

## Menu ~ April 22 - 28, 2024

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Monday</b> April 22	Donuts / Muffins Oatmeal / Grits French Toast Pork Bacon Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Egg Drop Vegetable <i>Dessert:</i> Peach Pie	
		Stuffed Peppers w. Tomato Sauce Teriyaki Chicken Stir Fried Rice Stir Fried Asian Vegetables Broccoli Florets Assorted Rolls	Assorted Deli Cold Cuts Country Fried Steaks w. Gravy Mashed Potatoes Broiled Tomatoes Brussels Sprouts Yeast Rolls
<b>Tuesday</b> April 23	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 Tomato Navy Bean <i>Dessert:</i> Chocolate Cookies	
		Enchiladas Barbeque Beef Brisket Macaroni and Cheese Sautéed Carrots Fresh Spinach Salad Yeast Rolls	Sliced Deli Turkey Baked Salmon w. Cucumber Sauce Wild Rice Sugar Snap Peas Okra and Tomatoes Bread Sticks
<b>Wednesday</b> April 24	Donuts / Coffee Cake Oatmeal / Grits Pork Bacon Hash Browns Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Minestrone Lobster Bisque <i>Dessert:</i> Carrot Cake	
		Deep Dish Pizza Slices Swedish Meatballs w. Gravy Mashed Potatoes Stewed Cabbage Creamed Corn O'Brien Yeast Rolls	Philly Chicken & Cheese Sandwich Fish & Cheese Sandwich Crinkle Cut Fries Mushrooms & onions Coleslaw
<b>Thursday</b> April 25	Donuts / Cinnamon Rolls Oatmeal / Grits Sausage Links / Scrapple Apple Pancakes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Corn Chowder Chicken Noodle <i>Dessert:</i> Pecan Blondie	
		Chicken Tenders Smothered Pork Chops Black-eyed Peas w/Rice Collard Greens Harvard Beets Corn Muffins	Assorted Deli Cold Cuts Roasted Turkey w. Gravy Cornbread / Cranberry Sauce Mashed Potatoes Green Peas / Creamed Cauliflower Brown & Serve Rolls
<b>Friday</b> April 26	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> Cream of Broccoli Manhattan Clam Chowder <i>Dessert:</i> Coconut Cream Pie	
		Hot Rye Sandwiches Buffalo Shrimp French Fries Fried Okra Coleslaw Hushpuppies	Sliced Deli Roast Beef Chicken Cordon Bleu Scalloped Potatoes Asparagus Spears Southern Fried Succotash Slider Rolls
<b>Saturday</b> April 27	Donuts / Scones Oatmeal / Grits Corned Beef Hash O'Brien Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Split Pea with Ham Kielbasa Cabbage <i>Dessert:</i> White Chocolate Macadamia Cookies	
		Egg Salad Grilled Liver and Onions Mashed Potatoes w. Gravy Roasted Mixed Vegetables Creamed Spinach Assorted Rolls	Sliced Deli Turkey Char-Grilled Chopped Steak Baked Potato Whole Green Beans Glazed Baby Carrots Brown & Serve Rolls
<b>Sunday</b> April 28	Donuts / Cinnamon Rolls Oatmeal / Grits Grilled Ham Steaks Pineapple Waffles Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Beef Vegetable Red Bean <i>Dessert:</i> Rice Pudding	
		Seafood Salad Corned Beef / Horseradish Sauce Buttery Parsley Potatoes Sautéed Cabbage Sautéed Carrots	Sliced Deli Chicken Braised Beef Ribs n Onions Steamed White Rice Normandy Blend Veggies Fried Zucchini Dinner Rolls

## Menu - Diet Line ~ April 22 - 28, 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.

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Monday</b> April 22	Oatmeal /Grits Scrambled Egg Beaters Hardboiled Eggs Turkey Bacon Biscuits & Gravy	<i>Soup of the Day:</i> Vegetable <i>Dessert:</i> NSA Apple Pie	
		Teriyaki Chicken Brown Fried Rice Asian-style Vegetables Steamed Broccoli Dinner Rolls	Chopped Turkey w. Gravy Mashed Potatoes Broiled Tomatoes Brussels Sprouts Dinner Rolls
<b>Tuesday</b> April 23	Oatmeal / Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs Biscuits & Gravy Turkey Sausage Patties Lyonnaise Potatoes	<i>Soup of the Day:</i> Cream of Tomato <i>Dessert:</i> Sugar-Free Cookies	
		Sliced Roast Beef w. Gravy Diced Potatoes Fresh Spinach Salad Carrots Dinner Rolls	Baked Salmon w. Cucumber Sauce Steamed Wild Rice Sugar Snap Peas Okra & Tomatoes Dinner Rolls
<b>Wednesday</b> April 24	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i> Minestrone <i>Dessert:</i> NSA Chocolate Pudding	
		Pizza Slices Swedish Meat Balls w. Gravy Mashed Potatoes Cabbage Corn Dinner Rolls	Chicken Sub Sandwich Baked Sweet Potato Fries Mushroom & Onion Coleslaw
<b>Thursday</b> April 25	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs Biscuits & Gravy Turkey Sausage Patties	<i>Soup of the Day:</i> Chicken Noodle <i>Dessert:</i> Angel Cake w. Crushed Pineapples	
		Smothered Pork Chop Black-eyed Peas & Brown Rice Collard Greens Beets Assorted Rolls	Roasted Turkey w. Gravy Mashed Potatoes Green Peas Steamed Cauliflower Dinner Rolls
<b>Friday</b> April 26	Oatmeal / Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs Biscuits & Gravy Creamed Ground Beef	<i>Soup of the Day:</i> Manhattan Clam Chowder <i>Dessert:</i> NSA Vanilla Pudding	
		Roasted Turkey w. Gravy Mashed Potatoes Green Peas Steamed Cauliflower Dinner Rolls	Grilled Chicken Breast Assorted Vegetables Baked Sweet Potatoes Succotash Asparagus Spears Dinner Rolls
<b>Saturday</b> April 27	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs Biscuits & Gravy Turkey Bacon O'Brien Potatoes	<i>Soup of the Day:</i> Split Pea <i>Dessert:</i> Sugar-Free Cookies	
		Vegetable Cutlet w. Marinara Mashed Potatoes Roasted Mixed Vegetables Spinach Assorted Rolls	Grilled Chopped Steak Baked Potato Carrots Whole Green Beans Assorted Rolls
<b>Sunday</b> April 28	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i> Beef Noodle <i>Dessert:</i> Fruit Cups	
		Sliced Roast Beef w. Gravy Potatoes Cabbage Carrots Cornbread	Braised Beef Ribs w. Onions Brown Rice Normandy Blend Vegetables Zucchini 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