

AFRH - G / MASTER MENUS / F-1a, MAY 2015 / CYCLE FOUR - DIET LINE / WEEK OF 12 / 26 / 2016

Items with DL before the menu name indicates this item has been modified to be lower in calories, fats and/or sodium than the regular line items. The Diet Line is designed to promote healthier eating and can be used to adhere to most modified diets. Residents who require a therapeutic diet are advised to make an appointment with the Registered Dietitian for a one-on-one consultation.

	BREAKFAST - 07:00 - 08:30	LUNCH - 11:30 - 13:00	DINNER - 16:30 - 18:00
M O N Dec 26th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs/DL Turkey Bacon French Toast w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Navy Bean & Vegetarian Veg Soups DL Pork Loin w/DL Pork Gravy DL Baked Sweet Potatoes DL Steamed Asparagus DL Brussels Sprouts / Wheat Rolls	DL Navy Bean & Vegetarian Veg Soups DL Grilled Chicken on a Stick DL Brown Rice Pilaf DL Green Beans Almandine DL Asian Veggies / Wheat Rolls
T U E S Dec 27th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy	DL Cheesy Taco & Vegetarian Veg Soups LF/LS Turkey Sausage DL Red Beans & Brown Rice DL Mustard Greens DL Mixed Vegetables Wheat Rolls / Cornbread	DL Cheesy Taco & Vegetarian Veg Soups DL Lemon Baked Fish DL Alfredo Noodles DL Spinach DL Baked Tomatoes Wheat Rolls
W E D Dec 28th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Chili Bean & Vegetarian Veg Soups DL Chicken Pot Pie / DL Pizza DL Diced Potatoes DL Cabbage / DL Pizza / Cornbread DL Hoosier Corn Casserole / Wheat Rolls	DL Soups / DL Sausage / DL Bacon DL Scrambled Egg Beaters DL Spanish Egg Beaters Casserole DL Grits / DL SOS / Biscuits Pancakes to Order at the Grill
T H U Dec 29th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs/DL Turkey Sausage Pancakes w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Kansas Steak & Vegtarin Veg Soups DL Grilled & Oven Fried Chick Brst/Thgt DL Mashed Potato w/DL Chicken Gravy DL Sugar Snap Peas DL Carrot Soufflé / Wheat Rolls	DL Kansas Steak & Vegtarin Veg Soups DL Flank Steak w/DL Gravy Baked Potato w/FF Sour Cream DL Rutabagas DL Cauliflower / Wheat Rolls
F R I Dec 30th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Creamed Ground Beef Biscuits / DL Biscuit Gravy	DL Chick & Wild Rice & Vegtarin Veg Soups DL Sauteed Shrimp DL Baked Potato Logs DL Speckled Butter Beans w/Okra DL Squash / Wheat Rolls	DL Chick & Wild Rice & Vegtarin Veg Soups DL Turkey Meatloaf DL Mashed Potatoes w/DL Gravy DL California Blend Vegetables DL Cinnamon Beets / Wheat Rolls
S A T Dec 31st	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon DL O'Brian Potatoes Biscuits / DL Biscuit Gravy	DL Home Chick Noodle & Vegtarin Veg Soup DL Ground Turkey w/Tomato Basil Lasagna DL Broccoli Florets DL Sautéed Fresh Zucchini Chunks Wheat Rolls / Garlic Bread	DL Home Chick Noodle & Vegtarin Veg Soups DL Grilled Chicken Breast w/Veggies DL Rice Pilaf w/DL Chicken Sauce DL Green Beans Casserole DL Okra Wheat Rolls
S U N Jan 1st	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs/LF/LS Grilled Ham Waffles w/No Sugar Syrup Biscuits / DL Biscuit Gravy	NEW YEAR'S DAY DL LUNCH Vegtarin Veg Soup / Oyster Stew Pot Roast w/Grvy & Mashed Potatoes DL Blackeyed Peas w/Rice & DL Cabbage Cornbread / Wheat Rolls / NSA Desserts	DL Vegetable & Vegtarin Veg Soups DL BBQ Baby Back Ribs DL Potato Salad / DL Baked Beans DL Turnip Greens DL Coleslaw / Wheat Rolls / Cornbread

STANDARD BREAKFAST MENU ITEMS

Bagels, English Muffins, Jelly, SF Jelly, Syrup, SF Syrup, Prunes, Bananas, Whole Fresh Fruit, Cut Fresh Fruit, Grapefruit Sections, Applesauce, Raisins, Brown Sugar, Cinnamon Shake

STANDARD MENU ITEMS ALL MEALS

Assorted Breads, Assorted Dry Cereals, Assorted Juices, Assorted Milk, Assorted Beverages, Coffee, Decaf Coffee, ed Tea - w/Sugar & No Sugar, Hot Tea Bags, Butter, Margarine, Sugar, Sugar Substitute, Salt, Pepper, Assorted Condiments

STANDARD SALAD BAR ITEMS FOR LUNCH & DINNER

Available Every Day - Mixed Salad Greens, Cherry Tomatoes, Sliced Cucumbers, Sliced Red Onions, Matchstick Carrots, Sliced Green Peppers, Bread & Butter Pickles, Whole Green Olives, Sliced Black Olives, Coleslaw, Tuna Fish, Boiled Eggs, Cottage Cheese, Shredded Cheese, Bacon Bits / Variables - Sliced, Diced or Whole Beets, Jalapeno or Banana Peppers, Broccoli or Cauliflower Florets, Green Peas or Edamames, Green Onions or Celery Sticks, Avocados or Baby Corns, Chopped Nuts, Dried Cranberries or Raisins, Sunflower Seeds or Bleu Cheese Crumbles - Salmon Monday, Wednesday, Friday

STANDARD SALAD DRESSINGS

Ranch, Blue Cheese, Thousand Island, Fat Free Ranch, Italian & Catalina French, Balsamic Vinegar, Red/White Vinegar, Olive Oil

SALADS / GELATINS

Marinated Mushroom Salad / Strawberry
Greek Salad / Orange
Pear & Cheddar Salad / Cherry
German Tomato Salad / Lemon
Carrot & Raisin Salad / Raspberry
Fruit Salad / Lime
Potato Salad / Watermelon

DAILY SALAD BAR ROTATION

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

FRUITS

Sliced Peaches / Mandarin Oranges
Sliced Peaches / Tropical Fruit Cocktail
Sliced Peaches / Pineapple Chunks
Sliced Peaches / Apricot Halves
Sliced Peaches / Fruit Cocktail
Sliced Peaches / Pineapple Slices
Sliced Peaches / Pear Halves