

## June 22 – June 28, 2026 Menu

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Monday</b> June 22	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	
		Garlic Shrimp Quinoa French Fries Seasoned Zucchini Marinated Beef Kabob Herbed Green Beans	BBQ Riblette Baked Beans Oregano Green Beans Lemon Butter Broccoli Dinner Rolls
<b>Tuesday</b> June 23	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	
		Lemon Mustard Chicken Pork Paprika Macaroni & Cheese Orange Glazed Beets Sautéed Mushrooms Dinner Rolls	Deli Turkey Beef Tamale Pie Refried Beans Tortilla Chips Southwest Corn Broccoli
<b>Wednesday</b> June 24	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	
		Herb Roasted Turkey Eggplant Parmesan Cornbread Dressing Couscous Garden Blend Vegetable Dinner Rolls	Deli Chicken Assorted Pizza Onion Rings Stewed Tomatoes Carrots Dinner Rolls
<b>Thursday</b> June 25	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	
		Spaghetti Chicken w. Mushroom Barley Mushroom Pilaf Garden Blend Vegetables Squash Casserole Dinner Rolls	Assorted Deli Cold Cuts Sloppy Joe French Fries Lemon-Garlic Asparagus Green Beans Dinner Rolls
<b>Friday</b> June 26	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	
		Fried Chicken Miso Glazed Cod Mashed Potatoes Steamed Rice Brussel Sprouts Green Beans Corn Bread	Deli Turkey Fried Shrimp Cheese and Grits Seasoned Zucchini Corn Bread
<b>Saturday</b> June 27	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	
		Braised Pork Chop Chicken Curry Brown Rice Barley Mushroom Pilaf Lemon-Garlic Asparagus Beets Dinner Rolls	Assorted Deli Cold Cuts Shepard's Pie Italian Green Beans Parsley Carrots Dinner Rolls
<b>Sunday</b> June 28	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	
		Beef Pot Roast Baked Ham Mashed Potatoes Zucchini & Yellow Squash Dinner Rolls	Deli Chicken Chicken Chow Mein Brown Rice Seasoned Snap Peas Dinner Rolls

## June 22 – June 28, 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> June 22	<sup>G</sup> Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs Turkey Bacon <sup>G</sup> Biscuits & Gravy	<i>Soup of the Day:</i> Garden Vegetable <i>Dessert:</i> NSA Apple Pie	<sup>GF</sup> Braised Pork Ribs <sup>GF</sup> Seasoned Carrots <sup>GF</sup> Green Beans Oregano Dinner Rolls
		<sup>GF</sup> Shrimps <sup>GF</sup> Braised Beef Cubes Quinoa <sup>GF</sup> Seasoned Zucchini <sup>GF</sup> Herbed Green Beans	
<b>Tuesday</b> June 23	<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> <i>Dessert:</i>	Chicken Noodle Assorted Sugar Free Cookies
		<sup>GF</sup> Lemon Mustard Chicken <sup>GF</sup> Seasoned Pork Cubes <sup>GF</sup> Beet <sup>GF</sup> Mushrooms Dinner Rolls	Beef Tamale Pie <sup>GF</sup> Refried Beans <sup>GF</sup> Steamed Broccoli <sup>GF</sup> Southwest Corn Dinner Rolls
<b>Wednesday</b> June 24	<sup>G</sup> Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs <sup>G</sup> Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i> Chicken Noodle <i>Dessert:</i> NSA Lime Parfait	Vegetable Pizza <sup>GF</sup> Stewed Tomatoes <sup>GF</sup> Parslied Carrots
		<sup>GF</sup> Herb Roasted Turkey <sup>GF</sup> Couscous <sup>GF</sup> Garden Blend Vegetables	
<b>Thursday</b> June 25	<sup>G</sup> Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs <sup>G</sup> Biscuits & Gravy Turkey Sausage Links	<i>Soup of the Day:</i> Beef Vegetable <i>Dessert:</i> Sponge Cake w. Diced Peaches	<sup>GF</sup> Sloppy Joe Assorted Deli Cold Cuts <sup>GF</sup> Lemon-Garlic Asparagus <sup>GF</sup> Green Beans
		<sup>GF</sup> Chicken w. Mushroom <sup>GF</sup> Wheat Pasta Barley Mushroom Pilaf <sup>GF</sup> Garden Vegetable Dinner Rolls	
<b>Friday</b> June 26	<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> Beef Vegetable <i>Dessert:</i> NSA Cherry Pie	<sup>GF</sup> Blackened Shrimp Grits <sup>GF</sup> Seasoned Zucchini <sup>GF</sup> Okra Tomatoes Dinner Rolls
		<sup>GF</sup> Garlic & Sage Chicken <sup>GF</sup> Miso Glazed Cod <sup>GF</sup> Brussel Sprouts & Green Beans <sup>GF</sup> Steamed Rice Corn Bread	
<b>Saturday</b> June 27	<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> Shrimp Gumbo <i>Dessert:</i> Assorted Sugar Free Cookies	<sup>GF</sup> Assorted Deli Cold Cuts <sup>GF</sup> Shepherd's Pie <sup>GF</sup> Italian Green Beans <sup>GF</sup> Carrots Assorted Rolls
		Braised Pork Chop Brown Rice <sup>GF</sup> Beets <sup>GF</sup> Lemon-Garlic Asparagus Wheat Rolls	
<b>Sunday</b> June 28	<sup>G</sup> Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs <sup>G</sup> Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i> Chicken Rice <i>Dessert:</i> Fresh Fruit Cups	<sup>GF</sup> Baked Chicken <sup>GF</sup> Brown Rice <sup>GF</sup> Seasoned Snap Peas Dinner Rolls
		<sup>GF</sup> Roast Beef <sup>GF</sup> Mashed Potato <sup>GF</sup> Zucchini & Yellow Squash 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