

April 27 – May 3, 2026 Menu

	Breakfast	Lunch	Dinner
Monday April 27	Donuts / Muffins Oatmeal / Grits French Toast Pork Bacon Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Crab & Corn Chowder Garden Vegetable <i>Dessert:</i> Apple Pie	BBQ Riblette Baked Beans Lemon Butter Broccoli Dinner Rolls
		Garlic Shrimp Quinoa French Fries Seasoned Zucchini Marinated Beef Kabob Herbed Green Beans	
Tuesday April 28	Donuts / Bran Muffins Oatmeal / Cream of Wheat Creamed Chipped Beef Lyonnaise Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Chicken Noodle Crab & Corn Chowder <i>Dessert:</i> Chocolate Pudding	Deli Turkey Beef Tamale Pie Refried Beans Tortilla Chips Southwest Corn Wheat Rolls
		Lemon Mustard Chicken Mashed Potatoes Macaroni & Cheese Orange Glazed Beets Sautéed Mushrooms Dinner Rolls	
Wednesday April 29	Donuts / Coffee Cake Oatmeal / Grits Pork Bacon Hash Browns Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Cream Asparagus Chicken Noodle <i>Dessert:</i> Lemon Cake	Deli Chicken Assorted Pizza Onion Rings Stewed Tomatoes Dinner Rolls
		Herb Roasted Turkey Eggplant Parmesan Cornbread Dressing Couscous Garden Blend Vegetable Dinner Rolls	
Thursday April 30	Donuts / Cinnamon Rolls Oatmeal / Grits Sausage Links / Scrapple Apple Pancakes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Cream Asparagus Beef Vegetable <i>Dessert:</i> Cheese Cake Brownie	Assorted Deli Cold Cuts Sloppy Joe French Fries Lemon-Garlic Asparagus Dinner Rolls
		Spaghetti Chicken Chardonnay Parslied Noodles Garden Blend Vegetables Squash Casserole Dinner Rolls	
Friday May 1	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 Vegetable Shrimp Gumbo <i>Dessert:</i> French Silk Pie	Deli Turkey Fried Shrimp Brown Rice Seasoned Zucchini Dinner Rolls
		Fried Chicken Miso Glazed Cod Mashed Potatoes Steamed Jasmine Rice Roasted Brussel Sprouts Seasoned Green Beans	
Saturday May 2	Donuts / Scones Oatmeal / Grits Corned Beef Hash O'Brien Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Shrimp Gumbo Chicken Rice <i>Dessert:</i> White Chocolate Macadamia Nut Cookies	Assorted Deli Cold Cuts Shrimp Gumbo Shepard's Pie Italian Green Beans Garlic Breadstick Dinner Rolls
		Braised Pork Chop Pesto Turkey Barley Mushroom Pilaf Lemon-Garlic Asparagus Dinner Rolls	
Sunday May 3	Donuts / Cinnamon Rolls Oatmeal / Grits Grilled Ham Steaks Pineapple Waffles Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Chicken Rice New England Clam Chowder <i>Dessert:</i> Apple Cobbler	Deli Chicken Chicken Chow Mein Brown Rice Seasoned Snap Peas Dinner Rolls
		Beef Pot Roast Baked Ham Garlic Mashed Potatoes Glazed Carrots Squash Medley Dinner Rolls	

April 27 – May 3, 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.

	Breakfast	Lunch	Dinner
Monday April 27	Oatmeal / Grits ^{GF} Scrambled Egg Beaters ^{GF} Hardboiled Eggs ^{GF} Turkey Bacon Biscuits & Gravy	<i>Soup of the Day:</i> Garden Vegetable <i>Dessert:</i> NSA Apple Pie	^{GF} Pork Loin Roast Seasoned Carrots ^{GF} Green Beans Oregano Dinner Rolls
		^{GF} Italian Baked Fish ^{GF} Braised Beef Cubes Quinoa ^{GF} Seasoned Zucchini ^{GF} Herbed Green Beans	
Tuesday April 28	Oatmeal / Cream of Wheat ^{GF} Scrambled Egg Beaters ^{GF} Hardboiled Eggs Biscuits & Gravy ^{GF} Turkey Sausage Patties Lyonnaise Potatoes	<i>Soup of the Day:</i> <i>Dessert:</i>	Chicken Noodle Assorted Sugar Free Cookies
		^{GF} Lemon Mustard Chicken ^{GF} Seasoned Pork Cubes ^{GF} Seasoned Carrots ^{GF} Wax Beans Dinner Rolls	Beef Tamale Pie ^{GF} Brown Rice ^{GF} Steamed Broccoli ^{GF} Carrots Dinner Rolls
Wednesday April 29	Oatmeal / Grits ^{GF} Scrambled Egg Beaters ^{GF} Hardboiled Eggs Biscuits & Gravy ^{GF} Grilled Ham	<i>Soup of the Day:</i> Chicken Noodle <i>Dessert:</i> NSA Lime Parfait	Spaghetti w/ Meatballs ^{GF} Baked Sweet Potato ^{GF} Normandy Blend Vegetables ^{GF} Parslied Carrots
		^{GF} Herb Roasted Turkey ^{GF} Baked Fish ^{GF} Couscous ^{GF} Garden Blend Vegetables	
Thursday April 30	Oatmeal / Grits ^{GF} Scrambled Egg Beaters ^{GF} Hardboiled Eggs Biscuits & Gravy ^{GF} Turkey Sausage Links	<i>Soup of the Day:</i> Beef Vegetable <i>Dessert:</i> Sponge Cake w. Diced Peaches	^{GF} Sloppy Joe ^{GF} Mashed Potatoes ^{GF} Lemon-Garlic Asparagus ^{GF} Green Beans Garlic Bread
		^{GF} Chicken Chardonnay ^{GF} Wheat Pasta Seasoned Green Beans	
Friday May 1	Oatmeal / Cream of Wheat ^{GF} Scrambled Egg Beaters ^{GF} Hardboiled Eggs Biscuits & Gravy Creamed Ground Beef	<i>Soup of the Day:</i> Beef Vegetable <i>Dessert:</i> NSA Cherry Pie	^{GF} Blackened Shrimp ^{GF} Brown Rice ^{GF} Seasoned Zucchini ^{GF} Stewed Tomatoes Dinner Rolls
		^{GF} Garlic & Sage Chicken ^{GF} Miso Glazed Cod ^{GF} Brussel Sprouts ^{GF} Squash Assorted Rolls	
Saturday May 2	Oatmeal / Grits ^{GF} Scrambled Egg Beaters ^{GF} Hardboiled Eggs Biscuits & Gravy ^{GF} Turkey Bacon ^{GF} O'Brien Potatoes	<i>Soup of the Day:</i> Shrimp Gumbo <i>Dessert:</i> Assorted Sugar Free Cookies	^{GF} Assorted Deli Cold Cuts ^{GF} Shepherd's Pie ^{GF} Italian Green Beans Assorted Rolls
		Braised Pork Chop Barley Mushroom Pilaf ^{GF} Beets ^{GF} Lemon-Garlic Asparagus Wheat Rolls	
Sunday May 3	Oatmeal / Grits ^{GF} Scrambled Egg Beaters ^{GF} Hardboiled Eggs Biscuits & Gravy ^{GF} Grilled Ham	<i>Soup of the Day:</i> Chicken Rice <i>Dessert:</i> Fresh Fruit Cups	^{GF} Baked Chicken ^{GF} Brown Rice ^{GF} Seasoned Snap Peas Dinner Rolls
		^{GF} Pork Loin Roast ^{GF} Potato Salad ^{GF} Squash Medley ^{GF} Seasoned Carrots 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