

## June 15 – June 21, 2026 Menu

|                             | <b>Breakfast</b>   | <b>Lunch</b>  | <b>Dinner</b>   |
|-----------------------------|--|---|---|
| <b>Monday</b><br>June 15    | Donuts / Muffins<br>Oatmeal / Grits<br>French Toast<br>Pork Bacon<br>Eggs to Order<br>Biscuits & Gravy   | <i>Soup of the Day:</i> Cream of Mushroom<br><i>Dessert:</i> Beef Barley<br>Peach Pie   |   |
|                             |  | Chicken Breast in Wine Sauce<br>Spinach Lasagna<br>Red Skin Potatoes<br>Zucchini & Onions<br>Yeast Rolls                        | Assorted Deli Cold Cuts<br>Swedish Meatballs<br>Carrots<br>Seasoned Egg Noodles<br>Yeast Rolls      |
| <b>Tuesday</b><br>June 16   | Donuts / Bran Muffins<br>Oatmeal / Cream of Wheat<br>Creamed Chipped Beef<br>Lyonnaise Potatoes<br>Eggs to Order<br>Biscuits & Gravy                   | <i>Soup of the Day:</i> Ham & Bean<br><i>Dessert:</i> Beef Barley<br>Chocolate Cookies  |   |
|                             |  | <b>***Themed Meal***<br/>Birthday</b>   | Deli Turkey<br>Beef Ravioli<br>Green Beans Almandine<br>Garlic Knots<br>Yeast Rolls                 |
| <b>Wednesday</b><br>June 17 | Donuts / Coffee Cake<br>Oatmeal / Grits<br>Pork Bacon<br>Hash Browns<br>Eggs to Order<br>Biscuits & Gravy  | <i>Soup of the Day:</i> Turkey Noodle<br><i>Dessert:</i> Ham & Bean<br>Carrot Cake  |   |
|                             |  | <b>***Themed Meal***<br/>Army Birthday</b>  | Assorted Deli Cold Cuts<br>French Dip Sandwich<br>Tator Tots<br>Garden Vegetable Mix<br>Yeast Rolls |
| <b>Thursday</b><br>June 18  | Donuts / Cinnamon Rolls<br>Oatmeal / Grits<br>Sausage Links / Scrapple<br>Apple Pancakes<br>Eggs to Order<br>Biscuits & Gravy                          | <i>Soup of the Day:</i> Turkey Noodle<br><i>Dessert:</i> Cream of Tomato<br>Peach Blondie                                       |   |
|                             |  | Roast Turkey<br>Shrimp Salad on Croissant<br>Cornbread Stuffing<br>Potatoes Au Gratin<br>Cranberry Sauce<br>Broccoli<br>Carrots | Assorted Deli Cold Cuts<br>Caprese Chicken<br>Herbed Couscous<br>Roasted Cauliflower<br>Yeast Rolls |
| <b>Friday</b><br>June 19    | Donuts / Assorted Danishes<br>Oatmeal / Cream of Wheat<br>Creamed Ground Beef<br>Home Fried Potatoes / Tater Tots<br>Eggs to Order<br>Biscuits & Gravy | <i>Soup of the Day:</i> Cream of Tomato<br><i>Dessert:</i> Chicken & Rice<br>Coconut Cream Pie                                  |   |
|                             |  | <b>***Themed Meal***<br/>Juneteenth</b>   | Deli Roast Beef<br>BBQ Pork on Bun<br>Sweet Potato Fries<br>Mixed Vegetables<br>Yeast Rolls         |
| <b>Saturday</b><br>June 20  | Donuts / Scones<br>Oatmeal / Grits<br>Corned Beef Hash<br>O'Brien Potatoes<br>Eggs to Order<br>Biscuits & Gravy  | <i>Soup of the Day:</i> Cream of Broccoli<br><i>Dessert:</i> Chicken & Rice<br>White Choc. Macadamia Nut Cookies                |   |
|                             |  | Roasted Chicken Thighs<br>Meatloaf<br>Mashed Potatoes<br>Green Beans<br>Succotash<br>Yeast Rolls                                | Deli Turkey<br>Beef Taco<br>Black Beans<br>Southwest Corn<br>Zucchini<br>Yeast Rolls                |
| <b>Sunday</b><br>June 21    | Donuts / Cinnamon Rolls<br>Oatmeal / Grits<br>Grilled Ham Steaks<br>Pineapple Waffles<br>Eggs to Order<br>Biscuits & Gravy                             | <i>Soup of the Day:</i> Cream of Broccoli<br><i>Dessert:</i> Vegetable Garden<br>Rice Pudding                                   |   |
|                             |  | <b>***Themed Meal***<br/>Father's Day</b>   | Deli Chicken<br>Fish & Chips<br>Straight Cut Fries<br>Peas & Onions<br>Yeast Rolls                  |

## June 15 – June 21, 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><br>June 15    | <sup>G</sup> Oatmeal / Grits<br>Scrambled Egg Beaters<br>Hardboiled Eggs<br>Turkey Bacon<br><sup>G</sup> Biscuits & Gravy  | <i>Soup of the Day:</i><br>Chicken Stock<br><i>Dessert:</i><br>Beef Barley<br>NSA Apple Pie                            | Chicken Stock<br>Beef Barley<br>NSA Apple Pie  |
|                             |  | Chicken Breast in Wine Sauce<br><sup>GF</sup> Roasted Red Potatoes<br><sup>GF</sup> Zucchini & Onions                  | Meatballs<br>Egg Noodles<br><sup>GF</sup> Carrots<br>Deli Turkey   |
| <b>Tuesday</b><br>June 16   | <sup>G</sup> Oatmeal / <sup>G</sup> Cream of Wheat<br>Scrambled Egg Beaters<br>Hardboiled Eggs<br><sup>G</sup> Biscuits & Gravy<br>Turkey Sausage Patties<br><sup>G</sup> Lyonnaise Potatoes | <i>Soup of the Day:</i><br>Beef Barley<br><i>Dessert:</i><br>Assorted Sugar Free Cookies                               | Beef Barley<br>Chicken Stock<br>Assorted Sugar Free Cookies  |
|                             |  | <b>***Themed Meal***<br/>                     Birthday</b>   | <sup>GF</sup> Deli Turkey<br>Beef Ravioli<br><sup>GF</sup> Green Beans   |
| <b>Wednesday</b><br>June 17 | <sup>G</sup> Oatmeal / Grits<br>Scrambled Egg Beaters<br>Hardboiled Eggs<br><sup>G</sup> Biscuits & Gravy<br>Grilled Ham   | <i>Soup of the Day:</i><br>Turkey Noodle<br><i>Dessert:</i><br>NSA Chocolate Pudding                                   | Chicken Stock<br>Turkey Noodle<br>NSA Chocolate Pudding  |
|                             |  | <b>***Themed Meal***<br/>                     Army Birthday</b>  | French Dip on Wheat Roll<br><sup>GF</sup> Steamed Brown Rice<br><sup>GF</sup> Garden Vegetable Blend               |
| <b>Thursday</b><br>June 18  | <sup>G</sup> Oatmeal / Grits<br>Scrambled Egg Beaters<br>Hardboiled Eggs<br><sup>G</sup> Biscuits & Gravy<br>Turkey Sausage Links  | <i>Soup of the Day:</i><br>Turkey Noodle<br><i>Dessert:</i><br>Chicken Stock<br>Angel Cake w. Crushed Pineapples       | Turkey Noodle<br>Chicken Stock<br>Angel Cake w. Crushed Pineapples   |
|                             |  | <sup>GF</sup> Roasted Turkey<br><sup>GF</sup> Mashed Potatoes<br><sup>GF</sup> Broccoli<br><sup>GF</sup> Carrots       | <sup>GF</sup> Caprese Chicken<br><sup>GF</sup> Deli Turkey<br><sup>GF</sup> Roasted Cauliflower<br>Herbed Couscous |
| <b>Friday</b><br>June 19    | <sup>G</sup> Oatmeal / <sup>G</sup> Cream of Wheat<br>Scrambled Egg Beaters<br>Hardboiled Eggs<br><sup>G</sup> Biscuits & Gravy<br>Creamed Ground Beef                                       | <i>Soup of the Day:</i><br>Chicken Stock<br><i>Dessert:</i><br>Chicken & Rice<br>NSA Vanilla Pudding                   | Chicken Stock<br>Chicken & Rice<br>NSA Vanilla Pudding   |
|                             |  | <b>***Themed Meal***<br/>                     Juneteenth</b>   | <sup>GF</sup> Pulled Pork<br><sup>GF</sup> Baked Sweet Potato Fries<br><sup>GF</sup> Garden Blend Vegetables       |
| <b>Saturday</b><br>June 20  | <sup>G</sup> Oatmeal / Grits<br>Scrambled Egg Beaters<br>Hardboiled Eggs<br><sup>G</sup> Biscuits & Gravy<br>Turkey Bacon<br>O'Brien Potatoes  | <i>Soup of the Day:</i><br>Chicken Stock<br><i>Dessert:</i><br>Chicken & Rice<br>Assorted Sugar Free Cookies           | Chicken Stock<br>Chicken & Rice<br>Assorted Sugar Free Cookies   |
|                             |  | <sup>GF</sup> Roasted Chicken<br><sup>GF</sup> Mashed Potatoes<br><sup>GF</sup> Seasoned Green Beans<br>Garlic Noodles | Beef<br><sup>GF</sup> Rice<br><sup>GF</sup> Black Beans<br><sup>GF</sup> Chuckwagon Corn<br><sup>GF</sup> Zucchini |
| <b>Sunday</b><br>June 21    | <sup>G</sup> Oatmeal / Grits<br>Scrambled Egg Beaters<br>Hardboiled Eggs<br><sup>G</sup> Biscuits & Gravy<br>Grilled Ham   | <i>Soup of the Day:</i><br>Garden Vegetable<br><i>Dessert:</i><br>Chicken Stock<br>Fresh Fruit Cups                    | Garden Vegetable<br>Chicken Stock<br>Fresh Fruit Cups  |
|                             |  | <b>***Themed Meal***<br/>                     Father's Day</b>   | <sup>GF</sup> Baked Fish<br><sup>GF</sup> Quinoa<br><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 |