

AFRH - G / Master Menus Week of 6 / 30 / 2025 / Cycle 4 - REGULAR LINE (Revision 2)

	BREAKFAST - 0700 - 0830	LUNCH - 1130 - 1300	DINNER - 1630 - 1800
M O N Jun 30th	Donuts / Bran Muffins / Apple Fritters Assorted Danishes Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Pork Bacon / Hash Browns French Toast Made to Order on the Grill Biscuits / Sausage Gravy	Home Style Chicken Noodle Soup Cream of Broccoli Soup Stuffed Green Peppers Rotisserie Seasoned Chicken Baked Potato Sugar Snap Peas California Vegetable Blend Brown & Serve Roll / Cornbread	Home-Style Chicken Noodle Soup Cream of Broccoli Soup Assorted Deli Meats / Cheeses Open-Faced Sloppy Roast Beef Po-Boy with Gravy Steak Fries / Green Baby Limas Roasted Cauliflower Hoagie Roll / Corn Muffin
T U E S July 1st	Donuts / Bran Muffins / Apple Fritters Assorted Coffee Cakes Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Creamed Chipped Beef Pork Bacon / Lyonnaise Potatoes Biscuits / Country Gravy	Navy Bean Soup Turkey, Spinach & Lentil Soup Brown Stew Tilapia Meatloaf with Gravy on the Side Mashed Potatoes w/ Brown Gravy Green Peas Stewed Cabbage Yeast Roll / Cornbread / Corn Muffin	Navy Bean Soup Turkey, Spinach & Lentil Soup Assorted Deli Meats / Cheeses Fried Pork Chop Baked Sweet Potato Sautéed Rutabagas Collard Greens Yeast Roll / Corn Muffin
W E D July 2nd	Donuts / Bran Muffins / Apple Fritters Cinnamon Rolls Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Pork Bacon / Grilled Ham Steaks Baked Beans / Buttery Diced Potatoes Corn Muffins / Biscuits / Country Gravy	Chili with Benas / Pimento Cheese French Onion Soup Ham & Swiss Cheese Wraps Beef Stew with Potatoes & Carrots Steamed Rice Corn Casserole Orange Glazed Beets Slider Roll / Cornbread / Corn Muffin	Chili with Beans / Pimento Cheese French Onion Soup Assorted Deli Meats / Cheeses Balsamic Glazed Chicken Breast Garlic Smashed Red Potatoes Sautéed Spinach Bermuda Vegetable Blend Parker House Roll / Corn Muffin
T H U R July 3rd	Donuts / Bran Muffins / Apple Fritters Assorted Muffins Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Sausage Patties / Hash Browns Pancakes / Strawberry Topping Pork Bacon / Biscuits / Country Gravy	Kansas City Steak & Egg Drop Soup Chicken Tenders / Assorted Dips Beef Yakisoba / Egg with Yakisoba Noodles Rolls Stir-Fried Asian Vegetables Cut Green Beans / Corn Muffin Parker House Roll / Cornbread	Kansas City Steak Soup Tomato Florentine Soup Assorted Deli Meats / Cheeses Oven Roasted Pork Loin / Prk Gravy Creamy Mushroom Rice Roasted Fresh Asparagus Sautéed Fresh Thick Cut Squash Dinner Roll / Corn Muffin
F R I July 4th	Donuts / Bran Muffins / Apple Fritters Assorted Danishes Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Creamed Ground Beef Pork Bacon / Home Fried Potatoes Biscuits / Country Gravy	** HAPPY 4th of JULY! ** Chicken & Sausage Gumbo Home-Style Vegetable Soup BBQ Ribs / "Shrimp Fest Pot" Grilled Burgers and All Beef Dogs Coleslaw / Potato Salad Boston Baked Beans / Turnip Greens Kernel Corn / Corn on the Cob Yeast Roll / Cornbread / Corn Muffin	Home-Style Vegetable Soup Chicken & Sausage Gumbo Assorted Deli Meats / Cheeses Chicken & Sausage Jambalaya Gouda Cheese Grits Buttered Broccoli Florets Grilled Veggie Blend Slider Roll / Corn Muffin
S A T July 5th	Donuts / Bran Muffins / Apple Fritters Honey Bun Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Corned Beef Hash Pork Bacon / Hash Browns Biscuits / Sausage Gravy	Roasted Poblano & Beef Soup Cheesy Ham Chowder Egg Salad / Mini Croissant Chicken, Broccoli & Rice Casserole Bow Tie Pasta Salad Italian Grn Beans / Baked Parm Tomato Yeast Roll / Cornbread / Corn Muffin	Roasted Poblano & Beef Soup Cheesy Ham Chowder Assorted Deli Meats / Cheeses Beef Strips 'n Mushroom Cream Sauce Mashed Potatoes / Brown Gravy Corn Casserole Roasted Brussel Sprouts w/ Parm. Brown & Serve Roll / Corn Muffin
S U N July 6th	Donuts / Bran Muffins / Apple Fritters Cinnamon Rolls Oatmeal / Grits Eggs to Order / Cheesy Diced Potatoes Eggs - Scrambled / Hard Boiled Pork Bacon / Smoked Rope Sausage Waffles / Banana Topping Biscuits / Country Gravy	Chicken & Wild Rice Soup Corn & Potato Chowder Crispy Battered Pollock Filet with Lemon Wedges & Tartar Sauce Sliced Turkey / Turkey Gravy Loaded Potato Casserole Purple Hull Peas Roasted Baby Carrots Dinner Roll / Cornbread / Corn Muffin	Chicken & Wild Rice Soup Corn & Potato Chowder Assorted Deli Meats / Cheeses Ground Beef & Tomato Lasagna Cheesy Rosemary Bread Caesar Salad Sautéed Fresh Zucchini Chunks Garlic Bread / Corn Muffin

GRILL OPTIONS (LUNCH ONLY)

	DESSERTS - REGULAR LINE	DESSERTS - DIET LINE	
Mon	Short Cake with Fruit	NSA Short Cake with Fruit	* Grilled Hamburger * Grilled Cheeseburger
Tue	Assorted Desserts	NSA Assorted Desserts	* Grilled All Beef Hot Dog * Breaded Cod Filet
Wed	Brownie with Nuts	Fresh Fruit Cups	* Grilled Skinless, Boneless Chicken Breast
Thu	Assorted Desserts	NSA Assorted Desserts	* Grilled Cheese * Grilled Ham & Cheese
Fri	Holiday Desserts	NSA Holiday Desserts	* French Fries * Sweet Potato Fries * Chili
Sat	Assorted Desserts	NSA Assorted Desserts	* Onion Rings (Wed Only) * Bacon * Cheese
Sun	Blueberry Almond Bread Pudding	Tropical Fruit Cups	* Buns * Flour Tortillas * White & Wheat Bread
			* Condiment Stations Available