## AFRH - W / MASTER MENU / J, 2019 CYCLE TWO - REGULAR LINE

2->	BREAKFAST	LUNCH	DINNER
M	Donuts / Assorted Muffins	Egg Drop Soup	Vegetable Soup
0	Oatmeal / Grits	Vegetable Soup	Egg Drop Soup
N	Eggs to Order	Stuffed Peppers w Tomato Sauce	Assorted Sliced Deli Cold Cuts
	Eggs - Scrambled / Hard Boiled	Teriyaki Chicken	Country Fried Steaks/White Gravy
	French Toast	Stir Fried Rice	Roasted Baby Potatoes
	Pork Bacon	Stir Fried Asian Vegetables	Broiled Tomatoes
9-Dec	Biscuits / Sausage Gravy	Broccoli Florets	Brussels Sprouts
2019 T	Donuts / Bran Muffins	Assorted Rolls Cream of Tomato Soup	Yeast Rolls / White & Wheat Bread Navy Bean Soup
	Donats / Bran Mullins	Navy Bean Soup	Cream of Tomato Soup
E	Oatmeal / Cream of Wheat	Enchiladas	Sliced Deli Turkey
s	Eggs to Order	Barbeque Beef Brisket	Baked Salmon w/Cucumber Sauce
	Eggs - Scrambled / Hard Boiled	Macaroni and Cheese	Wild Rice
	Creamed Chipped Beef	Sautéed Carrots	Sugar Snap Peas
10-Dec	Lyonnaise Potatoes	Fresh Spinach Salad	Okra and Tomatoes
2019	Biscuits / Country Gravy	Yeast Rolls	Bread Stick / White & Wheat Bread
W	Donuts / Assorted Muffins	Minestrone Soup	Lobster Bisque
E D	Coffee Cake Oatmeal / Grits	Lobster Bisque Assorted Deep Dish Pizza Slices	Minestrone Soup Philly Chicken & Cheese Sub
	Eggs to Order	Swedish Meatballs w/Gravy	Fish & Cheese Sub
	Eggs - Scrambled / Hard Boiled	Mashed Potatoes and Gravy	Krinkle Cut Fries
	Pork Bacon	Stewed Cabbage	Mushrooms & onions
11-Dec	Hash Browns	Creamed Corn O'Brien	Coleslaw
2019	Biscuits / Country Gravy	Yeast Rolls	
T	Donuts / Bran Muffins	Corn Chowder	Chicken Noodle
H U	Cinnamon Rolls Oatmeal / Grits	Chicken Noodle Chicken Tenders	Corn Chowder Assorted Sliced Deli Cold Cuts
R	Eggs to Order	Smothered Pork Chops	Roasted Turkey w/Gravy
s	Eggs - Scrambled / Hard Boiled	·	Cornbread Dressing / Cranberry Sauce
	Sausage Pattie / Spam	Blackeyed Peas w/Rice Collard Greens	Mashed Potatoes / Brown Gravy
12-Dec	Apple Pancakes	Harvard Beets	Green Peas / Creamed Cauliflower
	• •		Brown&Serve Rolls / White&Wheat
2019	Biscuits / Country Gravy	Corn Muffins / Cornbread	Bread
F	Donuts / Assorted Muffins	Cream of Broccoli Soup	Manhattan Clam Chowder
R	Assorted Danishes	Manhattan Clam Chowder	Cream of Broccoli Soup
'	Oatmeal / Cream of Wheat Eggs to Order	Hot Rueben Sandwiches Buffalo Shrimp	Sliced Deli Roast Beef Chicken Cordon Bleu
	Eggs - Scrambled / Hard Boiled	Bake Potatoe w Sour Cream	Scalloped Potatoes
	Creamed Ground Beef	Fried Okra	Asparagus Spears
13-Dec	Home Fried Potatoes	Coleslaw	Southern Fried Succotash
2019	Biscuits / Country Gravy	Hushpuppies	Slider Rolls / White & Wheat Bread
S	Donuts / Assorted Muffins	Split Pea Soup w/ Ham & Carrot Soup	Kielbasa Cabbage Soup
A	Scones	Kielbasa Cabbage Soup	Split Pea Soup w/ Ham & Carrot Soup
T	Oatmeal / Grits	Egg Salad Grilled Liver and Onions	Sliced Deli Turkey Char Grillod Chappad Stock
	Eggs to Order Eggs - Scrambled / Hard Boiled	Mashed Potatoes w/Gravy	Char Grilled Chopped Steak Baked Potato w/Sour Crm/Butter
	Corned Beef Hash	Rutabagas	Whole Green Beans
14-Dec	O'Brian Potatoes	Creamed Spinach	Glazed Baby Carrots
2019	Biscuits / Country Gravy	Assorted Rolls	Brown/Serve Rolls / White & Wheat Bread
S	Donuts / Assorted Muffins	Red Bean Soup	Turkey, Spinach , Lentil Soup
U	Cinnamon Rolls	Turkey, Spinach, Lentil Soup	Red Bean Soup
N	Oatmeal / Grits	Seafood Salad	Sliced Deli Chicken
	Eggs to Order	Chicken w/	Braised Beef Ribs n Onions
	Eggs - Scrambled / Hard Boiled Grilled Ham Steaks	Dumplings Sautéed Squash	Steamed White Rice Normandy Blend Veggies
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15-Dec	Strawberry Belgian Waffles	German Blend Vegetables	Fried Zucchini
2019	Biscuits / Country Gravy	Croissants	Dinner Rolls / White & Wheat Bread

CH ON	IL DESSERTS - REGULAR LINE	DESSERTS - DIET LINE	LUNCH ONLY
Mon	Peach Pie	NSA Apple Pie	Grilled Hamburgers w/ Buns / Sliced Cheese
Tue	Fudge Macaroon Cookies	Assorted SF Cookies	Grilled Hot Dogs w/ Buns / Chili / Cheese Sa
Wed	Carrot Cake	Fresh Fruit Cups	Grilled Chicken Breast w/ Corn Rolls
Thu	Pecan Blondie ***	Angel Cake w/Crushed Pineapples	Grilled Cheese Sandwiches on White or Whe
Fri	Coconut Cream Pie	Vanilla Pudding, NSA	Condiments: Green Leaf Lettuce / Sliced Tor
Sat	Chocolate Cookies	Assorted SF Cookies	Sliced Red Onions / Dill Pickle Slices
Sun	Rice Pudding ***	Tropical Fruit Cups	Horseradish / Bacon / Assorted Chips

**DESSERTS - DIET LINE** 

**DAILY SHORT ORDER LINE -**

CH ONL DESSERTS - REGULAR LINE