

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	Italian Wedding Soup Cream Of Broccoli Soup 5-Cheese Ravioli w Marinara Sauce Marinated Pork Wings ♥ Butternut Risotto Whole Green Beans Cauliflower Au gratin Brown & Serve Roll	Italian Wedding Soup Cream Of Broccoli Soup Philly Cheese Steak Sandwich ♥ Steak Cut Fries Creamed Spinach Cashews Pea Salad Ciabatta Round
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	Chicken & Rice Soup Cream Of Tomato Soup Barbeque Pork On Bun Beef Stew ♥ Steamed Rice German Blend Sautéed Zucchini Dinner Roll	Chicken & Rice Soup Cream Of Tomato Soup Lemon Baked Catfish ♥ Cornbread Stuffing Baby Carrots Sugar Snap Peas Biscuit
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	Pinto Bean Soup Cream of Asparagus Soup Ham Salad Salisbury Steak 'n Gravy ♥ Mashed Potatoes 'n Gravy Turnip Greens Italians Green Beans Croissant	Pinto Bean Soup Cream of Asparagus Soup Smoke Sausage Red Bean w Rice ♥ Peas & Pearl onions Sauteed Squash Corn Muffin
T H U R S	Donuts/Assorted Muffins Cinnamon Rolls Oatmeal/Grits Eggs to Order Scrambled Eggs /Hardboiled Eggs Sausage Link Scrapple Peachy Pancakes Biscuit/ Country Gravy	Knickerbockers Soup Split Pea Soup Polish sausage, Pepper, Onions Chicken Nuggets w Honey Mustard Baked Potato w Sour Cream & Butter Sauteed Cabbage Mixed Vegetables Potato Slammer Roll	Knickerbockers Soup Split Pea Soup Pork & Broccoli ♥ Fried Rice Whole Kernel Corn Beets Ciabatta Bread
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 Chicken Tortilla Soup Turkey Salad Seasoned Baked Fish ♥ Mediterranean Penne Pasta Brussels Sprouts Spinach Corn Nuggets	French Onion Soup Chicken Tortilla Soup Monte Cristo Sandwich Sweet Potato Creamed Cauliflower Italian Pepper Salad White or 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	Cream Of Chicken Soup Beef Noodle Soup Hot Ham & Cheese Poboyn Chili Beef & Beans Macaroni Noodles Broccoli Florets Stewed tomatoes French Roll	Cream Of Chicken Soup Beef Noodle Soup BBQ Chicken ♥ Macaroni & Cheese Kale Squash w red peppers & Onions Corn Muffin
S U N	Donuts/Assorted Muffins Cinnamon Rolls Oatmeal/Grits Eggs to Order Scrambled Eggs /Hardboiled Eggs Grilled Ham Blueberry Belgian waffles Biscuit/ Country Gravy	Vegetable Barley soup Cream Of Potato Soup Tuna Salad Yankee Pot Roast 'n gravy ♥ Mash Potatoes / Gravy Seasoned Green Beans Sauteed Mushrooms Potato Slammer roll	Vegetable Barley soup Cream Of Potato Soup Shrimp Creole ♥ Steamed Rice Sauteed Okra Sauteed Carrots Ciabatta Bread

DESSERTS

Mon:	Boston Cream Pie	Sponge Cake w NSA Vanilla Pudding
Tues	Chocolate Chip Cookie	Oatmeal Cookie, No Sugar Added
Wed	Assorted Cookie	Fresh Fruit Cup, Sugar Free ♥
Thurs	Carrot Cake	Angel Added Fruit Cup ♥
Fri	Cherry Pie	Cherry Pie, No Sugar Added
Sat	Chocolate Cake	Pistachio Pudding, No Sugar Added
Sun	Cheese Cake	Tropical Fruit, No Sugar Added ♥

DAILY SHORT ORDER LINE

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

[10-29-2012]

**Diet Line Menu** ♥ Cycle #3 – Week of : : **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 Cream Of Broccoli Soup Pork Loin w/ DL Spiced Apples Wild Rice DL Whole Green Beans DL Cauliflower Au gratin	DL Cream Of Broccoli Soup Philly Cheese Steak Sandwich Baked Sun Chips DL Creamed Spinach DL Cashews Pea Salad
T U E S	Oatmeal/ Cream of Wheat Scrambled Eggbeaters Hardboiled Eggs Turkey Sausage Patties DL Lyonnaise Potatoes Biscuit/DL Breakfast Gravy	DL Cream Of Tomato Soup DL Beef Stew Steamed Rice DL German Blend Vegetables DL Zucchini Dinner Roll	DL Cream Of Tomato Soup DL Seasoned Baked Fish Baked Sweet Potato DL Baby Carrots DL Sugar Snap Peas
W E D	Oatmeal/ Grits Scrambled Eggbeaters Hardboiled Eggs Grilled Ham –LF /LS Biscuit/DL Breakfast Gravy	DL Pinto Bean Soup DL Salisbury Steak DL Mashed Potatoes w DL Gravy DL Turnip Greens DL Italians Green Beans	DL Pinto Bean Soup Turkey Smoke Sausage DL Red Bean w Steamed Rice DL Peas & Pearl onions DL Squash
T H U R	Oatmeal/Grits Scrambled Eggbeaters Hardboiled Eggs Turkey Sausage Link Biscuit/DL Breakfast Gravy	DL Knickerbockers Soups DL Chicken w Vegetables <b>Baked Potato w Sour Cream &amp; Butter</b> DL Cabbage DL Mixed Vegetables	DL Knickerbockers Soup DL Pork & Broccoli DL Fried Rice DL Whole Kernel Corn DL Beets
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 Mediterranean Penne Pasta DL Brussels Sprouts DL Spinach	DL French Onion Soup <b>Open Face Turkey w DL Gravy</b> <b>DL Mashed Potatoes w DL Gravy</b> DL Cauliflower DL Italian Pepper Salad White or Wheat Bread
S A T	Oatmeal/ Grits Scrambled Eggbeaters Hardboiled Eggs Turkey Bacon O'Brian Potatoes Biscuit/DL Breakfast Gravy	DL Beef Noodle Soup Vegetable Cutlet Brown Rice w DL Chicken Gravy DL Broccoli Florets DL Stewed tomatoes French Roll	DL Beef Noodle Soup Baked Chicken w BBQ Shake DL Macaroni & Cheese DL Kale DL Squash w red peppers & Onions Potato Slammer Roll
S U N	Oatmeal/ Grits Scrambled Eggbeaters Hardboiled Eggs Grilled Ham –LF /LS Biscuit/DL Breakfast Gravy	DL Vegetable Barley soup DL Yankee Pot Roast 'n gravy DL Mash Potatoes & DL Gravy DL Green Beans DL Mushrooms	DL Vegetable Barley soup DL Shrimp Creole Steamed White Rice DL Okra DL Carrot

**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, Green Pea Salad  
Wed: Pear Halves, Potato Salad  
Fri: Apricot Halves, Three Beans Salad  
Sun: Fruit Cocktail, Carrot Salad

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