

AFRH - G / Master Menus Week of 7 / 20 / 2026 / Cycle 5 - REGULAR LINE (Revision 2)

	BREAKFAST - 0700 - 0830	LUNCH - 1130 - 1300	DINNER - 1630 - 1800
M O N July 20th	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	Chicken Tortilla Soup Vegetable Beef Soup Beef Nachos with Chili / Queso / Toppings Shrimp & Grits Whole Green Bean Almandine Sautéed Fresh Cut Squash Yeast Roll / Cornbread / Corn Muffin	Chicken Tortilla Soup Vegetable Beef Soup Assorted Deli Meats / Cheeses Smoked Beef Brisket / BBQ Sauce Potato Salad Stewed Cabbage Sliced Baked Beets with Shallots Slider Roll / Corn Muffin
T U E S July 21st	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 ** Minestrone / Tomato Cream Cheese Soup 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 Normandy Vegetable Blend Roasted Asparagus / Parker House Roll	Minestrone Soup Tomato Cream Cheese Soup Assorted Deli Meats / Cheeses Country Fried Steak / White Gravy Mashed Potatoes / Brown Gravy Butter Beans Stewed Tomatoes Brown & Serve Roll / Corn Muffin
W E D July 22nd	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	Loaded Potato Soup Chili with Beans Assorted Pizza Slices Chicken & Dumplings Baked Sweet Potato Grape Salad / Sugar Snap Peas Dinner Roll / Cornbread / Corn Muffin	** BREAKFAST NIGHT ** Chili / Loaded Potato 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
T H U R July 23rd	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	Turkey Noodle Soup Split Pea Soup Tuna Salad / Mini Croissant Fried Chicken Macaroni & Cheese Green Bean Casserole Whole Kernel Corn Slider Roll / Cornbread / Corn Muffin	Turkey Noodle Soup Split Pea Soup Assorted Deli Meats / Cheeses Smoked Sausage Louisiana-Style Red Beans / Rice Baked Okra / Turnip Greens Yeast Roll / Corn Muffin
F R I July 24th	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	French Onion Soup Chicken & Rice Soup Turkey Pot Pie w/ Golden Flakey Crust Fried Catfish Cocktail / Tartar / Lemon Bada-Bing, Bada-Bang Potatoes Field Peas / Spinach Vrazel Hushpuppies / Cornbread / Corn Muffin	French Onion Soup 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
S A T July 25th	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	Clam Chowder Home-Style Vegetable Soup Sloppy Joe Chicken Tetrazzini with Linguini Pasta Steamed Broccoli Florets Capri Vegetable Blend Dinner Roll / Cornbread / Corn Muffin	Clam Chowder 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
S U N July 26th	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	Italian Wedding Soup Kansas City Steak 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	Italian Wedding Soup Kansas City Steak 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 Honey Bun 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