

AFRH - G / Master Menus Week of 3 / 16 / 2026 / Cycle 5 - REGULAR LINE (Revision 2)

	BREAKFAST - 0700 - 0830	LUNCH - 1130 - 1300	DINNER - 1630 - 1800
MON Mar 16th	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	Tomato Cream Cheese Soup Red Bean Soup Beef Nachos with Chili / Queso / Toppings Shrimp & Grits Whole Green Bean Almandine Sautéed Fresh Cut Squash Yeast Roll / Cornbread / Corn Muffin	Tomato Cream Cheese Soup Red Bean Soup Assorted Deli Meats / Cheeses Sliced Beef Brisket / BBQ Sauce Potato Salad Stewed Cabbage Sliced Baked Beets with Shallots Slider Roll / Corn Muffin
TUE Mar 17th	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	** HAPPY BIRTHDAY ** ----- Italian Wedding & Turkey Noodle Soups Strawberry Spinach Salad with Pecans, Feta Cheese & Orange Dressing Baked Salmon / Lemon Dill Sauce Prime Rib / Bordelaise Sauce / Au Jus Baked Potato / Butter / Sour Cream Roasted Asparagus Spears Normandy Blend /Parker House Roll	Italian Wedding Soup Turkey Noodle Soup Assorted Deli Meats / Cheeses Country Fried Steak / White Gravy Mashed Potatoes / Brown Gravy Butter Beans Stewed Tomatoes Brown & Serve Roll / Corn Muffin
WED Mar 18th	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	Potato, Sausage & Kale Soup Chili with Beans Assorted Pizza Slices Chicken & Dumplings Baked Sweet Potato Sugar Snap Peas / Grape Salad Dinner Roll / Cornbread / Corn Muffin	** BREAKFAST NIGHT ** ----- Chili / Potato, Sausage & Kale Soup Breakfast Breads, Pastries & Fruits Sausage / Bacon / Deli Meats / Cheeses Scrambled Eggs / Eggs to Order French Toast Scrambled Eggs with Sausage Grits / Oatmeal / Hash Brown Patty Biscuits / Country Gravy
THUR Mar 19th	Donuts / Bran Muffins / Apple Fritters Assorted Muffins Oatmeal / Grits TO ORDER: Eggs / Sliced Spam Eggs - Scrambled / Hard Boiled Sausage Patties / Hash Browns Pancakes / Pineapple Topping Pork Bacon / Biscuits / Country Gravy	Pasta Fagioli Soup Split Pea Soup Tuna Salad / Mini Croissant Fried Chicken Macaroni & Cheese Green Bean Casserole Whole Kernel Corn Slider Roll / Cornbread / Corn Muffin	Pasta Fagioli Soup Split Pea Soup Assorted Deli Meats / Cheeses Smoked Sausage Louisiana-Style Red Beans / Rice Baked Okra / Turnip Greens Yeast Roll / Corn Muffin
FRI Mar 20th	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	Beef, Spinach & Pasta Soup Chicken & Rice Soup Turkey Pot Pie with Golden Flakey Crust Fried Catfish Cocktail / Tartar / Lemon Tater Tots Field Peas / Spinach Vrazel Hushpuppies / Cornbread / Corn Muffin	Beef, Spinach & Pasta Soup Tuna Salad / Chicken & Rice Soup Assorted Deli Meats / Cheeses Baked Pork Chop with Onions & Pork Gravy Baked Potato / Squash Casserole Glazed Sliced Carrots Parker House Roll / Corn Muffin
SAT Mar 21st	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 Home-Style Vegetable Soup Sloppy Joe Chicken Tetrazzini - New with Linguini Pasta Steamed Broccoli Florets Capri Vegetable Blend Dinner Roll / Cornbread / Corn Muffin	Lobster Bisque Home-Style Vegetable Soup Assorted Deli Meats / Cheeses Sliced Roast Beef / Beef Gravy Sour Cream & Chive Mashed Potatoes Steakhouse Mushrooms Creamed Cauliflower Assorted Rolls / Corn Muffin
SUN Mar 22nd	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 / Apple Topping Biscuits / Country Gravy	Chicken Tortilla Soup White Bean & Wheat Berry Soup Beef Ravioli in Tomato Sauce Grilled Ham with Grilled Pineapple Scalloped Potatoes Roasted Fresh Cut Zucchini Bermuda Vegetable Blend Yeast Roll / Cornbread / Corn Muffin	Chicken Tortilla Soup White Bean & Wheat Berry Soup Assorted Deli Meats / Cheeses Roasted Chicken / with Stewed Potatoes, Carrots & Celery Steamed Rice Green Peas / Sautéed Rutabagas Brown & Serve Roll / Corn Muffin

GRILL OPTIONS (LUNCH ONLY)

	DESSERTS - REGULAR LINE	DESSERTS - DIET LINE	
Mon	Lemon Meringue	NSA Apple Pie	* Hamburger * Cheeseburger * Sliced Spam
Tue	Birthday Desserts	NSA Birthday Desserts	* Grilled All Beef Hot Dog * Breaded Cod Filet
Wed	Chocolate Cake	Fresh Fruit Cups	* Grilled Skinless, Boneless Chicken Breast
Thu	Red Velvet Cake	Sponge Cake with Diced Pears	* Grilled Cheese * Grilled Ham & Cheese
Fri	Pecan Pie	NSA Chocolate Parfait	* French Fries * Sweet Potato Fries * Chili
Sat	Chocolate Chip Cookies	Assorted NSA Cookies	* Onion Rings (Wed Only) * Bacon * Cheese
Sun	Apple Cobbler / Assortment	Tropical Fruit Cups / NSA Assortment	* Buns * Flour Tortillas * White & Wheat Bread
			* Condiment Stations Available