

**AFRH - W / MASTER MENU / F-1A, 2016 CYCLE SIX - 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.

<b>6-&gt;</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>M</b> <b>O</b> <b>N</b> 9-Jan 2017	DL Oatmeal / DL Grits  DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon Biscuits / DL Biscuit Gravy	DL Lentil Bean Soup  DL Grilled Pork Chops Baked Potato w/FF Sour Cream DL Normandy Blend Veggies DL Brussel Sprouts / Rolls	DL Lentil Bean Soup DL Sliced Roasted Turkey Breast w DL Gravy DL Roasted New Potatoes DL Sugar Snap Peas DL Carrots / Rolls
<b>T</b> <b>U</b> <b>E</b> <b>S</b> 10-Jan 2017	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 Cream of Asparagus Soup DL Smoked Turkey Sausage DL Red Beans & Brown Rice DL Okra DL Rutabagas Assorted Rolls	DL Cream of Asparagus Soup DL Broiled Fish Almandine DL Baked Sweet Potato DL California Blend Vegetables DL Peas & Pearl Onions Assorted Rolls
<b>W</b> <b>E</b> <b>D</b> 11-Jan 2017	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Minestrone Soup DL Veggie Pizza <b>DL Baked Chicken Wings</b> <b>DL Steamed Yellow Rice</b> DL Squash / Mushroom Salad / Rolls	DL Minestrone Soup DL Grilled Breakfast Chopped Steak DL Scrambled Egg Beaters DL Grits Waffles w/SF Syrup (Toast Available)
<b>T</b> <b>H</b> <b>U</b> <b>R</b> 12-Jan 2017	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs DL Turkey Sausage Patties  Biscuits / DL Biscuit Gravy	DL Vegetable Soup DL Bake Chicken w/BBQ Shake DL Vegetarian Baked Beans DL Collard Greens  DL Coleslaw / Rolls	DL Vegetable Soup DL Marinara Sauce / Meatalls Spaghetti DL Beets Peas & Pearl Onions
<b>F</b> <b>R</b> <b>I</b> 13-Jan 2017	DL Oatmeal / DL Cream of Wheat DL Scrambled Egg Beaters Hard Boiled Eggs DL Creamed Ground Beef Biscuits / DL Biscuit Gravy	DL Beef Noodle Soup DL Oven Fried Fish DL Parmesan Egg Noodles DL Cabbage DL Brolied Tomatoes / Rolls	DL Beef Noodle Soup DL Salisbury Steak DL Mashed Potatoes / DL Gravy DL Broccoli Florets DL Zucchini Assorted Rolls
<b>S</b> <b>A</b> <b>T</b> 14-Jan 2017	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon DL O'Brian Potatoes Biscuits / DL Biscuit Gravy	DL Chicken and Rice Soup DL Grilled Italian Chicken Breast Angel Hair Pasta w/Marinara Sauce DL Succotash DL Spinach / Wheat Rolls Assorted Rolls	DL Chicken and Rice Soup DL Asian Beef w/Broccoli DL Brown Fried Rice DL Steamed Cauliflower Assorted Rolls
<b>S</b> <b>U</b> <b>N</b> 15-Jan 2017	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs LF/LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Cabbage Soup DL Pot Roast w/DL Gravy DL Diced Potatoes DL Carrots DL Green Beans / Wheat Rolls	DL Cabbage Soup DL Sauteed Shrimp DL Yellow Rice DL Asparagus Spears DL Mustard Greens / Rolls

**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, 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, Friday

**STANDARD SALAD DRESSINGS**

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

**SALADS / GELATINS**

Beet & Onion Salad / Strawberry  
Greek Salad / Orange  
Potato Salad / Cherry  
German Tomato Salad / Lemon  
Pear Salad / Raspberry  
Fruit Salad / Lime

**DAILY SALAD BAR ROTATION**

**Monday**  
**Tuesday**  
**Wednesday**  
**Thursday**  
**Friday**  
**Saturday**  
**Sunday**

**FRUITS**

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

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**Pasta Salad / Watermelon**