

September 14 – September 20, 2026 Menu

	Breakfast	Lunch	Dinner
Monday September 14	Donuts / Muffins Oatmeal / Grits French Toast Pork Bacon Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i>	Crab & Corn Chowder Garden Vegetable
		<i>Dessert:</i>	Apple Pie
		Garlic Shrimp Quinoa Salisbury Steak Seasoned Zucchini Onion Rings Succotash	Assorted Deli Cold Cuts BBQ Riblette Baked Beans Corn Cobbette Lemon Butter Broccoli Dinner Rolls
Tuesday September 15	Donuts / Bran Muffins Oatmeal / Cream of Wheat Creamed Chipped Beef Lyonnaise Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i>	Chicken Noodle Crab & Corn Chowder
		<i>Dessert:</i>	Chocolate Pudding
		Whole Prime Rib Au Jus Crab Cakes Baked Potato Orange Glazed Carrots Roasted Cremini Mushrooms	Assorted Deli Cold Cuts Smothered Pork Chop Rice & Gravy Collard Greens Southwest Corn Cornbread
Wednesday September 16	Donuts / Coffee Cake Oatmeal / Grits Pork Bacon Hash Browns Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i>	Cream Asparagus Chicken Noodle
		<i>Dessert:</i>	Lemon Cake
		Herb Roasted Turkey Lemon Veal Cornbread Dressing / Brown Gravy Cranberry Sauce Couscous Garden Blend Vegetable	Deli Chicken Assorted Pizza French Fries Stewed Tomatoes Glazed Carrots Dinner Rolls
Thursday September 17	Donuts / Cinnamon Rolls Oatmeal / Grits Sausage Links / Scrapple Apple Pancakes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i>	Cream Asparagus Beef Vegetable
		<i>Dessert:</i>	Cheese Cake Brownie
		Spaghetti Chicken Francoise Eggplant Parmesan Garden Blend Vegetables Buttered Spaghetti Garlic Breadstick	Assorted Deli Cold Cuts Philly Cheesesteak Peppers & Onions Tator Tots Lemon-Garlic Asparagus Dinner Rolls
Friday September 18	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>	Beef Vegetable Shrimp Gumbo
		<i>Dessert:</i>	French Silk Pie
		Ribeye steak Yellowfin Tuna Steak Baked Potato Roasted Fresh Beets Steamed Broccolini Roasted Butternut Squash	Deli Turkey Fried Shrimp Cheese & Grits Collard Greens / Fried Okra Corn Bread
Saturday September 19	Donuts / Scones Oatmeal / Grits Corned Beef Hash O’Brien Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i>	Shrimp Gumbo Chicken Rice
		<i>Dessert:</i>	White Chocolate Macadamia Nut Cookies
		Braised Pork Chop Chicken Curry Brown Rice Butternut Squash Orzo Harvard Beets Dinner Rolls	Assorted Deli Cold Cuts Shepard’s Pie Italian Green Beans Parsley Carrots Garlic Breadstick
Sunday September 20	Donuts / Cinnamon Rolls Oatmeal / Grits Grilled Ham Steaks Pineapple Waffles Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i>	Chicken Rice New England Clam Chowder
		<i>Dessert:</i>	Apple Cobbler
		Beef Pot Roast Baked Ham Mashed Potatoes Squash Medley Seasoned Green Peas Dinner Rolls	Deli Chicken Chicken Chow Mein Brown Rice Seasoned Snap Peas Broccoli & Cauliflower Dinner Rolls

September 14 – September 20, 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 September 14	Oatmeal / ^{GF} Grits ^{GF} Scrambled Egg Beaters ^{GF} Hardboiled Eggs ^{GF} Turkey Bacon Biscuits & Gravy	<i>Soup of the Day:</i> Garden Vegetable <i>Dessert:</i> NSA Apple Pie	
		^{GF} Baked Pollock Baked Beef Patty Quinoa ^{GF} Seasoned Zucchini ^{GF} Herbed Green Beans	^{GF} Braised Pork Ribs ^{GF} Seasoned Carrots ^{GF} Green Beans Oregano Baked Beans
Tuesday September 15	^{GF} Oatmeal / ^{GF} 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> Chicken Noodle <i>Dessert:</i> Assorted Sugar Free Cookies	
		^{GF} Whole Prime Rib Crab Cakes ^{GF} Baked Potato ^{GF} Roasted Cremini Mushrooms	^{GF} Baked Pork Chop ^{GF} Collard Greens ^{GF} Southwest Corn Corn Bread
Wednesday September 16	Oatmeal / ^{GF} Grits ^{GF} Scrambled Egg Beaters ^{GF} Hardboiled Eggs ^{GF} Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i> Chicken Noodle <i>Dessert:</i> NSA Lime Parfait	
		^{GF} Herb Roasted Turkey ^{GF} Couscous ^{GF} Garden Blend Vegetables ^{GF} Lemon Veal	Vegetable Pizza ^{GF} Stewed Tomatoes ^{GF} Parslied Carrots ^{GF} Baked Fries
Thursday September 17	^{GF} Oatmeal / Grits ^{GF} Scrambled Egg Beaters ^{GF} Hardboiled Eggs ^{GF} Biscuits & Gravy ^{GF} Turkey Sausage Links	<i>Soup of the Day:</i> Beef Vegetable <i>Dessert:</i> Sponge Cake w. Diced Peaches	
		^{GF} Baked Chicken Breast ^{GF} Wheat Pasta ^{GF} Garden Vegetable Eggplant Parmesan Dinner Rolls	^{GF} Philly Cheesesteak Assorted Deli Cold Cuts ^{GF} Asparagus ^{GF} Peppers & Onions ^{GF} Brown Rice
Friday September 18	^{GF} Oatmeal / ^{GF} Cream of Wheat ^{GF} Scrambled Egg Beaters Hardboiled Eggs ^{GF} Biscuits & Gravy Creamed Ground Beef	<i>Soup of the Day:</i> Beef Vegetable <i>Dessert:</i> NSA Cherry Pie	
		^{GF} Ribeye Steak ^{GF} Yellowfin Tuna Steak ^{GF} Baked Potato &Roasted Beets ^{GF} Steamed Broccolini	^{GF} Blackened Shrimp ^{GF} Grits ^{GF} Collard Greens ^{GF} Okra Tomatoes Corn Bread
Saturday September 19	^{GF} Oatmeal / Grits ^{GF} Scrambled Egg Beaters ^{GF} Hardboiled Eggs ^{GF} Biscuits & Gravy ^{GF} Turkey Bacon ^{GF} O’Brien Potatoes	<i>Soup of the Day:</i> Shrimp Gumbo <i>Dessert:</i> Assorted Sugar Free Cookies	
		Braised Pork Chop ^{GF} Chicken Curry ^{GF} Brown Rice ^{GF} Beets Butternut Squash Orzo	^{GF} Assorted Deli Cold Cuts ^{GF} Shepherd’s Pie ^{GF} Italian Green Beans ^{GF} Parslied Carrots Dinner Rolls
Sunday September 20	^{GF} Oatmeal / Grits ^{GF} Scrambled Egg Beaters ^{GF} Hardboiled Eggs ^{GF} Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i> Chicken Rice <i>Dessert:</i> Fresh Fruit Cups	
		^{GF} Roast Beef ^{GF} Mashed Potato ^{GF} Squash Medley Dinner Rolls ^{GF} <i>Open Grilled Option</i>	^{GF} Baked Chicken ^{GF} Brown Rice ^{GF} Seasoned Snap Peas ^{GF} Broccoli & Cauliflower 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