

August 3 – August 9, 2026 Menu

	Breakfast	Lunch	Dinner
Monday August 3	Donuts / Muffins Oatmeal / Grits French Toast Pork Bacon Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i>	Potato Bacon Beef Noodle
		<i>Dessert:</i>	Coconut Custard Pie
		Honey Chicken Roasted Red Potatoes Sautéed Cabbage Baked Fish Steamed Rice Mixed Vegetable	Sliced Deli Turkey BBQ Riblette Barley Mushroom Pilaf Roasted Cauliflower Dinner Rolls
Tuesday August 4	Donuts / Muffins Oatmeal/ Cream of Wheat Creamed Chipped Beef Lyonnaise Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i>	Tomato Potato Bacon
		<i>Dessert:</i>	Oatmeal & Raisin Cookies
		Apricot Glazed Pork Loin Garlic Noodles Savory Carrots Southern Fried Chicken Brown Rice Squash Medley	Deli Roast Beef Turkey Tetrazzini Mashed Potatoes Green Beans Dinner Rolls
Wednesday August 5	Donuts / Coffee Cake Oatmeal / Grits Pork Bacon Hash Browns Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i>	Lobster Bisque Tomato
		<i>Dessert:</i>	Mississippi Mud Cake
		Cranberry Chicken Fluffy Rice Roasted Brussel Sprouts Beef & Broccoli Orange Glazed Beets Dinner Rolls	Sliced Deli Chicken Sweet & Sour Pork Steamed Rice Sesame Ginger Snap Peas Dinner Rolls
Thursday August 6	Donuts / Cinnamon Rolls Oatmeal / Grits Sausage Links / Scrapple Apple Pancakes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i>	Beef Barley Lobster Bisque
		<i>Dessert:</i>	Cheesecake
		Roast Beef Reuben Sandwich Mashed Potatoes Seasoned Spinach Plain Potato Chips Parslied Carrots	Sliced Deli Chicken Spaghetti & Meatballs Lemon-Garlic Asparagus Roasted Cauliflower Dinner Rolls
Friday August 7	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>	Cream of Carrot
		<i>Dessert:</i>	Beef Barley Lemon Meringue Pie
		Seafood Newburg Herbed Penne Pasta Lemon Glazed Chicken Herbed Green Beans Squash & Peppers Dinner Rolls	Sliced Deli Cold Cuts Baked Salmon Fillet Lemon Rice Pilaf Peas & Carrots Dinner Rolls
Saturday August 8	Donuts / Scones Oatmeal / Grits Corned Beef Hash O’Brien Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i>	Chicken Rice Cream of Carrot
		<i>Dessert:</i>	Sugar Cookies
		BBQ Beef Roasted Potatoes Roasted Brussel Sprouts Broccoli Cheese Quiche Sweet & Sour Beets Dinner Rolls	Sliced Deli Roast Beef Fried Shrimp Tator Tots Okra & Tomatoes Dinner Rolls
Sunday August 9	Donuts / Cinnamon Rolls Oatmeal / Grits Grilled Ham Steaks Pineapple Waffles Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i>	Cream of Mushroom Chicken Rice
		<i>Dessert:</i>	Cherry Cobbler
		Teriyaki Turkey Country Steak Mashed Potatoes Garden Blend Vegetables Collard Greens Brown Rice	Sliced Deli Cold Cuts Beef Lasagna Whole Kernel Corn Green Beans & Pimento Breaded Zucchini Dinner Rolls

August 3 – August 9, 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.

	Breakfast	Lunch	Dinner
Monday August 3	Oatmeal /Grits Scrambled Egg Beaters Hardboiled Eggs Turkey Bacon GF Biscuits & Gravy	Soup of the Day: Beef Noodle Dessert: NSA Lemon Parfait	
		Honey Chicken GF Baked Fish GF Roasted Red Potatoes Sautéed Cabbage Garden Vegetables GF Brown Rice	GF Pork Roast GF Sliced Deli Roast Beef GF Roasted Cauliflower GF Barley Mushroom Pilaf
Tuesday August 4	Oatmeal / GF Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs GF Biscuits & Gravy Turkey Sausage Patties Lyonnaise Potatoes	Soup of the Day: Tomato Dessert: Sugar Free Cookies	
		GF Roasted Chicken Thigh Egg Noodles GF Savory Carrots GF Squash Medley GF Brown Rice	GF Sliced Deli Roast Beef Turkey Tetrzzini GF Mashed Potatoes GF Seasoned Green Beans Wheat Rolls
Wednesday August 5	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs GF Biscuits & Gravy Grilled Ham	Soup of the Day: Cream of Tomato Dessert: NSA Vanilla Pudding	
		GF Cranberry Chicken GF Quinoa GF Seasoned Beets GF Roasted Brussel Sprouts GF Braised Beef Cubes	GF Pork Cubes & Onion GF Steamed Brown Rice GF Seasoned Green Beans
Thursday August 6	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs GF Biscuits & Gravy Turkey Sausage Links	Soup of the Day: Beef Barley Dessert: Sponge Cake w/ Mandarin	
		GF Roast Beef GF Seasoned Spinach GF Plain Potato Chips GF Parslied Carrots Dinner Rolls	GF Roasted Cauliflower Spaghetti & Meatballs GF Asparagus Dinner Rolls
Friday August 7	Oatmeal / GF Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs GF Biscuits & Gravy Creamed Ground Beef	Soup of the Day: Beef Barley Dessert: NSA Peach Pie	
		GF Lemon Glazed Chicken GF Herbed Penne Pasta GF Herbed Green Beans GF Seasoned Zucchini	GF Baked Salmon Fillet GF Lemon Rice Pilaf GF Peas & Carrots GF Dinner Rolls
Saturday August 8	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs GF Biscuits & Gravy Turkey Bacon O’Brien Potatoes	Soup of the Day: Chicken Rice Dessert: Sugar Free Cookies	
		GF Roast Beef GF Pesto Turkey GF Seasoned Beets GF Roasted Potatoes GF Garden Blend Vegetables	GF Blackened Shrimp GF Steamed Rice GF Green Beans & Pimento GF Okra & Tomatoes Dinner Rolls
Sunday August 9	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs GF Biscuits & Gravy Grilled Ham	Soup of the Day: Chicken Rice Dessert: Fruit Cups	
		GF Turkey Breast Filet GF Mashed Potatoes GF Garden Blend Vegetables GF Brown Rice GF Seasoned Green Beans	GF Beef & Pasta GF Spinach & Cheese Lasagna GF Green Beans & Pimento GF Whole Kernel Corn 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