

September 28 – October 4, 2026 Menu

	Breakfast	Lunch	Dinner
Monday September 28	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 Grilled Salmon Herbed Rice Balsamic Brussel Sprouts Garden Blend Vegetable Dinner Rolls	Sliced Deli Turkey BBQ Riblette Pork Cubes Mac & Cheese Grilled Asparagus Cornbread
Tuesday September 29	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 Savory Carrots Quinoa Harvard Beets Dinner Rolls	Sliced Deli Turkey Tetrazzini Turkey Breast Fillet Orange Glazed Carrots Green Beans Garlic Bread
Wednesday September 30	Donuts / Coffee Cake Oatmeal / Grits Pork Bacon Hash Browns Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i>	Lobster Bisque Cream of Tomato
		<i>Dessert:</i>	Bread Pudding
		Chicken Piccata Barley Mushroom Pilaf Roasted Brussel Sprouts Vegetarian Stuffed Peppers Dinner Rolls	Sliced Deli Chicken Sweet & Sour Pork Steamed Rice Sesame Ginger Snap Peas Dinner Rolls
Thursday October 1	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 Plain Potato Chips Parslied Carrots	Sliced Deli Chicken Spaghetti & Meatballs Lemon-Garlic Asparagus Roasted Cauliflower Dinner Rolls
Friday October 2	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 Snickerdoodle Cookies
		Seafood Newburg Herbed Penne Pasta Lemon Glazed Chicken Herbed Green Beans Squash & Peppers Dinner Rolls	Sliced Deli Cold Cuts Baked Salmon Fillet Lemon Rice Pilaf Peas & Carrots Dinner Rolls
Saturday October 3	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 Cookie
		BBQ Beef Roasted Potatoes Roasted Brussel Sprouts Corn Cobbette Dinner Rolls	Sliced Deli Roast Beef Fried Steak Scalloped Potatoes Collard Greens Corn Bread Dinner Rolls
Sunday October 4	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

September 28 – October 4, 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 28	Oatmeal /Grits Scrambled Egg Beaters Hardboiled Eggs Turkey Bacon GF Biscuits & Gravy	Soup of the Day: Beef Noodle Dessert: NSA Lemon Parfait	
		Honey Chicken GF Grilled Salmon GF Herbed Brown Rice Balsamic Brussel Sprouts	GF Pork Cubes GF Sliced Deli Roast Beef GF Macaroni Pasta GF Grilled Asparagus Cornbread
Tuesday September 29	Oatmeal / GF Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs GF Biscuits & Gravy Turkey Sausage Patties Lyonnaise Potatoes	Soup of the Day: Tomato Dessert: Sugar Free Cookies	
		GF Ginger Apple Pork GF Savory Carrots GF Harvard Beets GF Quinoa	GF Turkey Breast Fillet GF Mashed Potatoes GF Seasoned Green Beans GF Orange Glazed Carrots Garlic Rolls
Wednesday September 30	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs GF Biscuits & Gravy Grilled Ham	Soup of the Day: Cream of Tomato Dessert: NSA Vanilla Pudding	
		GF Chicken Peccata GF Vegetarian Stuffed Peppers GF Barley Mushroom Pilaf GF Parslied Carrots	GF Pork Cubes & Onion GF Steamed Brown Rice GF Seasoned Green Beans Dinner Rolls
Thursday October 1	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs GF Biscuits & Gravy Turkey Sausage Links	Soup of the Day: Beef Barley Dessert: Sponge Cake w/ Mandarin	
		GF Roast Beef GF Seasoned Spinach GF Mashed Potatoes GF Parslied Carrots Dinner Rolls	GF Roasted Cauliflower Spaghetti & Meatballs GF Asparagus Dinner Rolls
Friday October 2	Oatmeal / GF Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs GF Biscuits & Gravy Creamed Ground Beef	Soup of the Day: Beef Barley Dessert: NSA Peach Pie	
		GF Baked Chicken GF Herbed Penne Pasta GF Herbed Green Beans GF Squash and Peppers	GF Baked Salmon Fillet GF Lemon Rice Pilaf GF Peas & Carrots GF Dinner Rolls
Saturday October 3	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs GF Biscuits & Gravy Turkey Bacon O’Brien Potatoes	Soup of the Day: Chicken Rice Dessert: Sugar Free Cookies	
		GF Roast Beef GF Pork Loin Roast GF Roasted Brussel Sprouts GF Roasted Potatoes GF Corn Cobbette	GF Baked Beef Patty GF Mashed Potatoes GF Collard Greens Dinner Rolls
Sunday October 4	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs GF Biscuits & Gravy Grilled Ham	Soup of the Day: Chicken Rice Dessert: Fruit Cups	
		GF Turkey Breast Filet GF Mashed Potatoes GF Garden Blend Vegetables GF Brown Rice GF Collard Green	GF Beef & Pasta GF 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