

January 5 – January 11, 2026 Menu

	Breakfast	Lunch	Dinner
Monday January 5	Donuts / Muffins Oatmeal / Grits French Toast Pork Bacon Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Onion Pinto Bean <i>Dessert:</i> Coconut Custard Pie Chicken Salad Meatloaf w. Gravy Mashed Potatoes German Blend Vegetables Black Eye Peas Dinner Rolls	 Sliced Deli Turkey Yakasoba Beef w. Noodles Marinated Grill Vegetables Fried Eggplant Teriyaki Bread Rolls
Tuesday January 6	Donuts / Muffins Oatmeal/ Cream of Wheat Creamed Chipped Beef Lyonnaise Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Chicken Noodle Cream of Broccoli <i>Dessert:</i> Oatmeal & Raisin Cookies Themed Meal: **Taco Tuesday**	 Roast Beef Lemon Baked Fish Parmesan Noodles Brussels Sprouts Corn & Carrots Dinner Rolls
Wednesday January 7	Donuts / Coffee Cake Oatmeal / Grits Pork Bacon Hash Browns Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Vegetable Beef & Barley Tomato Florentine <i>Dessert:</i> Mississippi Mud Cake Bratwurst w. Sauerkraut Fried Chicken Macaroni & Cheese Harvard Beets Broccoli Florets Yeast Rolls	 Sliced Deli Chicken Sweet & Sour Ribs Asian Style Noodles Fried Vegetables Stewed Cabbage Dinner Rolls
Thursday January 8	Donuts / Cinnamon Rolls Oatmeal / Grits Sausage Links / Scrapple Apple Pancakes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Chicken Tortilla Split Pea <i>Dessert:</i> Sweet Potato Pie Beef Pot Pie Grilled Ham White Lima Beans White Rice Stewed tomatoes Club Spinach Corn Muffins	 Sliced Deli Turkey Pepper Steak Lyonaise Rice Fried Zucchini Buttery Green Peas Dinner Rolls
Friday January 9	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> Chili Bean <i>Dessert:</i> Chicken & Rice Lemon Meringue Pie Mediterranean Pasta Fried Catfish w. Bienville Sauce Baked Fish Praline Sweet Potatoes Cauliflower Au Gratin Garden Spinach Salad Hushpuppies	 Deli Cold Cuts Pot Roast w. Mushroom Gravy Mashed Potatoes Southern Fried Succotash Roasted Mixed Vegetables Slider Rolls
Saturday January 10	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> Italian Wedding Sugar Cookies Turkey Pot Pie Spaghetti w. Meat Sauce Italian Green Beans Normandy Blend Vegetables Garlic Bread	 Sliced Deli Roast Beef Orange Chicken Fried Rice Asparagus Mixed Vegetables Assorted Rolls
Sunday January 11	Donuts / Cinnamon Rolls Oatmeal / Grits Grilled Ham Steaks Pineapple Waffles Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> New England Clam Chowder <i>Dessert:</i> Knickerbockers Cherry Cobbler Egg Salad BBQ Pork Baked Beans Corn on the Cob Collard Greens Cornbread	 Sliced Deli Chicken Fried Shrimp Cheesy Grits Coleslaw Sautéed Okra Dinner Rolls

January 5 – January 11, 2026 Diet Line Menu

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 January 5	Oatmeal /Grits Scrambled Egg Beaters Hardboiled Eggs Turkey Bacon G Biscuits & Gravy	<i>Soup of the Day:</i> Pinto Bean <i>Dessert:</i> NSA Lemon Parfait Meatloaf w. Gravy G Mashed Potatoes G German Blend Vegetables Black Eye Peas Bread Rolls	Yakisoba Beef G Marinated Grill Vegetables G Steamed Cauliflower Bread Rolls
Tuesday January 6	Oatmeal / G Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs G Biscuits & Gravy Turkey Sausage Patties Lyonnaise Potatoes	<i>Soup of the Day:</i> Chicken Noodle <i>Dessert:</i> Sugar Free Cookies Themed Meal: **Taco Tuesday**	G Lemon Baked Fish Buttered Noodles G Brussels Sprouts G Corn and Carrots Wheat Rolls
Wednesday January 7	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs G Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i> Tomato Florentine <i>Dessert:</i> NSA Vanilla Pudding G Oven Baked Chicken G Mashed Sweet Potatoes G Beets G Steamed Broccoli Wheat Rolls	G Braised Pork Ribs w. Onions Asian Style Noodles G Cabbage / Asian Vegetables Assorted Rolls
Thursday January 8	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs G Biscuits & Gravy Turkey Sausage Links	<i>Soup of the Day:</i> Split Pea <i>Dessert:</i> NSA Cheesecake G Grilled Ham G Lima Beans Brown Rice G Stewed Tomatoes G Club Spinach Wheat Rolls	Pepper Steak G Brown Rice G Zucchini G Green Peas Wheat Rolls
Friday January 9	Oatmeal / G Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs G Biscuits & Gravy Creamed Ground Beef	<i>Soup of the Day:</i> Chicken & Rice <i>Dessert:</i> NSA Peach Pie G Baked Fish G Baked Sweet Potatoes G Steamed Cauliflower G Garden Spinach Salad Bread Rolls	G Pot Roast w. Mushroom Gravy G Mashed Potatoes G Succotash G Roasted Mixed Vegetables Bread Rolls
Saturday January 10	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs G Biscuits & Gravy Turkey Bacon O'Brien Potatoes	<i>Soup of the Day:</i> Potato <i>Dessert:</i> Sugar Free Cookies G Spaghetti w. Meat Sauce G Italian Green Beans G Okra Garlic Bread	G Herb Roasted Chicken Egg Noodle G Asparagus G Mixed Vegetables Assorted Rolls
Sunday January 11	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs G Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i> <i>Dessert:</i> G Sliced Roast Beef w. Gravy Buttered Noodles G Corn on the Cob G Collard Greens Bread Rolls	Knickerbockers Fruit Cups G Sautéed Shrimp Angel Hair Pasta G Normandy Blend Veggies 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
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