

Master Menu Week of 5 / 4 / 2026 / DIET LINE

Items labeled **DL** have been modified to be lower in calories, fats and/or sodium than the regular line items. Residents who require a therapeutic diet are advised to make an appointment with the Registered Dietitian for a one-on-one consultation.

| | BREAKFAST - 0700 - 0830 | LUNCH - 1130 - 1300 | DINNER - 1630 - 1800 |
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| M O N May 4th | DL Oatmeal / DL Grits DL Scrambled Egg Beaters / Boiled Egg DL Hash Browns / DL Turkey Bacon French Toast w/ No Sugar Syrup Biscuit / DL Biscuit Gravy | DL Tomato & Vegetarian Veg Soups DL Veggie Cutlet with DL Gravy DL Baked Sweet Potato DL Collard Greens / Cornbread DL Okra & Tomatoes / Wheat Roll | DL Tomato & Vegetarian Veg Soups DL Philly Subs w/ Grilled Pepps. & Onions DL Potato Logs / Wheat Hoagie DL Sugar Snap Peas DL Brussel Sprouts / Wheat Roll |
| T U E S May 5th | DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy | DL Beef,Mshrm,Brly & Vegtarn Veg Soups DL Mexican Grilled Chicken Thg/Brst DL Brown Rice / DL Pinto Beans DL Southwestern Egg Rolls DL Mexican Chopped Salad / Wheat Roll | DL Beef,Mshrm,Brly & Vegtarn Veg Soups DL Pork Loin / DL Gravy DL Roasted Red Potatoes DL Carrot Soufflé DL Steamed Cauliflower Wheat Roll |
| W E D May 6th | DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy | DL Chili Bean & Vegetarian Veg Soups DL Grilled & Oven Fried Chick Brst/Thgh DL Brown Rice / DL Gravy DL Green Baby Limas / DL Squash Wheat Roll / Cornbread | DL Chili Bean & Vegetarian Veg Soups DL Salmon Croquettes / Lemon DL Baked Potato / FF Sour Cream DL Italian Green Beans DL Bermuda Blend / Wheat Roll |
| T H U May 7th | DL Oatmeal / DL Grits DL Scrambled Egg Beaters / Boiled Egg DL Hash Browns / DL Turkey Sausage Pancakes w/ No Sugar Syrup Biscuits / DL Biscuit Gravy | DL Zesty Italian & Vegetarian Veg Soups DL Ground Turkey in DL Tomato Sauce or DL Meatless Tomato Sauce DL Wheat Spaghetti DL Corn / DL Broccoli Wheat Roll / Garlic Bread | DL Zesty Italian & Vegetarian Veg Soups DL BBQ Chicken Breast & Thighs DL Macaroni with DL Cheese Sauce DL Sautéed Cabbage DL Baked Okra / Wheat Roll |
| F R I May 8th | DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Creamed Ground Turkey Biscuits / DL Biscuit Gravy | DL Psta,Wh,Bean,SunDryTom & Vegtrn Veg Soup DL Oven-Fried & Baked Fish DL Mashed Potatoes / DL Gravy DL Coleslaw / Wheat Roll DL Mustard Greens / Cornbread | DL Psta,Wh,Bean,SunDryTom&Vegtrn Veg Soup DL Baked Pork Chop / DL Gravy DL Cilantro Lime Rice DL Speckled Butter Beans DL Cooked Spinach / Wheat Roll |
| S A T May 9th | DL Oatmeal / DL Grits DL Scrambled Egg Beaters DL Turkey Bacon / Boiled Egg DL Hash Browns Biscuits / DL Biscuit Gravy | DL Chick & Wild Rice & Vegtarn Veg Soups DL Pot Roast w/ DL Gravy DL Garlic Smashed Red Potatoes DL Cooked Beets / Wheat Roll DL Green Peas / Cornbread | DL Chick & Wild Rice & Vegtarn Veg Soups DL Lemon Pepper Chicken Brst / Thgh DL Baked Sweet Potato DL Sautéed Fresh Cut Zucchini DL Broccoli Florets / Wheat Roll |
| S U N May 10th | DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Waffles w/No Sugar Syrup Biscuits / DL Biscuit Gravy | DL Rst Poblano Beef & Vegtarn Veg Soups DL Strawberry & Mandarin Spinach Salad DL Grilled Chicken Breast / Thigh DL Garlic Mashed Potatoes DL Sautéed Shrimp / DL Spinach DL Linguini w/ Sundried Tomatoes DL Baby Carrots / Wheat Roll | DL Rst Poblano Beef & Vegtarn Veg Soups DL Chopped Turkey Steak with Grilled Onions & DL Gravy DL Mashed Potatoes / DL Gravy DL Sautéed Sliced Mushrooms DL Stewed Tomatoes / Wheat Roll |

STANDARD BREAKFAST MENU ITEMS

Bagels, English Muffins, Assorted Dry Cereals, Prunes, Sliced Tomatoes, Bananas, Whole Fresh Fruit,
Jelly, SF Jelly, Syrup, SF Syrup, Cut Fresh Fruit, Grapefruit Sections, Applesauce,
Raisins, Dried Cranberries, Brown Sugar, Cinnamon, Nuts, Granola

STANDARD MENU ITEMS ALL MEALS

Assorted Breads, Assorted Juices, Assorted Milk, Assorted Beverages, Coffee, Decaf Coffee,
Tea - Sweet, Un-sweet, Hot Tea Bags; Butter, Margarine, Sugar, Sugar Substitutes, Salt, Pepper, Assorted Condiments

STANDARD SALAD BAR ITEMS FOR LUNCH & DINNER

Available Daily: Mixed Salad Greens, Cherry Tomatoes, Sliced Cucumbers, Sliced Red Onions, Baby Carrots

Varies Daily: Sliced Green Peppers, Bread & Butter Pickles, Whole Green Olives, Sliced Black Olives,
Tuna Fish, Boiled Eggs, Coleslaw, Cottage Cheese, Shredded Cheese, Bacon Bits, Sliced Beets,
Broccoli, Cauliflower, Green Peas, Edamames, Green Onions, Celery Sticks, Avocados
Chopped Nuts, Dried Cranberries, Raisins, Sunflower Seeds, Jalapeno, Banana Peppers

STANDARD SALAD DRESSINGS

Ranch, Blue Cheese, Thousand Island, Fat Free Ranch, Italian & Catalina French, Red and White Vinegar, Olive Oil

SALADS / GELATINS

FRUITS

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| SALAD BAR ROTATION LUNCH and DINNER | Monday | Pear, Blue Cheese, Walnut Salad / Strawberry |
| | Tuesday | Greek Salad / Orange |
| | Wednesday | Carrot & Raisin Salad / Cherry |
| | Thursday | German Tomato Salad / Lemon |
| | Friday | Potato Salad / Raspberry |
| | Saturday | Fruit Salad / Lime |
| | Sunday | Beet & Onion Salad / Watermelon |

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| Sliced Peaches / Tropical Fruit Cocktail |
| Sliced Peaches / Pineapple Chunks |
| Sliced Peaches / Fruit Cocktail |
| Sliced Peaches / Mandarin Oranges |
| Sliced Peaches / Pineapple Slices |
| Sliced Peaches / Apricot Halves |
| Sliced Peaches / Pear Halves |