

AFRH - W / MASTER MENU /F-1A, 2016 / CYCLE ONE - DL

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.

1->	BREAKFAST	LUNCH	DINNER
M O N 5-Dec 2016	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon Biscuits / DL Biscuit Gravy	DL Pinto Bean Soup DL Meat w Gravy DL Mashed Potatoes w/DL Gravy DL German Blend Vegetables DL Black Eye Peas / Rolls	DL Pinto Bean Soup DL Char Grilled Pork Chops w Hot Apple Sauce DL Roasted Baby Potatoes DL Turnip Greens DL Steamed Cauliflower / Rolls
T U E S 6-Dec 2016	DL Oatmeal / DL Cream of Wheat DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy	DL Chicken Noodle Soup LF/LS Grilled Ham Steaks DL White Lima Beans & Brown Rice DL Corn and Carrots DL Spinach Assorted Rolls	DL Chicken Noodle Soup DL Lemon Baked Fish DL Rissoto Pasta DL Brussels Sprouts DL Stewed Tomatoes Wheat Rolls
W E D 7-Dec 2014	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Tomato Florentine Soup DL Oven Fried Chicken DL Mashed Potatoes w/DL Gravy DL Green Peas DL Steamed Broccoli / Wheat Rolls	DL Tomato Florentine Soup DL Pork Loin 'n Broth DL Asian Style Noodles DL Cabbage / DL Asian Veggies Assorted Rolls
T H U R 8-Dec 2016	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs DL Turkey Sausage Link Biscuits / DL Biscuit Gravy	DL Split Pea Soup DL Fish Taco with Toppings DL ReFried Beans / DL Spanish Rice DL Squash DL Green Beans / Wheat Rolls	DL Split Pea Soup DL Pepper Steak 'n DL Gravy DL Brown Rice Pilaf DL Zucchini DL Beets / Wheat Rolls
F R I 9-Dec 2016	DL Oatmeal / DL Cream of Wheat DL Scrambled Egg Beaters Hard Boiled Eggs DL Creamed Ground Beef Biscuits / DL Biscuit Gravy	DL Chicken & Rice Soup DL Baked Fish Baked Sweet Potatoes DL Steamed Cauliflower DL Garden Spinach Salad / Rolls	DL Chicken & Rice Soup DL Pot Roast with Mushroom Gravy Baked Potato w/FF Sour Cream DL Succotash DL Rutabagas / Rolls
S A T 10-Dec 2016	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon DL O'Brian Potatoes Biscuits / DL Biscuit Gravy	DL Potato Soup Marinara Sauce w/Ground Meat Spaghetti Pasta DL Italian Green Beans DL Okra DL Garlic Bread / Assorted Rolls	DL Potato Soup DL Herb Roasted Chicken DL Brown Rice Pilaf DL Asparagus DL Mixed Vegetables Assorted Rolls
S U N ##### 2016	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs LF/LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Knickerbockers Soup DL Braised Spare Ribs w Onions DL Potato Salad DL Corn on the Cob DL Collard Greens / Rolls	DL Knickerbockers Soup DL Sautéed Shrimp over DL Angel Hair Pasta DL Normandy Blend Veggies DL Coleslaw / Rolls

STANDARD BREAKFAST MENU ITEMS

DL Mediterranean Penne Pasta
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,
Iced 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, Fri

STANDARD SALAD DRESSINGS

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

SALADS / GELATINS

Green Pea w/Carrot Salad / Strawberry
Marinated Cucumbers / Orange
Potato Salad / Cherry
German Tomato Salad / Lemon
Broccoli Salad / Raspberry
Fruit Salad / Lime

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

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Macaroni Salad / Watermelon