

## March 23 – March 29, 2026 Menu

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Monday</b> March 23	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	Deli Roast Beef Turkey Tetrazini w/ Vermicelli Sautéed Carrots Sugar Snap Peas Dinner Rolls
		Swedish Meatballs Salmon Salad Mashed Potatoes Normandy Blend Vegetables Brussel Sprouts Croissants	
<b>Tuesday</b> March 24	Donuts / Bran Muffins Oatmeal / Cream of Wheat Creamed Chipped Beef Lyonnaise Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Tomato Cream Cream of Asparagus <i>Dessert:</i> Vanilla Pudding	Assorted Deli Cold Cuts Fish & Chips California Blend Vegetables Peas & Pearl Onions Dinner Rolls
		<b>Themed Meal:</b> <b>**Taco Tuesday**</b>	
<b>Wednesday</b> March 25	Donuts / Coffee Cake Oatmeal / Grits Pork Bacon Hash Browns Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Chicken & Dumpling Minestrone <i>Dessert:</i> Bread Pudding	Hot Dog Hamburger / Turkey Burger Sweet Potato Fries Baked Beans Collard Greens
		Pizza Spicy Chicken Wings Dirty Rice Sautéed Squash Kale Salad Yeast Rolls	
<b>Thursday</b> March 26	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	Deli Turkey BBQ Chicken Baked Beans Collard Greens Corn on the Cob Cornbread
		Meatball & Spaghetti Peas & Pearl Onions Harvard Beets Garlic Toast Assorted Bread	
<b>Friday</b> March 27	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 Broccoli Florets Fried Zucchini Dinner Rolls
		Turkey Salad Wrap Fried Fish Macaroni & Cheese Stewed Cabbage Broiled Tomato Hushpuppies	
<b>Saturday</b> March 28	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	Deli Chicken Beef & Broccoli Fried Rice Egg Rolls Creamed Cauliflower Dinner Rolls
		Beane Weenee Chicken Parmesan Pasta Southern Fried Succotash Spinach Garlic Bread	
<b>Sunday</b> March 29	Donuts / Cinnamon Rolls Oatmeal / Grits Grilled Ham Steaks Pineapple Waffles Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Kielbasa Cabbage Cream of Broccoli <i>Dessert:</i> Black Berry Cobbler	Deli Roast Beef Shrimp & Sausage Jambalaya Jambalaya Rice Asparagus Spears Mustard Greens Corn Muffins
		Ham Salad Beef Ragu Ravioli Sautéed Carrots Seasoned Green Beans Yeast Rolls	

## March 23 – March 29, 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.

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Monday</b> March 23	<sup>G</sup> Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs Turkey Bacon <sup>G</sup> Biscuits & Gravy	<i>Soup of the Day:</i> Lentil Bean <i>Dessert:</i> NSA Berry Pie	
		<sup>G</sup> Salmon Salad <sup>G</sup> Mashed Potatoes <sup>G</sup> Normandy Blend Vegetables <sup>G</sup> Brussel Sprouts Dinner Rolls	<sup>G</sup> Roasted Turkey Breast <sup>G</sup> Roasted New Potatoes <sup>G</sup> Sugar Snap Peas <sup>G</sup> Carrots Dinner Rolls
<b>Tuesday</b> March 24	<sup>G</sup> Oatmeal / <sup>G</sup> Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs <sup>G</sup> Biscuits & Gravy Turkey Sausage Patties <sup>G</sup> Lyonnaise Potatoes	<i>Soup of the Day:</i> Cream of Asparagus <i>Dessert:</i> Assorted Sugar Free Cookies	
		<b>Themed Meal:</b> <b>**Taco Tuesday**</b>	<sup>G</sup> Broiled Fish Almandine <sup>G</sup> Baked Sweet Potato <sup>G</sup> Peas & Pearl Onions <sup>G</sup> California Blend Vegetables Assorted Rolls
<b>Wednesday</b> March 25	<sup>G</sup> Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs <sup>G</sup> Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i> Minestrone <i>Dessert:</i> NSA Chocolate Pudding	
		<sup>G</sup> Vegetable Pizza <sup>G</sup> Baked Chicken Wings <sup>G</sup> Roasted New Potatoes <sup>G</sup> Squash <sup>G</sup> Mushroom Salad	<sup>G</sup> Black Bean Burger <sup>G</sup> Baked Beans <sup>G</sup> Collard Greens <sup>G</sup> Sweet Potato Fries
<b>Thursday</b> March 26	<sup>G</sup> Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs <sup>G</sup> Biscuits & Gravy Turkey Sausage Links	<i>Soup of the Day:</i> Vegetable <i>Dessert:</i> Angel Cake w. Blueberries	
		Spaghetti <sup>G</sup> Beets <sup>G</sup> Peas & Pearl Onions Wheat Roll	<sup>G</sup> Baked Chicken <sup>G</sup> Vegetarian Baked Beans <sup>G</sup> Collard Greens Coleslaw Rolls
<b>Friday</b> March 27	<sup>G</sup> Oatmeal / <sup>G</sup> Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs <sup>G</sup> Biscuits & Gravy Creamed Ground Beef	<i>Soup of the Day:</i> Beef Noodle <i>Dessert:</i> NSA Cherry Pie	
		<sup>G</sup> Baked Fish Parmesan Egg Noodles <sup>G</sup> Cabbage <sup>G</sup> Broiled Tomatoes Dinner Rolls	<sup>G</sup> Salisbury Steak <sup>G</sup> Mashed Potatoes <sup>G</sup> Broccoli Florets <sup>G</sup> Zucchini Assorted Rolls
<b>Saturday</b> March 28	<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> Chicken & Rice <i>Dessert:</i> Assorted Sugar Free Cookies	
		<sup>G</sup> Grilled Italian Chicken Breast <sup>G</sup> Pasta <sup>G</sup> Succotash <sup>G</sup> Spinach Assorted Rolls	<sup>G</sup> Asian Beef w. Broccoli <sup>G</sup> Fried Brown Rice <sup>G</sup> Steamed Cauliflower Assorted Rolls
<b>Sunday</b> March 29	<sup>G</sup> Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs <sup>G</sup> Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i> Cabbage <i>Dessert:</i> Fresh Fruit Cups	
		Pot Roast <sup>G</sup> Diced Potatoes <sup>G</sup> Carrots <sup>G</sup> Green Beans Wheat Rolls	<sup>G</sup> Sautéed Shrimp <sup>G</sup> Yellow Rice <sup>G</sup> Asparagus Spears <sup>G</sup> Mustard Greens 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