

September 21 – September 27, 2026 Menu

	Breakfast	Lunch	Dinner
Monday September 21	Donuts / Muffins Oatmeal / Grits French Toast Pork Bacon Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i>	Pinto Bean & Tomato New Clam Chowder
		<i>Dessert:</i>	Macadamia Nut Cookies
		Pasta Vegetable Primavera Chicken Fricassee Zucchini Parmesan Seasoned Orzo Half Baked Basil Tomato Garlic Bread	Deli Roast Beef Salisbury Steak Mashed Potatoes Mixed Garden Vegetable Dinner Rolls
Tuesday September 22	Donuts / Bran Muffins Oatmeal / Cream of Wheat Creamed Chipped Beef Lyonnaise Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i>	Pinot Bean & Tomato Chicken Noodle
		<i>Dessert:</i>	Oatmeal Cookies
		Pulled Chicken Fajita Beef Enchilada Spanish Rice Mexican Corn Fried Plantains Salsa / Guacamole / Sour Cream	Fish Taco Beef Taco Refried Beans Broccoli Dinner Rolls
Wednesday September 23	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>	Orange Cake
		Baked 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 Beef & Carrot Salad Dinner Rolls
Thursday September 24	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>	Sweet Potato Pie
		Meatloaf Herb Roasted Lamb Chop Mashed Potatoes Garden Blend Vegetables Southwest Corn Dinner Rolls	Deli Chicken Roast Turkey Sweet Potato Fries Broccoli Cornbread / Dinner Rolls
Friday September 25	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>	Banana Cake
		BBQ Chicken Thighs Broiled Salmon Macaroni & Cheese Seasoned Asparagus Parsley Cauliflower Dinner Rolls	Deli Roast Beef Mongolian Beef Cubes Brown Rice Pacific Blend Vegetables Dinner Rolls
Saturday September 26	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>	Chocolate Cookies
		Oriental Chicken Beef & Broccoli Stir Fry Vegetable Fried Rice Asian Blend Vegetables Green Beans Dinner Rolls	Assorted Deli Cold Cuts Pork Chop w/ Mushroom Sauce Wild Rice Pilaf Brussel Sprouts Dinner Rolls
Sunday September 27	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>	Tapioca Pudding
		Jamaican Jerk Chicken Sliced Ham Harvard Beets Lemon Butter Broccoli Black Beans & Rice French Bread	Shrimp Chow Mein Beef Chow Mein Fluffy Rice Savory Carrots Dinner Rolls

September 21 – September 27, 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 21	GF Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs Turkey Bacon GF Biscuits & Gravy	Soup of the Day: Dessert:	Pinto Bean Chicken Stock NSA Chocolate Pudding
		Vegetable Pasta Primavera Chicken Fricassee GF Baked Half Tomato Seasoned Orzo GF Seasoned Zucchini	Beef Cubes GF Mashed Potatoes GF Garden Vegetables
Tuesday September 22	GF Oatmeal / GF Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs GF Biscuits & Gravy Turkey Sausage Patties GF Lyonnaise Potatoes	Soup of the Day: Dessert:	Chicken Stock Pinto Bean Assorted Sugar Free Cookies
		GF Chicken Fajita GF Mexican Corn GF Brown Rice	Baked Fish GF Black Beans GF Broccoli Wheat Rolls
Wednesday September 23	GF Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs GF Biscuits & Gravy Grilled Ham	Soup of the Day: Dessert:	Chicken Noodle Chicken Stock Fresh Fruit Cups
		GF Baked Pollock Roasted Pork Loin GF Mashed Sweet Potato GF Okra & Tomato GF Squash	Hawaiian Chicken Thighs GF Brown Rice GF Snow Peas w/ Shallots Dinner Rolls
Thursday September 24	GF Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs GF Biscuits & Gravy Turkey Sausage Links	Soup of the Day: Dessert:	Minestrone Chicken Stock Angel Cake w. Fruit Cocktail
		Black Bean Enchilada GF Southwest Corn GF Garden Blend Vegetables Mashed Potatoes	GF Roast Turkey GF Sweet Potato Fries GF Garden Blend Vegetables Dinner Rolls
Friday September 25	GF Oatmeal / GF Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs GF Biscuits & Gravy Creamed Ground Beef	Soup of the Day: Dessert:	Minestrone Chicken Stock NSA Peach Pie
		GF Broiled Salmon GF Baked Chicken Thighs GF Lemon Asparagus Parslied Pasta	Braised Beef Cubes GF Brown Rice GF Pacific Blend Vegetables Dinner Rolls
Saturday September 26	GF Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs GF Biscuits & Gravy Turkey Bacon O'Brien Potatoes	Soup of the Day: Dessert:	Chicken & Rice Chicken Stock Assorted Sugar Free Cookies
		GF Oriental Chickens GF Asian Blend Vegetables GF Vegetable Fried Rice GF Green Beans Dinner Rolls	Baked Pork Chop GF Brown Rice GF Brussel Sprouts Dinner Rolls
Sunday September 27	GF Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs GF Biscuits & Gravy Grilled Ham	Soup of the Day: Dessert:	Chicken & Rice Chicken Stock Tropical Fruit Cups
		Baked Chicken GF Black Beans & Rice GF Harvard Beets GF Broccoli Wheat Roll	GF Steamed Shrimp GF Brown Rice GF Savory Carrots 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