

August 10 – 16, 2026 Menu

	Breakfast	Lunch	Dinner
Monday August 10	Donuts / Muffins Oatmeal / Grits French Toast Pork Bacon Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i>	Cream of Mushroom Beef Barley
		<i>Dessert:</i>	Peach Pie
		Chicken Breast in Wine Sauce Spinach Lasagna Red Skin Potatoes Zucchini & Onions Stewed Tomatoes Yeast Rolls	Assorted Deli Cold Cuts Swedish Meatballs Carrots Seasoned Egg Noodles Yeast Rolls
Tuesday August 11	Donuts / Bran Muffins Oatmeal / Cream of Wheat Creamed Chipped Beef Lyonnaise Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i>	Ham & Bean Beef Barley
		<i>Dessert:</i>	Chocolate Cookies
		Lemon Mustard Chicken Thighs Fried Pork Chop Macaroni & Cheese Orange Glazed Beets Asparagus Dinner Rolls	Deli Turkey Italian Sausage & Peppers French Fries Green Beans Almandine Hoagie Rolls
Wednesday August 12	Donuts / Coffee Cake Oatmeal / Grits Pork Bacon Hash Browns Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i>	Turkey Noodle Ham & Bean
		<i>Dessert:</i>	Carrot Cake
		Grilled Ham Steak Pasta Vegetable Primavera Baked Sweet Potato Creamed Spinach Carrots Rolls	Assorted Deli Cold Cuts French Dip Sandwich Tator Tots Garden Vegetable Mix Yeast Rolls
Thursday August 13	Donuts / Cinnamon Rolls Oatmeal / Grits Sausage Links / Scrapple Apple Pancakes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i>	Turkey Noodle Cream of Tomato
		<i>Dessert:</i>	Peach Blondie
		Roast Turkey Shrimp Salad on Croissant Cornbread Stuffing Potatoes Au Gratin Cranberry Sauce Mustard Greens Mixed Vegetables	Assorted Deli Cold Cuts Caprese Chicken Herbed Couscous Roasted Cauliflower Yeast Rolls
Friday August 14	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 Tomato Chicken & Rice
		<i>Dessert:</i>	Coconut Cream Pie
		Lemon Pepper Cod Beef Swiss Steak Baked Potato Peas Yellow Squash Dinner Rolls	Deli Roast Beef BBQ Pork on Bun Sweet Potato Fries Mixed Vegetables Yeast Rolls
Saturday August 15	Donuts / Scones Oatmeal / Grits Corned Beef Hash O’Brien Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i>	Cream of Broccoli Chicken & Rice
		<i>Dessert:</i>	White Choc. Macadamia Nut Cookies
		Chicken Cacciatore Meatloaf Mashed Potatoes Green Beans Succotash Noodles Yeast Rolls	Deli Turkey Beef Taco Black Beans Southwest Corn Zucchini Yeast Rolls
Sunday August 16	Donuts / Cinnamon Rolls Oatmeal / Grits Grilled Ham Steaks Pineapple Waffles Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i>	Cream of Broccoli Vegetable Garden
		<i>Dessert:</i>	Rice Pudding
		Honey Pork Chop Orange rosemary Chicken Thighs Scalloped Potatoes Asparagus Spinach Dinner Rolls	Deli Chicken Fish & Chips Straight Cut Fries Peas & Onions Yeast Rolls

August 10 – August 16, 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 10	^G Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs Turkey Bacon ^G Biscuits & Gravy	<i>Soup of the Day:</i> <i>Dessert:</i>	Chicken Stock Beef Barley NSA Apple Pie
		Chicken Breast in Wine Sauce ^{GF} Roasted Red Potatoes ^{GF} Zucchini & Onions ^{GF} Stewed Tomatoes	Meatballs Egg Noodles ^{GF} Carrots Deli Turkey
Tuesday August 11	^G Oatmeal / ^G Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs ^G Biscuits & Gravy Turkey Sausage Patties ^G Lyonnaise Potatoes	<i>Soup of the Day:</i> <i>Dessert:</i>	Beef Barley Chicken Stock Assorted Sugar Free Cookies
		Lemon Mustard Chicken Thighs Baked Pork Chop ^{GF} Beets ^{GF} Asparagus	^{GF} Deli Turkey Italian Pork Loin ^{GF} Green Beans
Wednesday August 12	^G Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs ^G Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i> <i>Dessert:</i>	Chicken Stock Turkey Noodle NSA Chocolate Pudding
		^{GF} Grilled Ham Steak ^{GF} Baked Sweet Potato ^{GF} Spinach ^{GF} Carrots	French Dip on Wheat Roll ^{GF} Steamed Brown Rice ^{GF} Garden Vegetable Blend
Thursday August 13	^G Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs ^G Biscuits & Gravy Turkey Sausage Links	<i>Soup of the Day:</i> <i>Dessert:</i>	Turkey Noodle Chicken Stock Angel Cake w. Crushed Pineapples
		^{GF} Roasted Turkey ^{GF} Shrimp Salad ^{GF} Mashed Potatoes ^{GF} Mustard Greens ^{GF} Mixed Vegetables	^{GF} Caprese Chicken ^{GF} Deli Turkey ^{GF} Roasted Cauliflower Herbed Couscous
Friday August 14	^G Oatmeal / ^G Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs ^G Biscuits & Gravy Creamed Ground Beef	<i>Soup of the Day:</i> <i>Dessert:</i>	Chicken Stock Chicken & Rice NSA Vanilla Pudding
		^{GF} Lemon Pepper Cod ^{GF} Baked Potato ^{GF} Green Peas ^{GF} Yellow Squash	^{GF} Pulled Pork ^{GF} Baked Sweet Potato Fries ^{GF} Mixed Vegetables
Saturday August 15	^G Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs ^G Biscuits & Gravy Turkey Bacon O’Brien Potatoes	<i>Soup of the Day:</i> <i>Dessert:</i>	Chicken Stock Chicken & Rice Assorted Sugar Free Cookies
		^{GF} Chicken Cacciatore ^{GF} Mashed Potatoes ^{GF} Green Beans ^{GF} Succotash Garlic Noodles	Beef ^{GF} Brown Rice ^{GF} Southwest Corn ^{GF} Zucchini
Sunday August 16	^G Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs ^G Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i> <i>Dessert:</i>	Garden Vegetable Chicken Stock Fresh Fruit Cups
		^{GF} Honey Pork Chop ^{GF} Orange Rosemary Chicken ^{GF} Brussel Sprouts ^{GF} Spinach ^{GF} Brown Rice	^{GF} Baked Fish Potato Salad ^{GF} 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