

Menu ~ May 6 – 12, 2024

	Breakfast	Lunch	Dinner
Monday May 6	Donuts / Muffins Oatmeal / Grits French Toast Pork Bacon Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Split Pea Chicken Noodle <i>Dessert:</i> Strawberry Cream Pie	Sliced Deli Roast Beef Curry Chicken w. Rice Roasted Plantain Broccoli Florets Cauliflower Florets Yeast Rolls
		Enchiladas Refried Beans Roasted Pork Loin w. Apples Mashed Potatoes w. Gravy German Blend Vegetables Dinner Rolls	
Tuesday May 7	Donuts / Bran Muffins Oatmeal/ Cream of Wheat Creamed Chipped Beef Lyonnaise Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Cream of Broccoli Navy Bean <i>Dessert:</i> Oatmeal Cookies	Sliced Deli Turkey Lemon Baked Fish Buttered Parmesan Egg Noodles Club Spinach California Blend Dinner Rolls
		Chicken Salad Corned Beef Buttery Parsley Potatoes Sautéed Cabbage Sautéed Carrots Corn Muffins	
Wednesday May 8	Donuts / Coffee Cake Oatmeal / Grits Pork Bacon Hash Browns Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Corn Chowder Kielbasa Cabbage <i>Dessert:</i> Orange Cake	Philly Steak & Cheese Sub Fish & Cheese Sub Steak Fries Mushrooms & Onions Coleslaw
		Pizza Slices Corn Dogs Sautéed Squash Sugar Snap Peas Yeast Rolls	
Thursday May 9	Donuts / Cinnamon Rolls Oatmeal / Grits Sausage Links / Scrapple Apple Pancakes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> New England Clam Chowder Minestrone <i>Dessert:</i> Sweet Potato Pie	Sliced Deli Chicken Marinated Grilled Rib Bites Lyonnaise Rice Cashew Pea Salad Spinach Dinner Rolls
		Tuna Salad Fried Chicken Au Gratin Potatoes Coleslaw Mustard Greens Corn Muffins	
Friday May 10	Donuts / Assorted Danishes Oatmeal / Cream of Wheat Creamed Ground Beef Home Fried Potatoes / Tater Tots Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Tomato Florentine Cream of Mushroom <i>Dessert:</i> Banana Cake	Sliced Deli Roast Beef Asparagus Casserole Potato Logs Shrimp Salad w. Croissants Taco Salad Croissants
		Hot Rueben Sandwich Fried Fish Macaroni & Cheese Broccoli Florets Normandy Blend Veggies Hushpuppies	
Saturday May 11	Donuts / Scones Oatmeal / Grits Corned Beef Hash O'Brien Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Won Ton Vegetable <i>Dessert:</i> Chocolate Cookies	Assorted Deli Cold Cuts Chargrilled Teriyaki Chicken Asian Stir-Fried Noodles Stir-Fried Asian Vegetables Sautéed Cabbage Bread Rolls
		Tomato & Beef Goulash Macaroni Grilled Ham & Cheese Sandwich Collard Greens Corn and Carrots Cornbread	
Sunday May 12	Donuts / Cinnamon Rolls Oatmeal / Grits Grilled Ham Steaks Blueberry Waffles Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Manhattan Clam Chowder Chicken and Rice <i>Dessert:</i> Tapioca Pudding	Sliced Deli Turkey Barbeque Beef Brisket Hash brown Casserole Creamy Country Corn Cauliflower Dinner Rolls
		** Mother's Day ** Themed Meal	

Menu - Diet Line ~ May 6 – 12, 2024

All items on this menu have 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 Dietician for a 1:1 consult.

	Breakfast	Lunch	Dinner
Monday May 6	Oatmeal /Grits Scrambled Egg Beaters Hardboiled Eggs Turkey Bacon Biscuits & Gravy	<i>Soup of the Day:</i> Chicken Noodle <i>Dessert:</i> NSA Chocolate Pudding	
		Pork Loin w. Apples Mashed Potatoes w. Gravy German Blend Vegetables Rutabagas Bread Rolls	Grilled Chicken Breast w. Veggies Roasted New Potatoes Broccoli Florets Cauliflower Bread Rolls
Tuesday May 7	Oatmeal / Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs Biscuits & Gravy Turkey Sausage Patties Lyonnaise Potatoes	<i>Soup of the Day:</i> Navy Bean <i>Dessert:</i> Sugar-Free Cookies	
		Sliced Roast Beef w. Gravy Potatoes Cabbage Carrots Cornbread	Lemon Baked Fish Parmesan Egg Noodles Spinach California Blend Vegetables Wheat Rolls
Wednesday May 8	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i> Corn Chowder <i>Dessert:</i> Fruit Cups	
		Pizza Assorted Vegetables Squash Sugar Snap Peas Bread Rolls	Steak Sub Baked Sweet Potato Fries Mushroom & Onion Coleslaw
Thursday May 9	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs Biscuits & Gravy Turkey Sausage Patties	<i>Soup of the Day:</i> Minestrone <i>Dessert:</i> Angel Cake w. Fruit Cocktail	
		Oven Fried Chicken Mashed Potatoes w. Gravy Turnip Green Coleslaw Wheat Rolls	Grilled Rib Bites Brown Rice Pilaf Cashew Pea Salad Spinach Bread Rolls
Friday May 10	Oatmeal / Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs Biscuits & Gravy Creamed Ground Beef	<i>Soup of the Day:</i> Tomato Florentine <i>Dessert:</i> NSA Peach Pie	
		Oven Fried Fish Baked Sweet Potatoes Normandy Blend Veggies Steamed Broccoli Bread Rolls	Shrimp Salad / Hoagie Rolls Baked Chips Asparagus Spears Taco Salad
Saturday May 11	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs Biscuits & Gravy Turkey Bacon O'Brien Potatoes	<i>Soup of the Day:</i> Vegetable <i>Dessert:</i> Sugar-Free Cookies	
		Grilled Ham Steaks Brown Rice Pilaf Collard Greens Corn and Carrots Wheat Rolls	Teriyaki Chicken Steamed Asian Brown Rice Steamed Asian Blend Vegetable Cabbage Bread Rolls
Sunday May 12	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i> Chicken and Rice <i>Dessert:</i> Fruit Cups	
		** Mother's Day ** Themed Meal	Sliced Roast Beef Mashed Potatoes w. Gravy Whole Kernel Corn Cauliflower Dinner Rolls

Fixed Menu Items

These items do not change according to the weekly menu

Breakfast Bar:

Bagels, English Muffins, Assorted Bread Slices

Prunes, Bananas, Grapefruit Sections, Cut Fresh Fruit, Applesauce, Raisins

Assorted Jellies, Syrup, and condiment topping

Daily Grill:

Hamburgers, Hot Dogs, Grilled Chicken Breast, Grilled Cheese Sandwich

Condiments: Lettuce, Tomato, Red Onion, Dill Pickle, Bacon, Horseradish, Chili, Cheese, Assorted Chips

Salad Bar:

Mixed Salad Greens, Cherry Tomatoes, Sliced Cucumbers, Sliced Red Onions, Matchstick Carrots, Sliced Bell Peppers, Bread & Butter Pickles, Whole Green Olives, Sliced Black Olives, Coleslaw, Tuna Fish, Boiled Eggs, Cottage Cheese, Shredded Cheese, Bacon Bits, Beets

Variables:

Jalapeno or Banana Peppers, Broccoli or Cauliflower Florets, Green Peas or Edamame, Green Onions or Celery Sticks, Avocado or Baby Corn, Chopped Nuts, Dried Cranberries or Raisins, Sunflower Seeds or Bleu Cheese Crumble, Salmon (Mon, Wed, Fri).

Dressings:

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

Daily Rotation Items:

	Salad	Fruit	Gelatin
Monday	Green Pea & Carrot	Mandarin Oranges	Strawberry
Tuesday	Greek	Fruit Cocktail	Orange
Wednesday	Potato	Pineapple Chunks	Cherry
Thursday	German Tomato	Apricot Halves	Lemon
Friday	Broccoli	Fruit Cocktail	Raspberry
Saturday	Fruit	Pineapple Slices	Lime
Sunday	Pasta	Pear Halves	Watermelon