

May 4 – May 10, 2026 Menu

	Breakfast	Lunch	Dinner
Monday May 4	Donuts / Muffins Oatmeal / Grits French Toast Pork Bacon Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Pinto Bean Cream of Broccoli <i>Dessert:</i> Strawberry Cream Pie	
		Pasta Vegetable Primavera Chicken Fricassee Zucchini Parmesan Herbed Orzo Broccoli Dinner Rolls	Deli Roast Beef Chimichurri Chicken Black Beans & Rice Corn O'Brien Green Beans Assorted Rolls
Tuesday May 5	Donuts / Bran Muffins Oatmeal / Cream of Wheat Creamed Chipped Beef Lyonnaise Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Pinot Bean Chicken Noodle <i>Dessert:</i> Oatmeal Cookies	
		Garlic Steak Bites Popcorn Shrimp Roasted Red Peppers Brussel Sprouts Asparagus Dinner Rolls	***Themed Meal*** Cinco De Mayo
Wednesday May 6	Donuts / Coffee Cake Oatmeal / Grits Pork Bacon Hash Browns Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Tomato Florentine Chicken Noodle <i>Dessert:</i> Orange Cake	
		Mediterranean Baked Fish Crispy Pork Loin Quinoa Breaded Okra Summer Squash Dinner Rolls	Assorted Deli Cold Cuts Hawaiian Chicken Sesame Brown Rice Seasoned Snow Peas Dinner Rolls
Thursday May 7	Donuts / Cinnamon Rolls Oatmeal / Grits Sausage Links / Scrapple Apple Pancakes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Tomato Florentine Split Pea <i>Dessert:</i> Sweet Potato Pie	
		Meatloaf Black Bean Enchilada Mashed Potatoes Garden Blend Vegetables Southwest Corn Dinner Rolls	Deli Chicken Turkey Divan Sweet Potato Fries Garden Blend Vegetables Dinner Rolls
Friday May 8	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> Split Pea Minestrone <i>Dessert:</i> Banana Cake	
		BBQ Chicken Thighs Broiled Salmon Fillet Baked Potato Asparagus Cauliflower Dinner Rolls	Deli Roast Beef Mongolian Beef Brown Rice Pacific Blend Vegetables Dinner Rolls
Saturday May 9	Donuts / Scones Oatmeal / Grits Corned Beef Hash O'Brien Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Minestrone Baked Potato <i>Dessert:</i> Chocolate Cookies	
		Crab Cakes Beef & Broccoli Stir Fry Brown Rice Sweet Potato Fries Green Beans Dinner Rolls	Assorted Deli Cold Cuts Shrimp Gumbo Pork Chop Black Beans Brussel Sprouts Dinner Rolls
Sunday May 10	Donuts / Cinnamon Rolls Oatmeal / Grits Grilled Ham Steaks Pineapple Waffles Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Southwest Corn Baked Potato <i>Dessert:</i> Tapioca Pudding	
		Themed Meal Mother's Day	Deli Turkey Chicken & Dumplings Tossed Salad Savory Carrots 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 May 4	Oatmeal / Grits ^{GF} Scrambled Egg Beaters ^{GF} Hardboiled Eggs ^{GF} Turkey Bacon Biscuits & Gravy	<i>Soup of the Day:</i> Pinto Bean Chicken Stock <i>Dessert:</i> NSA Chocolate Pudding	^{GF} Chimichurri Pork Loin ^{GF} Black Beans & Rice ^{GF} Carrots ^{GF} Corn Dinner Rolls
		^{GF} Chicken Fricassee ^{GF} Herbed Orzo ^{GF} Broccoli ^{GF} Zucchini Dinner Rolls	
Tuesday May 5	Oatmeal / Cream of Wheat ^{GF} Scrambled Egg Beaters Hardboiled Eggs Biscuits & Gravy ^{GF} Turkey Sausage Patties Lyonnaise Potatoes	<i>Soup of the Day:</i> Chicken Noodle Pinto Bean <i>Dessert:</i> Assorted Sugar Free Cookies	***Themed Meal*** Cinco De Mayo
		^{GF} Braised Beef Cubes ^{GF} Roasted Red Potatoes ^{GF} Asparagus ^{GF} Brussel Sprouts	
Wednesday May 6	Oatmeal / Grits ^{GF} Scrambled Egg Beaters ^{GF} Hardboiled Eggs Biscuits & Gravy ^{GF} Grilled Ham	<i>Soup of the Day:</i> Chicken Noodle Chicken Stock <i>Dessert:</i> Fresh Fruit Cups	Hawaiian Chicken Sesame Brown Rice ^{GF} Seasoned Snow Peas Dinner Rolls
		^{GF} Mediterranean Baked Fish ^{GF} Quinoa ^{GF} Okra ^{GF} Steamed Summer Squash	
Thursday May 7	Oatmeal / Grits ^{GF} Scrambled Egg Beaters ^{GF} Hardboiled Eggs Biscuits & Gravy ^{GF} Turkey Sausage Links	<i>Soup of the Day:</i> Minestrone Chicken Stock <i>Dessert:</i> Angel Cake w. Fruit Cocktail	^{GF} Roast Turkey ^{GF} Sweet Potato Fries ^{GF} Garden Blend Vegetables Dinner Rolls
		Black Bean Enchilada ^{GF} Southwest Corn ^{GF} Garden Blend Vegetables Mashed Potatoes	
Friday May 8	Oatmeal / Cream of Wheat ^{GF} Scrambled Egg Beaters ^{GF} Hardboiled Eggs Biscuits & Gravy ^{GF} Creamed Ground Beef	<i>Soup of the Day:</i> Minestrone Chicken Stock <i>Dessert:</i> NSA Peach 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 9	Oatmeal / Grits ^{GF} Scrambled Egg Beaters ^{GF} Hardboiled Eggs Biscuits & Gravy ^{GF} Turkey Bacon ^{GF} O'Brien Potatoes	<i>Soup of the Day:</i> Minestrone Chicken Stock <i>Dessert:</i> Assorted Sugar Free Cookies	^{GF} Baked Pork Chop ^{GF} Black Beans ^{GF} Brussel Sprouts Dinner Rolls
		^{GF} Baked Fish ^{GF} Sweet Potato Fries ^{GF} Brown Rice ^{GF} Green Beans	
Sunday May 10	Oatmeal / Grits ^{GF} Scrambled Egg Beaters ^{GF} Hardboiled Eggs Biscuits & Gravy ^{GF} Grilled Ham	<i>Soup of the Day:</i> Southwest Corn Chicken Stock <i>Dessert:</i> Tropical Fruit Cups	^{GF} Baked Chicken ^{GF} Mashed Potatoes ^{GF} Savory Carrots Dinner Rolls
		Themed Meal Mother's Day	

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