

# Menu ~ November 4 - 11, 2024

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Monday</b> November 4	Donuts / Muffins Oatmeal / Grits French Toast Pork Bacon Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Corn & Crab Bisque Lentil <i>Dessert:</i> Cherry Pie	Sliced Deli Roast Beef Turkey Tetrazzini w. Vermicelli Sautéed Carrots Sugar Snap Peas Dinner Rolls
		Swedish Meatballs w. Gravy Salmon Salad Mashed Potatoes Normandy Blend Veggies Brussels Sprouts Croissants	
<b>Tuesday</b> November 5	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 Asparagus Tomato Cream Cheese <i>Dessert:</i> Vanilla Pudding	Fish & Chips Assorted Deli Cold Cuts California Blend Vegetables Peas & Pearl Onions Dinner Rolls
		Chicken Salad Wrap Smoked Sausage Red Beans and Rice Fried Okra Roasted Mixed Vegetables Corn Muffins / Cornbread	
<b>Wednesday</b> November 6	Donuts / Coffee Cake Oatmeal / Grits Pork Bacon Hash Browns Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Chicken & Dumplings Minestrone <i>Dessert:</i> Bread Pudding	* * BREAKFAST NIGHT * * Country Fried Steak w. Gravy Scrambled Eggs / Eggs to Order Cheesy Grits Strawberry Waffles Biscuits & Gravy
		Assorted Pizza Slices Spicy Chicken Wings Dirty Rice Sautéed Squash Marinated Mushroom Salad Yeast Rolls	
<b>Thursday</b> November 7	Donuts / Cinnamon Rolls Oatmeal / Grits Sausage Links / Scrapple Apple Pancakes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Navy Bean Vegetable <i>Dessert:</i> Brownies w. Nuts	Sliced Deli Turkey Barbeque Chicken Baked Beans Collard Greens Corn on the Cob Cornbread
		Cabbage Rolls Spaghetti & Meatballs Peas & Pearl Onions Harvard Beets Garlic Toast	
<b>Friday</b> November 8	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> Beef Noodle Cajun Gumbo <i>Dessert:</i> Boston Cream Pie	Assorted Cold Cuts Salisbury Steak w. Mushroom Gravy Mashed Potatoes Broccoli Florets Fried Zucchini Dinner Rolls
		Turkey Salad Wrap Fried Fish Macaroni & Cheese Stewed Cabbage Broiled Tomatoes Hushpuppies	
<b>Saturday</b> November 9	Donuts / Scones Oatmeal / Grits Corned Beef Hash O'Brien Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Chicken & Rice Split Pea <i>Dessert:</i> Banana Cream Pie	Sliced Deli Chicken Beef and Broccoli Fried Rice Egg Rolls Creamed Cauliflower Dinner Rolls
		Hot Dogs & Baked Beans Chicken Parmesan w. Marinara Angel Hair Pasta Southern Fried Succotash Spinach w. Sliced Boiled Eggs Garlic Bread	
<b>Sunday</b> November 11	Donuts / Cinnamon Rolls Oatmeal / Grits Grilled Ham Steaks Blueberry Waffles Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Kielbasa Cabbage Cream of Broccoli <i>Dessert:</i> Blackberry Cobbler	Sliced Deli Roast Beef Shrimp & Sausage Jambalaya Asparagus Spears Mustard Greens Corn Muffins
		Ham Salad Beef Ragu Ravioli Sautéed Carrots Seasoned Green Beans Yeast Rolls	

## Menu - Diet Line ~ November 4 - 11, 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.

All items containing Gluten are indicated with <sup>G</sup>. Items not labeled as containing gluten are identified as gluten-free by our suppliers.

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Monday</b> November 4	<sup>G</sup> Oatmeal /Grits Scrambled Egg Beaters Hardboiled Eggs Turkey Bacon <sup>G</sup> Biscuits & Gravy	<i>Soup of the Day:</i> Lentil <i>Dessert:</i> <sup>G</sup> NSA Berry Pie	
		Salmon Salad Mashed Potatoes Normandy Blend Veggies Brussel Sprouts <sup>G</sup> Bread Rolls	Roasted Turkey Breast <sup>G</sup> Gravy Roasted New Potatoes Sugar Snap Peas Carrots <sup>G</sup> Bread Rolls
<b>Tuesday</b> November 5	<sup>G</sup> Oatmeal / <sup>G</sup> Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs <sup>G</sup> Biscuits & Gravy Turkey Sausage Patties Lyonnaise Potatoes	<i>Soup of the Day:</i> <sup>G</sup> Cream of Asparagus <i>Dessert:</i> <sup>G</sup> Sugar-Free Cookies	
		Chop Turkey Red Beans & Brown Rice Okra Roasted Mixed Vegetables <sup>G</sup> Assorted Rolls	Broiled Fish Amandine Baked Sweet Potato California Blend Vegetables Peas & Pearl Onions <sup>G</sup> Assorted Rolls
<b>Wednesday</b> November 6	<sup>G</sup> Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs <sup>G</sup> Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i> <sup>G</sup> Minestrone <i>Dessert:</i> NSA Chocolate Pudding	
		<sup>G</sup> Veggie Pizza Baked Chicken Wings Roasted New Potatoes Squash Mushroom Salad <sup>G</sup> Bread Rolls	<b>**BREAKFAST NIGHT**</b> Grilled Breakfast Chopped Steak <sup>G</sup> Waffles Scrambled Egg Beaters Grits
<b>Thursday</b> November 7	<sup>G</sup> Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs <sup>G</sup> Biscuits & Gravy Turkey Sausage Links	<i>Soup of the Day:</i> <sup>G</sup> Vegetable <i>Dessert:</i> <sup>G</sup> Angel Cake w. Blueberries	
		<sup>G</sup> Spaghetti w. Marinara Beets Peas & Pearl Onions <sup>G</sup> Wheat Roll	Bake BBQ Chicken Vegetarian Baked Beans Collard Greens <sup>G</sup> Coleslaw <sup>G</sup> Bread Rolls
<b>Friday</b> November 8	<sup>G</sup> Oatmeal / <sup>G</sup> Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs Biscuits & Gravy Creamed Ground Beef	<i>Soup of the Day:</i> <sup>G</sup> Beef Noodle <i>Dessert:</i> <sup>G</sup> NSA Cherry Pie	
		Oven Fried Fish <sup>G</sup> Parmesan Egg Noodles Cabbage Broiled Tomatoes <sup>G</sup> Dinner Rolls	Salisbury Steak Mashed Potatoes <sup>G</sup> Gravy Broccoli Florets Zucchini <sup>G</sup> Assorted Rolls
<b>Saturday</b> November 9	<sup>G</sup> Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs <sup>G</sup> Biscuits & Gravy Turkey Bacon O'Brien Potatoes	<i>Soup of the Day:</i> <sup>G</sup> Chicken & Rice <i>Dessert:</i> <sup>G</sup> Sugar-Free Cookies	
		Grilled Italian Chicken Breast <sup>G</sup> Angel Hair Pasta w. Marinara Succotash Spinach <sup>G</sup> Wheat Rolls	<sup>G</sup> Asian Beef & Broccoli <sup>G</sup> Brown Fried Rice Steamed Cauliflower <sup>G</sup> Assorted Rolls
<b>Sunday</b> November 11	<sup>G</sup> Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs <sup>G</sup> Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i> <sup>G</sup> Cabbage <i>Dessert:</i> Fruit Cups	
		Pot Roast <sup>G</sup> Gravy Diced Potatoes Carrots Green Beans Wheat Rolls	Sautéed Shrimp Yellow Rice Asparagus Spears Mustard Greens 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
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