

Menu ~ March 18 – 24, 2024

	Breakfast	Lunch	Dinner
Monday March 18	Donuts / Muffins Oatmeal / Grits French Toast Pork Bacon Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Italian Wedding <i>Dessert:</i> Cream of Asparagus Apple Pie	
		Turkey Salad Chicken Cacciatore & Pasta Whole Green Beans Mixed Vegetables Garlic Bread	Assorted Deli Cold Cuts Tomato & Beef Goulash Macaroni Pacific Rim Blend Vegetables Cauliflower Dinner Rolls
Tuesday March 19	Donuts / Bran Muffins Oatmeal/ Cream of Wheat Creamed Chipped Beef Lyonnais Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Knickerbockers <i>Dessert:</i> Tomato Cream Cheese Chocolate Pudding	
		Chicken Salad Wrap Popcorn Fried Shrimp Sweet Potato Cubes Corn Nuggets Normandy Blend Bread Rolls	** Birthday Meal **
Wednesday March 20	Donuts / Coffee Cake Oatmeal / Grits Pork Bacon Hash Browns Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Chicken & Rice <i>Dessert:</i> Split Pea Lemon Cake	
		Cheese Ravioli w. Marinara Braised Pork Ribs w. Onions Oven Roasted Potatoes Seasoned Green Beans Steamed Cauliflower Brown and Serve Rolls	Sliced Deli Chicken Crab Casserole Baked Sweet Potato Squash Normandy Blend Veggies Dinner Rolls
Thursday March 21	Donuts / Cinnamon Rolls Oatmeal / Grits Sausage Links / Scrapple Apple Pancakes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Onion <i>Dessert:</i> Cream of Broccoli Cheesecake Brownie	
		Knockwurst w. Sauerkraut Chicken Tenders Baked Potato Wedges Sautéed Cabbage Field Peas w. Snap Beans Cornbread	Sliced Deli Roast Beef Spaghetti w. Meatballs Green Peas & Onions Fried Okra Garlic Bread
Friday March 22	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> Pinto Bean <i>Dessert:</i> Chicken Tortilla French Silk Pie	
		Cabbage Rolls w. Tomato Sauce Baked Fish Pecan Mediterranean Penne Pasta Brussels Sprouts Squash Casserole Dinner Roll	Sliced Deli Turkey Grilled Chopped Steak Baked Potato Buttery Green Peas Stewed Tomatoes Yeast Rolls
Saturday March 23	Donuts / Scones Oatmeal / Grits Corned Beef Hash O'Brien Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Loaded Potato <i>Dessert:</i> Vegetable White Chocolate Macadamia Cookies	
		Barbeque Pulled Pork Beef Stew Buttered Noodles Harvard Beets Mustard Greens Corn Muffins	Assorted Deli Cold Cuts Shrimp Creole Steamed White Rice Sautéed Zucchini Italian Pepper Salad Dinner Rolls
Sunday March 24	Donuts / Cinnamon Rolls Oatmeal / Grits Grilled Ham Steaks Blueberry Waffles Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Kansas City Steak <i>Dessert:</i> Maryland Crab Apple Cobbler	
		Ham Salad Fried Chicken Potato Salad Peas & Mushrooms Collard Greens Corn Muffins	Sliced Deli Chicken Yankee Pot Roast 'n Gravy Baked Potato Buttery Asparagus Spears Coleslaw Croissants

Menu - Diet Line ~ March 18 – 24, 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 March 18	Oatmeal /Grits Scrambled Egg Beaters Hardboiled Eggs Turkey Bacon Biscuits & Gravy	Soup of the Day: Italian Wedding Soup Dessert: NSA Berry Pie	
		Chicken Cacciatore Pasta Variety Green Beans Mixed Vegetables Garlic Bread	Tomato & Beef Goulash Macaroni Pacific Rim Blend Vegetables Cauliflower Bread Rolls
Tuesday March 19	Oatmeal / Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs Biscuits & Gravy Turkey Sausage Patties Lyonnaise Potatoes	Soup of the Day: Knickerbockers Dessert: Sugar-Free Cookies	
		Vegetable Cutlet Vermicelli Pasta w. Marinara Corn Normandy Blend Vegetables Wheat Rolls	** Birthday Meal **
Wednesday March 20	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs Biscuits & Gravy Grilled Ham	Soup of the Day: Chicken & Rice Dessert: NSA Lime Parfait	
		Braised Pork Ribs w. Onions Oven Roasted Potatoes Green Beans Steamed Cauliflower Bread Rolls	Crab Salad Baked Sweet Potato Normandy Blend Vegetables Squash Bread Rolls
Thursday March 21	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs Biscuits & Gravy Turkey Sausage Links	Soup of the Day: Cream of Broccoli Dessert: Angel Cake w. Diced Peaches	
		Grilled Chicken Breast Baked Potato Wedges Field Peas & Snap Beans Cabbage Wheat Rolls	Spaghetti w. Marinara Green Peas & Onions Okra Garlic Bread
Friday March 22	Oatmeal / Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs Biscuits & Gravy Creamed Ground Beef	Soup of the Day: Pinto Bean Dessert: NSA Cherry Pie	
		Baked Fish Pecan Mediterranean Penne Pasta Brussels Sprouts Squash Bread Rolls	Grilled Chopped Steak Baked Potato Green Peas Stewed Tomatoes Bread Rolls
Saturday March 23	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs Biscuits & Gravy Turkey Bacon O'Brien Potatoes	Soup of the Day: Vegetable Dessert: Sugar-Free Cookies	
		Beef Stew Buttered Noodles Beets Mustard Green Wheat Rolls	Sautéed Shrimp Steamed Brown Rice Zucchini Italian Pepper Salad Bread Rolls
Sunday March 24	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs Biscuits & Gravy Grilled Ham	Soup of the Day: Kansas City Steak Dessert: Fruit Cups	
		Baked BBQ Chicken Potato Salad Peas & Mushrooms Turnip Greens Bread Rolls	Yankee Pot Roast 'n Gravy Oven Roasted Diced Potatoes Asparagus Spears Coleslaw Bread 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
Wednes day	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