

## June 29 – July 5, 2026 Menu

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Monday</b> June 29	Donuts / Muffins Oatmeal / Grits French Toast Pork Bacon Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Pinto Bean Clam Chowder <i>Dessert:</i> Strawberry Cream Pie	
		Pasta Vegetable Primavera Chicken Fricassee Zucchini Seasoned Orzo Broccoli Florets Dinner Rolls	Deli Roast Beef Pork Chimichurri Black Beans & Rice Corn O'Brien Dinner Rolls
<b>Tuesday</b> June 30	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 Cubes Popcorn Shrimp Roasted Red Peppers Brussel Sprouts Asparagus Dinner Rolls	Deli Turkey Chicken Tacos Refried Beans Broccoli Dinner Rolls
<b>Wednesday</b> July 1	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 Pollock Crispy Pork Loin Quinoa Mashed Sweet Potatoes Breaded Okra Yellow Squash	Assorted Deli Cold Cuts Hawaiian Chicken Thighs Sesame Brown Rice Snow Peas Dinner Rolls
<b>Thursday</b> July 2	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	
		<b>***July 4<sup>th</sup> Cookout***</b> BBQ Chicken / Rope Sausage Hamburgers / Hot Dogs Corn on the Cob Baked Beans Potato Salad Watermelon Dinner Rolls	
<b>Friday</b> July 3	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 Baked Potato Asparagus Cauliflower Cornbread	Deli Roast Beef Mongolian Beef Brown Rice Pacific Blend Vegetables Dinner Rolls
<b>Saturday</b> July 4	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	Assorted Deli Cold Cuts Pork Chop Black Beans & Rice Brussel Sprouts Dinner Rolls
<b>Sunday</b> July 5	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	
		Roasted Turkey Baked Ham Baked Sweet Potatoes Peas & Onions Green Beans Almandine Dinner Rolls	Deli Turkey Chicken & Dumplings Herbed Couscous Carrots Dinner Rolls

## June 29 – July 5, 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 29	<sup>G</sup> Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs Turkey Bacon <sup>G</sup> Biscuits & Gravy	<i>Soup of the Day:</i> Pinto Bean Chicken Stock <i>Dessert:</i> NSA Chocolate Pudding	<sup>GF</sup> Baked Chicken Pasta Vegetable Primavera Seasoned Orzo <sup>GF</sup> Broccoli <sup>GF</sup> Zucchini Dinner Rolls
		<sup>GF</sup> Pork Chimichurri <sup>GF</sup> Black Beans <sup>GF</sup> Parslied Carrots <sup>GF</sup> Brown Rice	
<b>Tuesday</b> June 30	<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> Chicken Noodle Pinto Bean <i>Dessert:</i> Assorted Sugar Free Cookies	<sup>GF</sup> Baked Cod <sup>GF</sup> Braised Beef Cubes <sup>GF</sup> Roasted Red Potatoes <sup>GF</sup> Asparagus <sup>GF</sup> Brussel Sprouts
		Chicken Tacos <sup>GF</sup> Broccoli <sup>GF</sup> Refried Beans Wheat Rolls	
<b>Wednesday</b> July 1	<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 Tomato Florentine <i>Dessert:</i> Fresh Fruit Cups	<sup>GF</sup> Mediterranean Pollock <sup>GF</sup> Quinoa <sup>GF</sup> Roasted Pork Loin <sup>GF</sup> Okra <sup>GF</sup> Yellow Squash
		<sup>GF</sup> Hawaiian Chicken <sup>GF</sup> Brown Rice <sup>GF</sup> Snow Peas	
<b>Thursday</b> July 2	<sup>G</sup> Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs <sup>G</sup> Biscuits & Gravy Turkey Sausage Links	<i>Soup of the Day:</i> Tomato Florentine <i>Dessert:</i> Angel Cake w. Fruit Cocktail	<b>***July 4<sup>th</sup> Cookout***</b> Baked Chicken <sup>GF</sup> Corn on the Cob <sup>GF</sup> Baked Beans <sup>GF</sup> Watermelon Wheat Rolls
		<sup>GF</sup> Baked chicken <sup>GF</sup> Sweet Potato Fries <sup>GF</sup> Broccoli Wheat Rolls	
<b>Friday</b> July 3	<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> Minestrone <i>Dessert:</i> NSA Peach Pie	<sup>GF</sup> Broiled Salmon <sup>GF</sup> Baked Potato <sup>GF</sup> Asparagus <sup>GF</sup> Cauliflower
		<sup>GF</sup> Mongolian Beef <sup>GF</sup> Brown Rice <sup>GF</sup> Mixed Vegetables Wheat Rolls	
<b>Saturday</b> July 4	<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> Minestrone <i>Dessert:</i> Assorted Sugar Free Cookies	<sup>GF</sup> Beef & Broccoli <sup>GF</sup> Brown Rice <sup>GF</sup> Pacific Blend Vegetables <sup>GF</sup> Green Beans
		<sup>GF</sup> Baked Pork Chop <sup>GF</sup> Black Beans <sup>GF</sup> Brown Rice <sup>GF</sup> Brussel Sprouts Wheat Rolls	
<b>Sunday</b> July 5	<sup>G</sup> Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs <sup>G</sup> Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i> Southwest Corn Chicken Stock <i>Dessert:</i> Tropical Fruit Cups	<sup>GF</sup> Roast Turkey <sup>GF</sup> Baked Sweet Potato <sup>GF</sup> Peas & Onions <sup>GF</sup> Green Beans Wheat Rolls
		<sup>GF</sup> Baked Chicken Herbed Couscous <sup>GF</sup> Carrots Wheat 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
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