AFRH - G / Master Menus Week of 11 / 23 / 2026 / Cycle 5 - REGULAR LINE (Revision 2)

	BREAKFAST - 0700 - 0830	LUNCH - 1130 - 1300	DINNER - 1630 - 1800
M	Donuts / Bran Muffins / Apple Fritters	Chicken Tortilla Soup	Chicken Tortilla Soup
O	Assorted Danishes	Vegetable Beef Soup	Vegetable Beef Soup
N	Oatmeal / Grits	Beef Nachos	Assorted Deli Meats / Cheeses
	TO ORDER: Eggs / Sliced Spam	with Chili / Queso / Toppings	Smoked Beef Brisket / BBQ Sauce
	Eggs - Scrambled / Hard Boiled	Shrimp & Grits	Potato Salad
Nov	Pork Bacon / Hash Browns	Whole Green Bean Almandine	Stewed Cabbage
23rd	French Toast Made to Order on the Grill	Sautéed Fresh Cut Squash	Baked Beets with Shallots
	Biscuits / Sausage Gravy	Yeast Roll / Cornbread / Corn Muffin	Slider Roll / Corn Muffin
T	Donuts / Bran Muffins / Apple Fritters	Minestrone Soup	Minestrone Soup
U	Assorted Coffee Cakes	Tomato Cream Cheese Soup	Tomato Cream Cheese Soup
E	Oatmeal / Grits	Ham & Cheese Wraps	Assorted Deli Meats / Cheeses
S	TO ORDER: Eggs / Sliced Spam	Chicken Parmesan w/ Marinara Sauce	Country Fried Steak / White Gravy
	Eggs - Scrambled / Hard Boiled	Angel Hair Pasta	Mashed Potatoes / Brown Gravy
Nov	Creamed Chipped Beef	Roasted Fresh Asparagus Spears	Butter Beans
24th	Pork Bacon / Lyonnaise Potatoes	Normandy Vegetable Blend	Stewed Tomatoes
	Biscuits / Country Gravy	Garlic Bread / Cornbread / Corn Muffin	Brown & Serve Roll / Corn Muffin
W	Donuts / Bran Muffins / Apple Fritters	Loaded Potato Soup	*** * BREAKFAST NIGHT * ***
E	Cinnamon Rolls	Chili with Beans	Chili with Beans / Loaded Potato Soup
D	Oatmeal / Grits	Assorted Pizza Slices	Breakfast Breads, Pastries & Fruits
	TO ORDER: Eggs / Sliced Spam	Chicken & Dumplings	Sausage / Bacon / Deli Meats / Cheeses
	Eggs - Scrambled / Hard Boiled	Whole Kernel Corn	Scrambled Eggs / Eggs to Order
Nov	Pork Bacon / Grilled Ham Steaks	Sugar Snap Peas / Grape Salad	**French Toast**
25th	Baked Beans / Buttery Diced Potatoes	Dinner Roll / Cornbread / Corn Muffin	Scrambled Eggs with Sausage
	Corn Muffins / Biscuits / Country Gravy	****HAPPY THANKSGIVING****	Grits / Oatmeal / Hash Brown Patty
			Biscuits / Country Gravy
T	Donuts / Bran Muffins / Apple Fritters	**"Lost Bayou" Seafood Soup**	
H	Assorted Muffins	**Chicken & Sausage Gumbo / Rice**	"Lost Bayou" Seafood Soup
U	Oatmeal / Grits	**Carved Glazed Ham**	Chicken & Sausage Gumbo / Rice
R	TO ORDER: Eggs / Sliced Spam	**Carved Roasted Turkey / Turkey Leg**	Assorted Deli Meats / Cheeses
	Eggs - Scrambled / Hard Boiled	**Cornbread Dressing / Candied Yams**	Smoked Sausage
Nov	Sausage Patties / Hash Browns	**Mac & Cheese / Collard Greens**	Louisiana-Style Red Beans
26th	Pancakes / Pineapple Topping	**Brown Sugar Glazed Carrots**	Steamed Rice / Baked Okra
	Pork Bacon / Biscuits / Country Gravy	**Green Bean Casserole**	Yeast Roll / Corn Muffin
F	Donuts / Bran Muffins / Apple Fritters	**Dinner Roll / Cornbread / Corn Muffin**	French Onion Soup
R	Assorted Danishes	French Onion Soup	Chicken & Rice Soup
I	Oatmeal / Grits	Chicken & Rice Soup	Assorted Deli Meats / Cheeses
	TO ORDER: Eggs / Sliced Spam	Turkey Pot Pie w/ Golden Flakey Crust	Baked Pork Chop
	Eggs - Scrambled / Hard Boiled	Fried Catfish Cocktail / Tartar / Lemon	with Onions & Pork Gravy
Nov	Creamed Ground Beef	Bada-Bing, Bada-Bang Potatoes	Baked Potato / Squash Casserole
27th	Pork Bacon / Home Fried Potatoes	Field Peas / Spinach Vrazel	Roasted Brussel Sprouts
	Biscuits / Country Gravy	Hushpuppies / Cornbread / Corn Muffin	Parker House Roll / Corn Muffin
S	Donuts / Bran Muffins / Apple Fritters	Clam Chowder	Clam Chowder
A	Honey Bun	Home-Style Vegetable Soup	Home-Style Vegetable Soup
T	Oatmeal / Grits	Sloppy Joe	Assorted Deli Meats / Cheeses
	TO ORDER: Eggs / Sliced Spam	Chicken Tetrazzini	Sliced Roast Beef / Beef Gravy
	Eggs - Scrambled / Hard Boiled	with Linguini Pasta	Sour Cream & Chive Mashed Potatoes
Nov	Corned Beef Hash	Steamed Broccoli Florets	Steakhouse Mushrooms
28th	Pork Bacon / Hash Browns	Capri Vegetable Blend	Creamed Cauliflower
	Biscuits / Sausage Gravy	Dinner Roll / Cornbread / Corn Muffin	Assorted Rolls / Corn Muffin
S	Donuts / Bran Muffins / Apple Fritters	Italian Wedding Soup	Italian Wedding Soup
U	Cinnamon Rolls	Kansas City Steak Soup	Kansas City Steak Soup
N	Oatmeal / Grits / Cheesy Diced Potatoes	Beef Ravioli in Tomato Sauce	Assorted Deli Meats / Cheeses
	TO ORDER: Eggs / Sliced Spam	Grilled Ham with Grilled Pineapple	Roasted Chicken
	Eggs - Scrambled / Hard Boiled	Scalloped Potatoes	Stewed Potatoes, Carrots & Celery
Nov	Pork Bacon / Smoked Rope Sausage	Roasted Fresh Cut Zucchini	Steamed Rice
29th	Waffles / Apple Topping	Bermuda Vegetable Blend	Green Peas / Sautéed Rutabagas
	Biscuits / Country Gravy	Yeast Roll / Cornbread / Corn Muffin	Brown & Serve Roll / Corn Muffin

	DESSERTS - REGULAR LINE	DESSERTS - DIET LINE
Mon	Lemon Meringue	NSA Apple Pie
Tue	Peanut Butter Cookies	Assorted NSA Cookies
Wed	Honey Bun Cake	Fresh Fruit Cups
Thu	**Holiday Desserts**	**NSA Holiday Desserts**
Fri	Pecan Pie	NSA Chocolate Parfait
Sat	Chocolate Chip Cookies	Assorted NSA Cookies
Sun	Apple Cobbler / Assortment	Fresh Fruit Cups / NSA Assortment

GRILL OPTIONS (LUNCH ONLY)

* Hamburger * Cheeseburger * Sliced Spam
* Grilled All Beef Hot Dog * Breaded Cod Filet
* Grilled Skinless, Boneless Chicken Breast
* Grilled Cheese * Grilled Ham & Cheese
* French Fries * Sweet Potato Fries * Chili
* Onion Rings (Wed Only) * Bacon * Cheese
* Buns * Flour Tortillas * White & Wheat Bread
* Condiment Stations Available