

April 13 – April 19, 2026 Menu

	Breakfast	Lunch	Dinner
Monday April 13	Donuts / Muffins Oatmeal / Grits French Toast Pork Bacon Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Potato Bean Beef Noodle <i>Dessert:</i> Coconut Custard Pie	
		Honey Chicken Roasted Red Potatoes Sautéed Cabbage Baked Fish Steamed Rice Garden Blend Vegetable	Sliced Deli Turkey BBQ Riblette Barley Mushroom Pilaf Roasted Cauliflower Bread Rolls
Tuesday April 14	Donuts / Muffins Oatmeal/ Cream of Wheat Creamed Chipped Beef Lyonnaise Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Lentil and Tomato Potato Bacon <i>Dessert:</i> Oatmeal & Raisin Cookies	
		Apricot Glazed Pork Loin Garlic Noodles Savory Carrots Southern Fried Chicken Brown Rice Squash Medley	Deli Roast Beef Turkey Tetrazzini Mashed Potatoes Green Beans Dinner Rolls
Wednesday April 15	Donuts / Coffee Cake Oatmeal / Grits Pork Bacon Hash Browns Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Lobster Bisque Lentil and Tomato <i>Dessert:</i> Mississippi Mud Cake	
		Cranberry Chicken Fluffy Rice Roasted Brussel Sprouts Beef & Broccoli Quinoa Dinner Rolls	Sliced Deli Chicken Pork & Rice Casserole Black Beans Chuckwagon Corn Dinner Rolls
Thursday April 16	Donuts / Cinnamon Rolls Oatmeal / Grits Sausage Links / Scrapple Apple Pancakes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Beef Barley Lobster Bisque <i>Dessert:</i> Cheesecake	
		Roast Beef Mashed Potatoes Seasoned Spinach Burgundy Turkey cutlets Seasoned Egg Noodles Parslied Carrots	Sliced Deli Turkey Chicken Spaghetti Lemon-Garlic Asparagus Parslied Carrots Dinner Rolls
Friday April 17	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> Cream of Carrot <i>Dessert:</i> Beef Barley Lemon Meringue Pie	
		Seafood Newburg Herbed Penne Pasta Herbed Green Beans Lemon Glazed Chicken Seasoned Zucchini Dinner Rolls	Deli Cold Cuts Baked Salmon Fillet Lemon Rice Pilaf Peas & Carrots Seasoned Zucchini Dinner Rolls
Saturday April 18	Donuts / Scones Oatmeal / Grits Corned Beef Hash O'Brien Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Chicken Rice Cream of Carrot <i>Dessert:</i> Sugar Cookies	
		BBQ Beef Roasted Red Potatoes Garden Blend Vegetables Broccoli Cheese Quiche Sweet & sour Beets Dinner Rolls	Sliced Deli Roast Beef Fried Shrimp Tator Tots Okra & Tomatoes Sweet & Sour Beets Dinner Rolls
Sunday April 19	Donuts / Cinnamon Rolls Oatmeal / Grits Grilled Ham Steaks Pineapple Waffles Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Cream of Mushroom Chicken Rice <i>Dessert:</i> Cherry Cobbler	
		Teriyaki Turkey Mashed Potatoes Lemon-Garlic Asparagus Pork Supreme Mushroom Gravy Brown Rice	Sliced Deli Chicken Chicken Enchilada Casserole Southwest Corn Green Beans & Pimento Mushroom Gravy Dinner Rolls

April 13 – April 19, 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.

Any items marked with ^{GF} are labelled as Gluten Free.

	Breakfast	Lunch	Dinner
Monday April 13	Oatmeal /Grits Scrambled Egg Beaters Hardboiled Eggs Turkey Bacon ^{GF} Biscuits & Gravy	<i>Soup of the Day:</i> Chicken Noodle <i>Dessert:</i> NSA Lemon Parfait	
		Honey Chicken ^{GF} Baked Fish ^{GF} Roasted Red Potatoes Sautéed Cabbage Mixed Vegetables ^{GF} Steamed Rice	^{GF} Pork Roast ^{GF} Brown Rice ^{GF} Steamed Cauliflower ^{GF} Mixed Vegetables
Tuesday April 14	Oatmeal / ^{GF} Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs ^{GF} Biscuits & Gravy Turkey Sausage Patties Lyonnais Potatoes	<i>Soup of the Day:</i> Tomato <i>Dessert:</i> Sugar Free Cookies	
		Apricot Glazed Pork Loin Garlic Noodles ^{GF} Savory Carrots ^{GF} Squash Medley ^{GF} Garlic & Sage Chicken ^{GF} Brown Rice	^{GF} Sliced Deli Roast Beef Turkey Tetrazzini ^{GF} Mashed Potatoes ^{GF} Seasoned Green Beans Wheat Rolls
Wednesday April 15	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs ^{GF} Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i> Lentil & Tomato <i>Dessert:</i> NSA Vanilla Pudding	
		^{GF} Cranberry Chicken Quinoa ^{GF} Roasted Brussel Sprouts ^{GF} Braised Beef Cubes	^{GF} Pork & Rice Black Beans Chuckwagon Corn Seasoned Zucchini
Thursday April 16	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs ^{GF} Biscuits & Gravy Turkey Sausage Links	<i>Soup of the Day:</i> Tomato <i>Dessert:</i> Sponge Cake w/ Mandarin	
		^{GF} Roast Beef ^{GF} Seasoned Spinach ^{GF} Burgundy Turkey Cutlets Seasoned Egg Noodles ^{GF} Parslied Carrots	Roasted Chicken ^{GF} Lemon-Garlic Asparagus ^{GF} Parslied Carrots Dinner Rolls
Friday April 17	Oatmeal / ^{GF} Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs ^{GF} Biscuits & Gravy Creamed Ground Beef	<i>Soup of the Day:</i> Chicken & Rice <i>Dessert:</i> NSA Peach Pie	
		^{GF} Lemon Glazed Chicken ^{GF} Baked Pollock Herbed Penne Pasta ^{GF} Herbed Green Beans ^{GF} Zucchini	^{GF} Baked Salmon Fillet ^{GF} Lemon Rice Pilaf Peas & Carrots Dinner Rolls
Saturday April 18	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs ^{GF} Biscuits & Gravy Turkey Bacon O'Brien Potatoes	<i>Soup of the Day:</i> Tomato <i>Dessert:</i> Sugar Free Cookies	
		^{GF} Roast Beef ^{GF} Pesto Turkey ^{GF} Soft Marinated Carrots ^{GF} Roasted Red Potatoes ^{GF} Garden Blend Vegetables	^{GF} Blackened Shrimp ^{GF} Steamed Rice ^{GF} Green Beans & Pimento ^{GF} Okra & Tomatoes Dinner Rolls
Sunday April 19	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs ^{GF} Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i> Chicken Noodle <i>Dessert:</i> Fruit Cups	
		^{GF} Pork Supreme ^{GF} Mashed Potatoes ^{GF} Lemon-Garlic Asparagus ^{GF} Brown Rice ^{GF} Seasoned Green Beans	^{GF} Baked Chicken Breast ^{GF} Southwest Corn ^{GF} Green Beans & Pimento 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