

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

<b>6-&gt;</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>M O N</b>  28-Nov 2016	Donuts / Assorted Muffins Assorted Muffins Oatmeal / Grits  Eggs to Order Eggs - Scrambled / Hard Boiled Pork Bacon French Toast Biscuits / Sausage Gravy	Corn & Crab Bisque Lentil Soup Ragu Beef Ravioli  Grilled Marinated Pork Chop Baked Potato w/Sour Crm/Butter Normandy Blend Veggies Brussel Sprouts Bread Sticks	Lentil Soup Corn & Crab Bisque Sliced Deli Roast Beef  Turkey Tetrazini w/Vermicelli Sautéed Carrots Sugar Snap Peas Dinner Rolls / White & Wheat Bread
<b>T U E S</b>  29-Nov 2016	Donuts / Bran Muffins  Oatmeal / Cream of Wheat Eggs to Order Eggs - Scrambled / Hard Boiled Creamed Chipped Beef Lyonnais Potatoes Biscuits / Country Gravy	Cream of Asparagus Soup Tomato Cream Cheese Soup Chicken Salad Wrap Smoked Sausage w/Red Beans and Rice Fried Okra Rutabagas Corn Muffins / Cornbread	Tomato Cream Cheese Soup Cream of Asparagus Soup Assorted Sliced Deli Cold Cuts Fish Almandine Sweet Potato Fries California Blend Vegetables Peas & Pearl Onions Dinner Rolls / White & Wheat Bread
<b>W E D</b>  30-Nov 2016	Donuts / Assorted Muffins Coffee Cake Oatmeal / Grits  Eggs to Order Eggs - Scrambled / Hard Boiled Grilled Ham Steaks  Baked Beans Biscuits / Country Gravy	Cream of Broccoli Soup Minestrone Soup Assorted Pizza Slices  Spicy Chicken Wings  Dirty Rice Sautéed Squash Marinated Mushroom Salad Yeast Rolls	Minestrone Soup Cream of Broccoli Soup * * BREAKFAST NIGHT * * Country Fried Steak /Deli Chicken  Scrambled Eggs / Eggs to Order Cheesy Grits / Country Gravy Belgian Waffles w/Strawberry Topping Biscuits / White & Wheat Bread
<b>T H U R S</b>  1-Dec 2016	Donuts / Bran Muffins Cinnamon Rolls Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Sausage Patties / Scrapple Blueberry Pancakes Biscuits / Country Gravy	Navy Bean Soup Vegetable Soup Cabbage Rolls Barbeque Chicken Baked Beans Collard Greens Corn on the Cob Corn Muffins / Cornbread	Vegetable Soup Navy Bean Soup Sliced Deli Turkey Marinara Meatball w Spaghetti Peas & Pearl Onions Harvard Beets Garlic Toast White & Wheat Bread
<b>F R I</b>  2-Dec 2016	Donuts / Assorted Muffins Assorted Danishes Oatmeal / Cream of Wheat Eggs to Order Eggs - Scrambled / Hard Boiled Creamed Ground Beef Home Fried Potatoes Biscuits / Country Gravy	Beef Noodle Cajun Gumbo Turkey Salad Wrap Fried Fish w/Cocktail/Tartar Sauce Macaroni and Cheese Stewed Cabbage Broiled Tomato Hushpuppies	Cajun Gumbo Beef Noodle Assorted Cold Cuts Salisbury Steak w/Mushroom Gravy Mashed Potatoes and Gravy Broccoli Florets Fried Zucchini Dinner Rolls / White & Wheat Bread
<b>S A T</b>  3-Dec 2016	Donuts / Assorted Muffins Coffee Cake Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Corned Beef Hash O'Brian Potatoes Biscuits / Country Gravy	Chicken and Rice Soup Split Pea Soup Beanie Weinies Chicken Parmesan w/Marinara Angel Hair Pasta / Marinara Sauce Southern Fried Succotash Spinach w/Sliced Boiled Eggs Garlic Bread	Split Pea Soup Chicken and Rice Soup Sliced Deli Chicken Beef and Broccoli Fried Rice Egg Rolls Creamed Cauliflower Dinner Rolls / White & Wheat Bread
<b>S U N</b>  4-Dec 2016	Donuts / Assorted Muffins Cinnamon Rolls Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Grilled Ham Steaks  Peachy Waffles Biscuits / Country Gravy	Kielbasa Cabbage Soup Cream of Broccoli Soup Ham Salad Pot Roast 'n Gravy w/Diced Potatoes Sautéed Carrots Seasoned Green Beans Yeast Rolls	Cream of Broccoli Soup Kielbasa Cabbage Soup Sliced Deli Roast Beef Shrimp & Sausage Jambalaya Jambalaya Rice Asparagus Spears Mustard Greens Corn Muffins / Cornbread / White/Wheat

**DESSERTS - REGULAR LINE**

<b>Mon</b>	Cherry Pie
<b>Tue</b>	Vanilla Pudding ***
<b>Wed</b>	Coconut Cake
<b>Thu</b>	Brownies w/Nut *****
<b>Fri</b>	Boston Cream Pie
<b>Sat</b>	Banana Cream Pie
<b>Sun</b>	Black Berry Cobbler

**DESSERTS - DIET LINE**

NSA Berry Pie
Assorted SF Cookies
Fresh Fruit Cups
Angel Cake w/Blueberries
NSA Cherry Pie
Assorted SF Cookies
Tropical Fruit Cups

**DAILY SHORT ORDER LINE - LUNCH ONLY**

Grilled Hamburgers w/ Buns / Sliced Cheese  
Grilled Hot Dogs w/ Buns / Chili / Cheese Sauce  
Grilled Chicken Breast w/ Corn Rolls  
Grilled Cheese Sandwiches on White or Wheat  
Condiments: Green Leaf Lettuce / Sliced Tomatoes  
Sliced Red Onions / Dill Pickle Slices  
Horseradish / Bacon / Assorted Chips