

**Regular Line**

	BREAKFAST	LUNCH	DINNER
M O N	Donuts / Assorted Muffins Oatmeal/Grits Eggs to Order Scrambled Eggs /Hardboiled Eggs French Toast Sticks Pork Bacon Biscuits/ Sausage Gravy	Cream Of Broccoli Soup Minestrone Soup Chicken Salad Oven Baked Pork Chop ♥ Macaroni & Cheese Collard Greens German Blend Vegetables Croissant	Cream Of Broccoli Soup Minestrone Soup Grilled Hawaiian Sandwich ♥ Tater Tots Roasted Brussels Sprouts Broccoli Bacon Salad Crown Roll
T U E S	Donuts/Assorted Muffins Pecan Swirls Oatmeal/Cream of Wheat Eggs to Order Scrambled Eggs /Hardboiled Eggs Lyonnaise Potatoes Cream Chipped Beef Biscuits/ Country Gravy	Tomato Florentine Soup Chicken and Rice Soup Hot Rueben Sandwich Chicken w Dumplings ♥ Steamed Rice Broccoli, Corn & Carrots Beets Corn Muffin	Tomato Florentine Soup Chicken and Rice Soup Cod Fish Cakes ♥ Whole Kernel Corn Season Green Beans Stewed Tomatoes Baked Potato w Sour Cream & Butter
W E D	Donuts/Assorted Muffins Coffee Cake Oatmeal/ Grits Eggs to Order Scrambled Eggs /Hardboiled Eggs Grilled Ham Baked Beans/Corn Muffins Biscuit/Country Gravy	Vegetable Soup Cream of Celery Soup Deli Meats & Cheeses BBQ Beef Brisket ♥ Baked Beans Sauteed Cabbage Sauteed Squash Potato Slammer Roll	Vegetable Soup Cream of Celery Soup Cajun Jambalaya Spinach w Mushrooms Creamed Asparagus Tips Ciabatta Bread
T H U R S	Donuts/Assorted Muffins Cinnamon Rolls Oatmeal/Grits Eggs to Order Scrambled Eggs /Hardboiled Eggs Sausage Pattie Scrapple Banana & Strawberry Pancakes Biscuit/ Country Gravy	Egg Drop Soup Lobster Bisque Italian Sausage, Peppers, Onions Teriyaki Chicken ♥ Fried Rice Stir Fry Vegetables Broccoli Florets Panini Roll	Egg Drop Soup Lobster Bisque Roasted Turkey w Turkey Gravy ♥ Bread dressing Cranberry Sauce Buttery Green Peas Creamed Cauliflower Brown & serve Roll
F R I	Donuts/Assorted Muffins Assorted Danish Oatmeal/ Cream of Wheat Eggs to Order Scrambled Eggs /Hardboiled Eggs Creamed Ground Beef Home Fries Biscuit/ Country Gravy	French Onion Soup Navy Bean Soup Sliced Roast Beef Sandwich /w Gravy Seasoned Baked Fish ♥ Butternut Risotto Okra & Tomatoes California Blend Vegetables Hushpuppies	French Onion Soup Navy Bean Soup Pastrami Sandwich Mediterranean Pene Pasta ♥ Sautéed Squash w Onions Greek Salad Sliced Rye/ White / Wheat Bread
S A T	Donuts/Assorted Muffins Assorted Coffee Cakes Oatmeal/Grits Eggs to Order Scrambled Eggs /Hardboiled Eggs Corned Beef Hash O'Brian Potatoes Biscuit/ Country Gravy	Red Bean Soup New England Clam Chowder Fish Sandwich w Tartar Sauce Ground Meat In Tomato Sauce w/ ♥ Macaroni Noodles Whole Green Beans Club Spinach Garlic Bread	Red Bean Soup New England Clam Chowder Rotisserie Baked Chicken ♥ Candied Sweet Potatoes Mustard Greens Creamed Country Corn Dinner Roll
S U N	Donuts/Assorted Muffins Cinnamon Rolls Oatmeal/Grits Eggs to Order Scrambled Eggs /Hardboiled Eggs Grilled Ham Strawberry Belgian waffles Biscuit/ Country Gravy	Split Peas Soup Cajun Chicken Gumbo Soup Grilled Ham & Cheese Beef Tips n Gravy ♥ Loaded Potatoes Grilled Mushroom & Onions Asparagus Tips Ciabatta Bread	Split Peas Soup Cajun Chicken Gumbo Soup Seafood Etouffee Steam White Rice Sugar Snap Peas Sautéed Carrots French Roll

**DESSERTS**

Mon	Apple Pie	Apple Pie, No Sugar Added
Tues	Bread Pudding	Choc Chip Cookie, No Sugar Added
Wed	Assorted Cookie	Fruit Cup, No Sugar Added ♥
Thurs	German Chocolate Cake	Angel Cake ♥
Fri	Lemon Meringue Pie	Vanilla Pudding, No Sugar Added
Sat	Chocolate Pie	Chocolate Pie, No Sugar Added
Sun	Fruit & Nut Cookie	Tropical Fruit, No Sugar Added ♥

**DAILY SHORT ORDER LINE**

Grilled Hamburger
Grilled Hotdog (M,T,Th,F,S,Su)
Grilled Chicken Breast ♥

Swiss Cheese (Wed Only)

**Diet Line Menu ♥ Cycle #2 – : Master Menu –[10-2012]**

Items with DL before the menu name indicates this item has been modified to be lower in calories, fat and/or sodium than the Regular line item. 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 one-on-one consultation.

	BREAKFAST	LUNCH	DINNER
M O N	Oatmeal/Grits Scrambled Eggbeaters Hardboiled Eggs Turkey Bacon Biscuit/DL Breakfast Gravy	DL Minestrone Soup DL Chicken Salad DL Macaroni & Cheese DL Collard Greens DL German Blend Vegetable	DL Minestrone Soup DL Grilled Hawaiian Sandwich Crown Roll Baked Chips DL Roasted Brussels Sprouts DL Broccoli, Turkey Bacon Salad
T U E S	Oatmeal/ Cream of Wheat Scrambled Eggbeaters Hardboiled Eggs Turkey Sausage Patties DL Lyonnaise Potatoes Biscuit/DL Breakfast Gravy	DL Chicken and Rice Soup DL Chicken w DL Dumplings DL Broccoli, Corn & Carrots DL Beets Potato Slammer Rolls	DL Chicken and Rice Soup DL Cod Fish Cakes Baked Potato w Sour Cream & Butter DL Green Beans DL Stewed Tomatoes
W E D	Oatmeal/ Grits Scrambled Eggbeaters Hardboiled Eggs Grilled Ham –LF /LS Biscuit/DL Breakfast Gravy	DL Vegetable Soup DL BBQ Beef Brisket DL Baked Beans DL Cabbage DL Squash	DL Vegetable Soup DL Seasoned Baked Fish DL Brown Rice Pilaf DL Spinach w Mushrooms DL Asparagus Tips
T H U R	Oatmeal/Grits Scrambled Eggbeaters Hardboiled Eggs Turkey Sausage Link Biscuit/DL Breakfast Gravy	DL Egg Drop Soup DL Teriyaki Chicken Steamed Rice DL Steamed Vegetables DL Broccoli Florets	DL Egg Drop Soup DL Roasted Turkey w DL Turkey Gravy Yellow Rice DL Green Peas DL Cauliflower
F R I	Oatmeal/ Cream of Wheat Scrambled Eggbeaters Hardboiled Eggs DL Creamed Ground Beef Biscuit/DL Breakfast Gravy	DL French Onion Soup DL Seasoned Baked Fish DL Butternut Risotto DL Okra & Tomatoes DL California Blend Vegetables	DL French Onion Soup DL Pastrami Sandwich DL Mediterranean Pene Pasta DL Sautéed Squash w Onions DL Greek Salad Sliced Rye Bread
S A T	Oatmeal/ Grits Scrambled Eggbeaters Hardboiled Eggs Turkey Bacon O'Brian Potatoes Biscuit/DL Breakfast Gravy	DL Red Bean Soup DL Tomato Marinara Sauce w/ Macaroni Noodles DL Whole Green Beans DL Club Spinach DL Garlic Bread	DL Red Bean Soup DL Rotisserie Baked Chicken Baked Sweet Potatoes DL Mustard Greens DL Country Corn Dinner Roll
S U N	Oatmeal/ Grits Scrambled Eggbeaters Hardboiled Eggs Grilled Ham –LF /LS Biscuit/DL Breakfast Gravy	DL Split Pea Soup DL Beef Tips n DL Gravy DL Loaded Potatoes DL Mushroom & Onions DL Asparagus Tips	DL Split Pea Soup DL Seafood Etouffee Steam White Rice DL Sugar Snap Peas DL Carrots

**BREAKFAST STANDARD MENU ITEMS**

Prunes, Bagel, English Muffin, Syrup, SF Syrup, Bananas, Grapefruit Sections, Fruit Deluxe, Applesauce, Cream Cheese

**STANDARD MENU ITEMS ALL MEALS**

Asst Bread, Asst Dry Cereal, Asst Juice, Asst Milk, Asst Beverages, Coffee, Decaf Coffee, Tea, Tea Bags, Butter, Margarine, Sugar, Sugar Substitute, Salt Pepper, Asst Condiments

**STANDARD SALAD BAR ITEMS FOR LUNCH/ DINNER ♥**

Lettuce garnished w/romaine leaves, Cherry Tomatoes, Cucumbers, Sliced Onions, Celery Sticks, Sliced Pickles, Carrot Sticks, Shredded Cheese, Coleslaw, Bacon Bits, Sliced Beets, Sliced Peppers, Broccoli Florets, Green Olives, Jalapeno Peppers, Sugar Free Jello

**STANDARD SALAD DRESSINGS**

Bleu Cheese, Catalina French, Ranch, Thousand Island, Fat Free Italian, Balsamic Vinegar, White Vinegar, Olive Oil

**DAILY SALAD BAR ROTATION ♥**

Mon: Pineapple Chunks, Beet Salad  
Wed: Pear Halves, Potato Salad  
Fri: Apricot Halves, Three Beans Salad  
Sun: Fruit Cocktail, Carrot & Raisin Salad

Tue: Peach Slices, Marinated Cucumbers  
Thurs: Pineapple Slices, German Tomato Salad  
Sat: Mandarin Oranges, Pasta Salad