

August 31 – September 6, 2026 Menu

	Breakfast	Lunch	Dinner
Monday August 31	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>	Blueberry Pie
		Honey Chicken Salmon w/ Dill Sauce Roasted Red Potatoes Balsamic Brussel Sprouts Herbed Rice Mixed Vegetables	Sliced Deli Turkey BBQ Riblette Marinated Pork Cubes Mac & Cheese Grilled Asparagus Cornbread
Tuesday September 1	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>	Cherry Cobbler
		Ginger Apple Pork Quiche Lorraine Quinoa Savory Carrots Squash Medley	Deli Roast Beef Turkey Tetrazzini Green Beans Orange Glazed Carrots Garlic Bread
Wednesday September 2	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>	Bread Pudding
		Chicken Piccata Vegetarian Stuffed Peppers Barley Mushroom Rice Roasted Brussel Sprouts Orange Glazed Beets Dinner Rolls	Sliced Deli Chicken Sweet & Sour Pork Steamed Rice Sesame Ginger Snap Peas Dinner Rolls
Thursday September 3	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>	Brownie
		Roast Beef Reuben Sandwich Mashed Potatoes Seasoned Spinach Parslied Carrots Plain Potato Chips	Sliced Deli Chicken Spaghetti & Meatballs Lemon-Garlic Asparagus Roasted Cauliflower Dinner Rolls
Friday September 4	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 Dutch Apple Pie
		Italian Sausage BBQ Ribs Roasted Chicken (Bone-In) Grilled Asparagus \ Corn on the Cob Baked Sweet Potato /Mac & Cheese Jalapeno Cornbread	Sliced Deli Cold Cuts Rotisserie Chicken Baked Sweet Potato Grilled Asparagus Corn Cobbette Jalapeno Cornbread
Saturday September 5	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>	Chocolate Chip Cookies
		BBQ Beef Breaded Porn Loin Roasted Red Potatoes Roasted Brussel Sprouts Corn Cobbette Dinner Rolls	Sliced Deli Roast Beef Country Fried Steak Scalloped Potatoes Collard Greens Dinner Rolls
Sunday September 6	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>	Apple Cobbler
		Teriyaki Turkey Country Steak Mushroom Gravy Garden Blend Vegetables Collard Greens Confetti Rice	Sliced Deli Cold Cuts Beef Lasagna Whole Kernel Corn Green Beans & Pimento Breaded Zucchini Garlic Bread

August 31 – September 6, 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 31	Oatmeal / ^{GF} Grits ^{GF} Scrambled Egg Beaters ^{GF} Hardboiled Eggs ^{GF} Turkey Bacon ^F Biscuits & Gravy	<i>Soup of the Day:</i> <i>Dessert:</i>	Beef Noodle NSA Lemon Parfait
		Honey Chicken ^{GF} Grilled Salmon ^{GF} Herbed Rice Balsamic Brussel Sprouts ^{GF} Brown Rice	^{GF} Seasoned Pork Cubes & Onions ^{GF} Sliced Deli Roast Beef ^{GF} Roasted Cauliflower Macaroni Pasta w/ Parsley Cornbread
Tuesday September 1	Oatmeal / Cream of Wheat ^{GF} Scrambled Egg Beaters ^{GF} Hardboiled Eggs Biscuits & Gravy ^{GF} Turkey Sausage Patties ^{GF} Lyonnaise Potatoes	<i>Soup of the Day:</i> <i>Dessert:</i>	Tomato Sugar Free Cookies
		^{GF} Ginger Apple Pork ^{GF} Quinoa ^{GF} Savory Carrots ^{GF} Squash Medley	^{GF} Sliced Deli Roast Beef ^{GF} Turkey Breast Filet ^{GF} Seasoned Carrots ^{GF} Seasoned Green Beans Garlic Rolls
Wednesday September 2	Oatmeal / ^{GF} Grits ^{GF} Scrambled Egg Beaters ^{GF} Eggs Biscuits & Gravy ^{GF} Grilled Ham	<i>Soup of the Day:</i> <i>Dessert:</i>	Cream of Tomato NSA Vanilla Pudding
		^{GF} Herb-Baked Chicken Barley Mushroom Pilaf ^{GF} Roasted Brussel Sprouts ^{GF} Vegetarian Stuffed Peppers	^{GF} Pork Cubes & Onion ^{GF} Steamed Brown Rice ^{GF} Seasoned Green Beans Wheat Rolls
Thursday September 3	Oatmeal / ^{GF} Grits ^{GF} Scrambled Egg Beaters ^{GF} Hardboiled Eggs Biscuits & Gravy ^{GF} Turkey Sausage Links	<i>Soup of the Day:</i> <i>Dessert:</i>	Beef Barley 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 September 4	Oatmeal / Cream of Wheat ^{GF} Scrambled Egg Beaters ^{GF} Hardboiled Eggs Biscuits & Gravy Creamed Ground Beef	<i>Soup of the Day:</i> <i>Dessert:</i>	Beef Barley 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 September 5	Oatmeal / ^{GF} Grits Scrambled Egg Beaters ^{GF} Hardboiled Eggs Biscuits & Gravy ^{GF} Turkey Bacon ^{GF} O’Brien Potatoes	<i>Soup of the Day:</i> <i>Dessert:</i>	Chicken Rice 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 September 6	Oatmeal / ^{GF} Grits Scrambled Egg Beaters ^{GF} Hardboiled Eggs Biscuits & Gravy ^{GF} Grilled Ham	<i>Soup of the Day:</i> <i>Dessert:</i>	Chicken Rice Fruit Cups
		^{GF} Turkey Breast Filet ^{GF} Mashed Potatoes ^{GF} Garden Blend Vegetables ^{GF} Brown Rice ^{GF} Collard Greens	Beef & Pasta 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