

AFRH - G / Master Menus Week of 6 / 29 / 2026 / Cycle 2 - REGULAR LINE (Revision 2)

	BREAKFAST - 0700 - 0830	LUNCH - 1130 - 1300	DINNER - 1630 - 1800
M O N Jun 29th	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 Corn & Potato Chowder Gourmet Turkey Salad / Mini Croissant Smoked Pork Butt Blackeyed Peas / Steamed Rice Stewed Cabbage Sugar Snap Peas Slider Roll / Cornbread / Corn Muffin	Tomato Cream Cheese Soup Corn & Potato Chowder Assorted Deli Meats / Cheeses American-Style Tomato & Beef Goulash w/ Macaroni Prince Edward Vegetable Blend Cauliflower / Cheese Sauce Garlic Bread / Corn Muffin
T U E S Jun 30th	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	Chili with Beans Vegetable Beef Soup Chicken, Broccoli & Rice Casserole Hot Rueben on Rye Crinkle Cut Fries Grape Salad Stewed Okra & Tomatoes Dinner Roll / Cornbread / Corn Muffin	Chili with Beans Vegetable Beef Soup Assorted Deli Meats / Cheeses Swedish Meatballs over Curly Egg Noodles Roasted Fresh Asparagus Spears Sautéed Spinach Parker House Roll / Corn Muffin
W E D July 1st	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 Chicken & Rice Soup Cajun Baked Red Fish Fried Pork Chop Baked Sweet Potato Squash Casserole Sautéed Brussel Sprouts Yeast Roll / Cornbread / Corn Muffin	** BREAKFAST NIGHT ** Loaded Potato & Chicken & Rice Soups Breakfast Breads, Pastries & Fruits Sausage / Bacon / Deli Meats / Cheeses Scrambled Eggs / Eggs to Order Scrambled Eggs with Cheese Pancakes Cheesy Grits / Hash Brown Patty Oatmeal / Biscuits / Country Gravy
T H U R July 2nd	Donuts / Bran Muffins / Apple Fritters Assorted Muffins Oatmeal / Grits TO ORDER: Eggs / Sliced Spam Eggs - Scrambled / Hard Boiled Sausage Patties / Hash Browns Pancakes / Banana Topping Pork Bacon / Biscuits / Country Gravy	Turkey Noodle Soup Egg Drop Soup Beef Pot Pie with Golden Flakey Crust General Tso's Chicken Stir-Fried Rice / Egg Rolls Steamed Broccoli Florets Teriyaki Baby Carrots Slider Roll / Cornbread / Corn Muffin	Turkey Noodle Soup Lobster Bisque Assorted Deli Meats / Cheeses Salisbury Steak / Gravy Mashed Potatoes / Field Peas Stewed Tomatoes Brown & Serve Rolls / Corn Muffin
F R I July 3rd	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	Zesty Italian Soup French Onion Soup Jumbo Cheese Ravioli w/ Red Sauce Fried Catfish / Cocktail / Tartar / Lemon Macaroni & Cheese Seasoned Cut Green Beans Creamed Cauliflower / Cornbread Hushpuppies / Corn Muffin	Zesty Italian Soup French Onion Soup Assorted Deli Meats / Cheeses Italian Sausage w/ Peppers & Onions Roasted Red Potatoes Sautéed Cabbage Normandy Vegetable Blend Hoagie Roll / Corn Muffin
S A T July 4th	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	** Happy 250th 4th of July ** Chicken & Sausage Gumbo / Rice Lost Bayou Seafood Soup BBQ Chicken / Boiled Shrimp Pulled Pork Sliders / Grilled Hot Dogs Potato Salad / Whole Kernel Corn Roasted Corn on the Cob / Coleslaw Boston Baked Beans / Turnip Greens Yeast Roll / Cornbread / Corn Muffin	Chicken & Sausage Gumbo / Rice Lost Bayou Seafood Soup Assorted Deli Meats / Cheeses Roasted Chicken / with Stewed Potatoes, Carrots & Celery Steamed Rice Green Peas / Sautéed Rutabagas Parker House Roll / Corn Muffin
S U N July 5th	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 / Strawberry Topping Biscuits / Country Gravy	Navy Bean Soup Home-Style Chicken Noodle Soup Nachos with Ground Beef & Fixins Blackened Shrimp Baked Potato / Butter / Sour Cream Sautéed Mushrooms Bermuda Vegetable Blend Dinner Roll / Cornbread / Corn Muffin	Navy Bean Soup Home-Style Chicken Noodle Soup Assorted Deli Meats / Cheeses Grilled Beef Tips w/ Onions & Peppers Mashed Potatoes Sautéed Fresh Cut Zucchini Sliced Harvard Beets Yeast Roll / Corn Muffin

DESSERTS - REGULAR LINE

Mon	Peach Pie
Tue	Royale Cookies
Wed	Honey Bun Cake
Thu	Chocolate Cake
Fri	Butterscotch Parfait
Sat	Holiday Desserts
Sun	Pineapple Bread Pudding / Assortment

DESSERTS - DIET LINE

Mon	NSA Apple Pie
Tue	Assorted NSA Cookies
Wed	Fresh Fruit Cups
Thu	NSA Chocolate Parfait
Fri	NSA Cherry Pie
Sat	NSA Holiday Desserts
Sun	Tropical Fruit Cups / NSA Assortment

GRILL OPTIONS (LUNCH ONLY)

- * Hamburger * Cheeseburger * Sliced Spam
- * 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