

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	Navy Bean Soup Split Pea Soup Beef Ragu w Cheese Ravioli Pork Loin w Apples ♥ Wild Rice w Cream Sauce German Blend Roasted Brussels Sprouts Dinner Roll	Navy Bean Soup Split Pea Soup Chicken Cordon Bleu ♥ Baked Bean Creamed Sugar Snaps Peas Broccoli Tomato Salad
T U E S	Donuts/Assorted Muffins Pecan Swirls Oatmeal/Cream of Wheat Eggs to Order Scrambled Eggs /Hardboiled Eggs Lyonnais Potatoes Cream Chipped Beef Biscuits/ Country Gravy	Cream Broccoli Soup Minestrone Soup Chili Cheese Dog Corn Beef w Horse Radish Sauce ♥ Parsley Boiled Potatoes Sauteed Cabbaged Sauteed Carrots Brown & Serve Rolls	Minestrone Soup Cream of Broccoli Soup Baked Fish Pecan ♥ Baked Sweet Potato Mixed Vegetables Sauteed Zucchini Hushpuppies
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	Chicken & Rice Soup Cream Of Potato Soup Turkey w Cheese Croissant Beef Stroganoff ♥ Egg Noodles Seasoned Green Beans Sauteed Squash w Onions Croissant	Cream Of Potato Soup Chicken & Wild Rice Soup Grilled Ham ♥ Lima Beans Steamed White Rice Collard Greens Corn & Carrots w/ Onions Corn Muffins
T H U R S	Donuts/Assorted Muffins Cinnamon Rolls Oatmeal/Grits Eggs to Order Scrambled Eggs /Hardboiled Eggs Sausage Pattie Scrapple Strawberry Pancakes Biscuit/ Country Gravy	French Onion Soup Red Bean Soup Sloppy Joe Fried Chicken Mashed Potatoes w Chicken Gravy Sugar Snap Peas Baby Carrots Potato Slammer Roll	Red Bean Soup French Onion Soup Liver & Onions w Gravy Macaroni Noodles w Cheesy Tomato Mushrooms Buttery Green Peas California Blend Vegetables Dinner 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	Corn Chowder Tomato Florentine Soup Grilled Ham & Cheese Seasoned Baked Fish ♥ Au gratin Potatoes Asparagus Tips Cauliflower Hushpuppies	Tomato Florentine Soup Corn Chowder Meatloaf ♥ Mashed Potatoes Brown Gravy Fresh Spinach w Mushrooms Buttered Corn Ciabatta Round
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	Turkey Noodle Soup Egg Drop Soup Fried Fish w Tartar Sauce Beef and Tomato ♥ Lasagna Broccoli Florets Beets Garlic Bread	Egg Drop Soup Turkey Noodle Soup Teriyaki Chicken On Stick ♥ Fried Rice Sauteed Cabbage Sauteed Carrots Panini Roll
S U N	Donuts/Assorted Muffins Cinnamon Rolls Oatmeal/Grits Eggs to Order Scrambled Eggs /Hardboiled Eggs Grilled Ham Banana Belgian waffles Biscuit/ Country Gravy	Cream Of Mushroom Soup Cajun Gumbo Soup Chicken Salad BBQ Beef Brisket ♥ Cheesy Potatoes Spinach Sauteed Mushroom French Roll	Cajun Gumbo Soup Cream Of Mushroom soup Spiral Ham ♥ Macaroni & Cheese Whole Green Bean Okra & Tomatoes Potato Slammer Roll

DESSERTS

Mon	Custard Pie	Coconut Cream Pie, Sugar Free
Tues	Bread Pudding	Peanut Butter Cookies, Sugar Free
Wed	Assorted Cookie	Fresh Fruit Cup ♥
Thurs	Orange Cake	Sponge Cake w Mandarin Oranges ♥
Fri	Peach Pie	Peach Pie, Sugar Free
Sat	Banana Cake	Strawberry Pudding, No Sugar Added
Sun	French Silk Pie	Tropical Fruit ♥

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 #4 – 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 Navy Bean Soup DL Pork Loin w Apples DL Wild Rice DL German Blend Vegetables DL Roasted Brussels Sprouts	DL Navy Bean Soup DL Chicken Cordon Bleu DL Baked Bean DL Creamed Sugar Snaps Peas DL Broccoli Tomato Salad
T U E S	Oatmeal/ Cream of Wheat Scrambled Eggbeaters Hardboiled Eggs Turkey Sausage Patties DL Lyonnaise Potatoes Biscuit/DL Breakfast Gravy	DL Minestrone Soup Sliced Roast Beef DL Parsley Boiled Potatoes DL Sauteed Cabbaged DL Sauteed Carrots Brown and Serve Roll	DL Minestrone Soup DL Herb Baked Fish DL Baked Sweet Potato DL Mixed Vegetables DL Sauteed Zucchini Dinner Roll
W E D	Oatmeal/ Grits Scrambled Eggbeaters Hardboiled Eggs Grilled Ham –LF /LS Biscuit/DL Breakfast Gravy	DL Chicken & Rice Soup DL Beef Stroganoff Egg Noodles DL Seasoned Green Beans DL Sauteed Squash w Onions	DL Chicken & Wild Rice Soup DL Grilled Ham DL White Lima Beans w/ Rice DL Collard Greens DL Corn & Carrots w/ Onions
T H U R	Oatmeal/Grits Scrambled Eggbeaters Hardboiled Eggs Turkey Sausage Link Biscuit/DL Breakfast Gravy	DL Red Bean Soup DL Herb Baked Chicken DL Mashed Potatoes w DL Gravy DL Sugar Snap Peas DL Baby Carrots	DL Red Bean Soup DL Pork Loin DL Rice Pilaf DL Green Peas DL California Blend
F R I	Oatmeal/ Cream of Wheat Scrambled Eggbeaters Hardboiled Eggs DL Creamed Ground Beef Biscuit/DL Breakfast Gravy	DL Corn Chowder Lemon Baked Fish DL Au gratin Potatoes DL Asparagus Tips DL Cauliflower	DL Corn Chowder DL Meatloaf DL Mash Potatoes /DL Gravy DL Fresh Spinach w Mushrooms DL Corn
S A T	Oatmeal/ Grits Scrambled Eggbeaters Hardboiled Eggs Turkey Bacon O'Brian Potatoes Biscuit/DL Breakfast Gravy	DL Egg Drop Soup DL Vegetable Parmesan Lasagna w DL Parmesan Cheese DL Broccoli Florets DL Beets DL Garlic Bread	DL Egg Drop Soup DL Teriyaki Chicken On Stick DL Asian Steamed Rice DL Sauteed Cabbage DL Sauteed Carrots Panini Rolls
S U N	Oatmeal/ Grits Scrambled Eggbeaters Hardboiled Eggs Grilled Ham –LF /LS Biscuit/DL Breakfast Gravy	DL Cream Of Mushroom Soup DL Sliced Roast Beef w DL Gravy DL Cheesy Potatoes DL Spinach DL Mushrooms	DL Cream Of Mushroom soup DL Spiral Ham Linguini Noodles DL Whole Green Bean DL Okra & Tomatoes

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