WEEK OF 11/16 through 11/22 — DIET LINE MENU

DAY	BREAKFAST	LUNCH	DINNER
MONDAY NOVEMBER 16, 2026	DL Oatmeal GF Grits GF Egg Beaters GF Hard Boiled Eggs GF Turkey Bacon DL Biscuit Gravy Biscuit	DL Beef Vegetable Soup GF Italian Chicken Breast DL Beef & Pasta DL Herb Seasoned Orzo Pasta GF Parsley Carrots GF Zucchini w/Onions	DL Beef Vegetable Soup DL Meatballs w/DL Gravy DL Seasoned Egg Noodles GF Savory Carrots
TUESDAY NOVEMBER 17, 2026	DL Oatmeal DL Cream of Wheat GF Egg Beaters GF Hard Boiled Eggs GF Turkey Sausage Patty DL Biscuit Gravy Biscuit	DL Navy Bean & Ham Soup DL Baked Cod GF Baked Pork Chop GF Brown Rice Blend GF Lemon Asparagus	DL Navy Bean & Ham Soup GF Broiled Pork Chop GF Sweet Potato Fries GF Green Beans Almondine
WEDNESDAY NOVEMBER 18, 2026	DL Oatmeal GF Grits GF Egg Beaters GF Hard Boiled Eggs DL Ham DL Biscuit Gravy Biscuit	DL Navy Bean & Ham Soup GF Pork Loin Roast GF Roast Turkey GF Baked Potato GF Seasoned Spinach GF Parslied Carrots	DL Navy Bean & Ham Soup DL Caprese Chicken DL Brown Rice & Quinoa GF Garden Blend Vegetables
THURSDAY NOVEMBER 19, 2026	DL Oatmeal GF Grits GF Egg Beaters GF Hard Boiled Eggs GF Turkey Bacon DL Biscuit Gravy Biscuit	DL Turkey Noodle Soup GF Garlic & Sage Chicken GF Green and Gold Beans GF Seasoned Mustard Greens	DL Turkey Noodle Soup DL Blackened Shrimp DL Seasoned Noodles GF Roasted Cauliflower
FRIDAY NOVEMBER 20, 2026	DL Oatmeal DL Cream of Wheat GF Egg Beaters GF Hard Boiled Eggs GF Turkey Sausage Patty DL Biscuit Gravy Biscuit	DL Turkey Noodle Soup DL Lemon Pepper Cod DL Seasoned Steak GF Herbed Rice GF Peas with Dill GF Squash w/Thyme	DL Turkey Noodle Soup GF Pulled Pork GF Sweet Potato Fries GF Garden Blend Vegetables
SATURDAY NOVEMBER 21, 2026	DL Oatmeal GF Grits GF Egg Beaters GF Hard Boiled Eggs DL Ham DL Biscuit Gravy Biscuit	DL Tomato Florentine Soup DL Meatloaf & DL Gravy GF Baked Chicken Thigh GF Mashed Potatoes GF Seasoned Green Beans GF Steamed Corn Wheat Dinner Roll	DL Tomato Florentine Soup DL Beef Soft Taco GF Corn Tortilla DL Spanish Rice GF Zucchini
SUNDAY NOVEMBER 22, 2026	DL Oatmeal GF Grits GF Egg Beaters GF Hard Boiled Eggs GF Turkey Bacon DL Biscuit Gravy Biscuit	DL Tomato Florentine Soup GF Honey Roast Pork Chop GF Cranberry Chicken GF Dijon Brussels Sprouts GF Seasoned Carrots	DL Tomato Florentine Soup GF Baked Chicken Breast GF Brown Rice GF Seasoned Snow Peas

DIET LINE DESSERTS

Monday	Sponge Cake w/Mandarin Oranges
Tuesday	NSA Apple Pie
Wednesday	NSA Chocolate Pudding
Thursday	Assorted SF Cookies
Friday	NSA Cheesecake
Saturday	NSA Vanilla Pudding
Sunday	NSA Cherry Pie

ALWAYS AVAILABLE

JUICES	Apple • Grape • Prune • Orange • Cranberry
BREADS	White or Wheat Toast • Biscuit • Dinner Roll • White Bread • Wheat Berry Bread • Rye Bread
BEVERAGES	Whole Milk • 2% Milk • Skim Milk • Chocolate Milk • Lactose Free 2% Milk • Soy Milk • Coffee • Hot Tea • Hot Chocolate • Bottled Water
FRUIT	Seasonal Fresh Fruit