

## April 20 – April 26, 2026 Menu

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Monday</b> April 20	Donuts / Muffins Oatmeal / Grits French Toast Pork Bacon Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Cream of Mushroom Beef Barley <i>Dessert:</i> Peach Pie	
		Chicken Breast in Wine Sauce Spinach Lasagna Red Skin Potatoes Zucchini & Onions Yeast Rolls	Assorted Deli Cold Cuts Swedish Meatballs Carrots Seasoned Egg Noodles Yeast Rolls
<b>Tuesday</b> April 21	Donuts / Bran Muffins Oatmeal / Cream of Wheat Creamed Chipped Beef Lyonnaise Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Ham & Bean Beef Barley <i>Dessert:</i> Chocolate Cookies	
		Baked Salmon Swiss Steak Mashed Potatoes Quinoa Garden Vegetable Blend Yeast Rolls	Deli Turkey Beef Ravioli Green Beans Almandine Yeast Rolls
<b>Wednesday</b> April 22	Donuts / Coffee Cake Oatmeal / Grits Pork Bacon Hash Browns Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Turkey Noodle Ham & Bean <i>Dessert:</i> Carrot Cake	
		BBQ Pork Chop Vegetable Pasta Primavera Baked Sweet Potato Creamed Spinach Dill Green Peas Yeast Rolls	Assorted Deli Cold Cuts French Dip Sandwich Krinkle Cut Fries Tator Tots Garden Vegetable Mix Yeast Rolls
<b>Thursday</b> April 23	Donuts / Cinnamon Rolls Oatmeal / Grits Sausage Links / Scrapple Apple Pancakes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Turkey Noodle Cream of Tomato <i>Dessert:</i> Peach Blondie	
		Roast Turkey Shrimp Salad on Croissant Cornbread Stuffing Potatoes Au Gratin Broccoli Carrots	Assorted Deli Cold Cuts Caprese Chicken Herbed Couscous Roasted Cauliflower Yeast Rolls
<b>Friday</b> April 24	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 Tomato Chicken & Rice <i>Dessert:</i> Coconut Cream Pie	
		Baked Lemon Pepper Cod Swiss Steak Baked Potato Garden Vegetable Blend Yellow Squash Yeast Rolls	Deli Roast Beef BBQ Pork on Bun Sweet Potato Fries Mixed Vegetables Yeast Rolls
<b>Saturday</b> April 25	Donuts / Scones Oatmeal / Grits Corned Beef Hash O'Brien Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Cream of Broccoli Chicken & Rice <i>Dessert:</i> White Choc. Macadamia Nut Cookies	
		Roasted Chicken Thighs Meatloaf Mashed Potatoes Green Beans Succotash Yeast Rolls	Deli Turkey Cheese Enchilada Black Beans Chuckwagon Corn Yeast Rolls
<b>Sunday</b> April 26	Donuts / Cinnamon Rolls Oatmeal / Grits Grilled Ham Steaks Pineapple Waffles Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Cream of Broccoli Vegetable Garden <i>Dessert:</i> Rice Pudding	
		Honey Pork Chop Orange Rosemary Chicken Scalloped Potatoes Brown Rice Asparagus Spinach Yeast Rolls	Deli Chicken Fish & Chips Straight Cut Fries Peas & Onions Yeast Rolls

## April 20 – April 26, 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 Gluten Free.

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Monday</b> April 20	<sup>G</sup> Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs Turkey Bacon <sup>G</sup> Biscuits & Gravy	<i>Soup of the Day:</i> Chicken Stock <i>Dessert:</i> Beef Barley NSA Apple Pie	Chicken Stock Beef Barley NSA Apple Pie
		Chicken Breast in wine Sauce <sup>GF</sup> Roasted Red Potatoes <sup>GF</sup> Zucchini & Onions	Meatballs Egg Noodles <sup>GF</sup> Carrots Deli Turkey
<b>Tuesday</b> April 21	<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> Beef Barley <i>Dessert:</i> Assorted Sugar Free Cookies	Beef Barley Chicken Stock Assorted Sugar Free Cookies
		<sup>GF</sup> Baked Salmon <sup>GF</sup> Quinoa <sup>GF</sup> Garden Vegetable Mix	<sup>GF</sup> Deli Turkey Seasoned Egg Noodles <sup>GF</sup> Savory Carrots
<b>Wednesday</b> April 22	<sup>G</sup> Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs <sup>G</sup> Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i> Turkey Noodle <i>Dessert:</i> NSA Chocolate Pudding	Chicken Stock Turkey Noodle NSA Chocolate Pudding
		<sup>GF</sup> Baked Pork Chop <sup>GF</sup> Baked Sweet Potato <sup>GF</sup> Spinach <sup>GF</sup> Dill Green Peas	Top Round <sup>GF</sup> Steamed Rice <sup>GF</sup> Garden Vegetable Blend
<b>Thursday</b> April 23	<sup>G</sup> Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs <sup>G</sup> Biscuits & Gravy Turkey Sausage Links	<i>Soup of the Day:</i> Turkey Noodle <i>Dessert:</i> Chicken Stock Angel Cake w. Crushed Pineapples	Turkey Noodle Chicken Stock Angel Cake w. Crushed Pineapples
		<sup>GF</sup> Roasted Turkey <sup>GF</sup> Quinoa <sup>GF</sup> Broccoli <sup>GF</sup> Carrots	<sup>GF</sup> Caprese Chicken <sup>GF</sup> Deli Turkey <sup>GF</sup> Roasted Cauliflower Herbed Couscous
<b>Friday</b> April 24	<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> Chicken & Rice <i>Dessert:</i> NSA Vanilla Pudding	Chicken Stock Chicken & Rice NSA Vanilla Pudding
		<sup>GF</sup> Lemon Pepper Cod <sup>GF</sup> Garden Vegetable Mix <sup>GF</sup> Baked Potato <sup>GF</sup> Yellow Squash	<sup>GF</sup> Pulled Pork <sup>GF</sup> Baked Sweet Potato Fries <sup>GF</sup> Garden Blend Vegetables
<b>Saturday</b> April 25	<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	Chicken Stock Chicken & Rice Assorted Sugar Free Cookies
		<sup>GF</sup> Roasted Chicken <sup>GF</sup> Mashed Potatoes <sup>GF</sup> Seasoned Green Beans Garlic Noodles	Cheese Enchilada <sup>GF</sup> Black Beans <sup>GF</sup> Chuckwagon Corn
<b>Sunday</b> April 26	<sup>G</sup> Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs <sup>G</sup> Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i> Garden Vegetable <i>Dessert:</i> Chicken Stock Fresh Fruit Cups	Garden Vegetable Chicken Stock Fresh Fruit Cups
		Honey Roasted Pork Chop <sup>GF</sup> Brown Rice <sup>GF</sup> Asparagus <sup>GF</sup> Spinach Orange Rosemary Chicken	<sup>GF</sup> Baked Fish <sup>GF</sup> Quinoa <sup>GF</sup> Peas & Onions

## 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