheese
Thu	Caramel Apple Crumb Cake	Sponge Cake with Strawberries	* French Fries * Sweet Potato Fries * Chili
Fri	French Silk Pie	NSA Apple Pie	* Onion Rings (Wed Only) * Bacon * Cheese
Sat	Mac. Nut Cookies / Egg Nog Crème Brulèe	NSA Cookies / NSA Pumpkin Bars	* Buns * Flour Tortillas * White & Wheat Bread
Sun	Peach Cobbler	Tropical Fruit Cups	* Condiment Stations Available