

August 24 – August 30, 2026 Menu

	Breakfast	Lunch	Dinner
Monday August 24	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>	Macadamia Nut Cookies
		Pasta Vegetable Primavera Chicken Fricassee Zucchini Parmesan Seasoned Orzo Half Baked Basil Tomato Garlic Toast	Deli Roast Beef Salisbury Steak Mashed Potatoes Mixed Garden Vegetables Dinner Rolls
Tuesday August 25	Donuts / Bran Muffins Oatmeal / Cream of Wheat Creamed Chipped Beef Lyonnais Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i>	Pinot Bean Chicken Noodle
		<i>Dessert:</i>	Apple Churros
		Pulled Chicken Fajita Beef Enchilada Spanish Rice Mexican Corn Fried Plantains Salsa/Guacamole/Sour Cream	Deli Turkey Chicken Tacos Refried Beans Broccoli Dinner Rolls
Wednesday August 26	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>	Chocolate Chip Layer Cake
		Mediterranean Pollock Crispy Pork Loin Mashed Sweet Potatoes Okra & Tomatoes Yellow Squash Dinner Rolls	Assorted Deli Cold Cuts Hawaiian Chicken Thighs Sesame Brown Rice Snow Peas Beet & Carrot Salad Dinner Rolls
Thursday August 27	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>	Cherry Pie
		Meatloaf Roasted Lamb Chop Roasted Red Potatoes Southwest Corn Mixed Garden Vegetable Dinner Rolls	Assorted Deli Cold Cuts Roast Turkey Sweet Potato Fries Broccoli Cranberry Sauce Dinner Rolls
Friday August 28	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>	Blueberry Crisp
		BBQ Chicken Thighs Broiled Salmon Macaroni & Cheese Seasoned Asparagus Parsley Cauliflower Dinner Rolls	Deli Roast Beef Mongolian Beef Brown Rice Pacific Blend Vegetables Dinner Rolls
Saturday August 29	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>	Rice Pudding
		Oriental Chicken Beef & Broccoli Stir Fry Vegetable Blend Fried Rice Spring Roll Green Beans Dinner Rolls	Assorted Deli Cold Cuts Pork Chop Wild Rice Pilaf Brussel Sprouts Dinner Rolls
Sunday August 30	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>	Chocolate Chip Cookies
		Jerk Chicken Harvard Beets Black Beans & Rice Lemon Butter Broccoli French Bread	Deli Turkey Beef Chow Mein Fluffy Rice Carrots Dinner Rolls

August 24 – August 30, 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 24	^G Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs Turkey Bacon ^G Biscuits & Gravy	<i>Soup of the Day:</i>	Pinto Bean Chicken Stock
		<i>Dessert:</i>	NSA Chocolate Pudding
		^{GF} Chicken Fricassee Seasoned Orzo ^{GF} Seasoned Zucchini ^{GF} Baked Half Tomato	^{GF} Salisbury Steak ^{GF} Mashed Potatoes ^{GF} Garden Blend Vegetables
Tuesday August 25	^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>	Chicken Noodle Pinto Bean
		<i>Dessert:</i>	Assorted Sugar Free Cookies
		^{GF} Chicken Fajita ^{GF} Mexican Corn ^{GF} Brown Rice Pilaf ^{GF} Chicken Stock	Chicken Fajita ^{GF} Broccoli ^{GF} Black Beans Wheat Rolls
Wednesday August 26	^G Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs ^G Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i>	Chicken Noodle Chicken Stock
		<i>Dessert:</i>	Fresh Fruit Cups
		^{GF} Mediterranean Pollock ^{GF} Mashed Sweet Potato ^{GF} Zucchini ^{GF} Squash	^{GF} Hawaiian Chicken ^{GF} Brown Rice ^{GF} Snow Peas Wheat Rolls
Thursday August 27	^G Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs ^G Biscuits & Gravy Turkey Sausage Links	<i>Soup of the Day:</i>	Chicken Stock
		<i>Dessert:</i>	Angel Cake w. Fruit Cocktail
		Roasted Leg of Lamb Roasted Red Potatoes ^{GF} Seasoned Spinach ^{GF} Garden Vegetables Wheat Rolls	^{GF} Roasted Turkey ^{GF} Sweet Potato Fries ^{GF} Broccoli Cranberry Sauce Wheat Rolls
Friday August 28	^G Oatmeal / ^G Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs ^G Biscuits & Gravy Creamed Ground Beef	<i>Soup of the Day:</i>	Minestrone Chicken Stock
		<i>Dessert:</i>	NSA Peach Pie
		^{GF} Broiled Salmon ^{GF} Baked Chicken Thighs ^{GF} Lemon Asparagus ^{GF} Parslied Cauliflower	^{GF} Braised Beef ^{GF} Brown Rice ^{GF} Pacific Blend Vegetables Wheat Rolls
Saturday August 29	^G Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs ^G Biscuits & Gravy Turkey Bacon O’Brien Potatoes	<i>Soup of the Day:</i>	Minestrone Chicken Stock
		<i>Dessert:</i>	Assorted Sugar Free Cookies
		Oriental Chicken ^{GF} Brown Rice ^{GF} Asian Blend Vegetables ^{GF} Green Beans Wheat Rolls	^{GF} Baked Pork Chop ^{GF} Brown Rice ^{GF} Brussel Sprouts Wheat Rolls
Sunday August 30	^G Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs ^G Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i>	Chicken Stock Chicken & Rice
		<i>Dessert:</i>	Tropical Fruit Cups
		^{GF} Baked Chicken ^{GF} Harvard Beets ^{GF} Black Beans & Rice ^{GF} Broccoli Wheat Rolls	^{GF} Braised Beef ^{GF} Brown Rice ^{GF} 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