

WEEK OF 10/26 through 11/1

DAY		BREAKFAST	LUNCH		DINNER
MONDAY OCTOBER 26, 2026		Assorted Pastries Oatmeal Grits Hard Boiled Egg Scrambled Egg Cinnamon Swirl French Toast Bacon Hash Brown Patty Sausage Country Gravy	Chili Beef w/Beans Baked Potato Soup Caprese Salad Blackened Shrimp Salisbury Steak & Gravy Sweet Potato Casserole Succotash Seasoned Zucchini		Chili Beef w/Beans Baked Potato Soup Caprese Salad BBQ Riblette Baked Beans Corn Cobbette
TUESDAY OCTOBER 27, 2026		Assorted Pastries Oatmeal Instant Cream of Wheat Hard Boiled Egg Scrambled Egg Creamed Chipped Beef Sausage Patty Country Gravy	Chili Beef w/Beans Garden Vegetable Soup Beet & Mandarin Salad Lemon Mustard Chicken Vegetarian Stuffed Peppers Barley Pilaf Orange Glazed Beets Creamed Spinach		Chili Beef w/Beans Garden Vegetable Soup Beet & Mandarin Salad Blackened Chicken Cheese Grits Collard Greens Garlic & Paprika Roasted Cauliflower
WEDNESDAY OCTOBER 28, 2026		Assorted Pastries Oatmeal Grits Hard Boiled Egg Scrambled Egg Sausage Country Gravy	Garden Vegetable Soup Chicken Noodle Soup Antipasto Salad Herb Roasted Turkey Lemon Veal Cranberry Sauce Cornbread Dressing Garden Blend Vegetables Peas & Onions		Garden Vegetable Soup Chicken Noodle Soup Antipasto Salad Combo Pizza French Fries Stewed Tomatoes Glazed Carrots
THURSDAY OCTOBER 29, 2026		Assorted Pastries Oatmeal Grits Hard Boiled Egg Scrambled Egg Apple Filled Pancakes Country Gravy	Chicken Noodle Soup Cream of Broccoli Soup Greek Feta Pasta Salad Chicken Francaise Spaghetti & Meat Sauce Buttered Spaghetti Eggplant Parmesan Squash Medley		Chicken Noodle Soup Cream of Broccoli Soup Greek Feta Pasta Salad Turkey Tetrazzini Lemon-Garlic Asparagus Parmesan Baked Tomatoes
FRIDAY OCTOBER 30, 2026		Assorted Pastries Oatmeal Instant Cream of Wheat Hard Boiled Egg Scrambled Egg Bacon Sausage Country Gravy	Cream of Broccoli Soup Lobster Bisque General Tso Chicken Chunks Miso Glazed Cod Steamed Rice Southwest Vegetables Cauliflower & Red Pepper Oriental Green Beans		Cream of Broccoli Soup Lobster Bisque Herb Roasted Salmon Confetti Rice Southwest Vegetables Maple Dijon Brussels Sprouts Orange Glazed Beets
SATURDAY OCTOBER 31, 2026		Assorted Pastries Oatmeal Grits Hard Boiled Egg Scrambled Egg Beef Corned Hash Country Gravy	Lobster Bisque Carrot Ginger Soup Soft Dill Potato Salad Braised Pork Chop Chicken Curry Brown Rice Butternut Squash Orzo Harvard Beets		Lobster Bisque Carrot Ginger Soup Soft Dill Potato Salad Shepherd's Pie Mashed Potatoes w/Gravy Parslied Carrots Italian Green Beans
SUNDAY NOVEMBER 1, 2026		Assorted Pastries Oatmeal Grits Hard Boiled Egg Scrambled Egg Mini Blueberry Waffle Sausage Link Country Gravy	Carrot Ginger Soup Beef Vegetable Soup Chickpea Salad Beef Pot Roast Baked Ham Mashed Potatoes & Gravy Biscuit Cheddar Garlic Seasoned Green Peas Corn Cobbette		Carrot Ginger Soup Beef Vegetable Soup Chickpea Salad Chicken Chow Mein Brown Rice Chow Mein Noodles Broccoli & Cauliflower Seasoned Snap Peas
DESSERTS			ALWAYS AVAILABLE		
Monday	Marbled Brownies		JUICES	Apple • Grape • Prune • Orange • Cranberry	
Tuesday	Chocolate Chip Cookie		BREADS	White or Wheat Toast • Biscuit • Dinner Roll • White Bread • Wheat Berry Bread • Rye Bread	
Wednesday	Lemon Bar		BEVERAGES	Whole Milk • 2% Milk • Skim Milk • Chocolate Milk • Lactose Free 2% Milk • Soy Milk • Coffee • Hot Tea • Hot Chocolate • Bottled Water	
Thursday	Rice Raisin Pudding		FRUIT	Seasonal Fresh Fruit	
Friday	Red Velvet Sheet Cake		EXTENDED GRILL HOURS	9am to 10:30am and 1:30pm to 3pm.	
Saturday	Sweet Potato Pie				
Sunday	Wht Choc Blueberry Cheesecake				

WEEK OF 10/26 through 11/1 — DIET LINE MENU

DAY	BREAKFAST	LUNCH	DINNER
MONDAY OCTOBER 26, 2026	DL Oatmeal GF Grits GF Egg Beaters GF Hard Boiled Eggs DL Biscuit Gravy Biscuit GF Turkey Sausage	DL Chili Beef w/Beans GF Baked Pollock GF Baked Beef Patty GF Mashed Sweet Potatoes GF Succotash GF Seasoned Zucchini	Chili Beef w/Beans GF Braised Pork Ribs w/Onions GF Green Beans Oregano GF Corn Cobbette
TUESDAY OCTOBER 27, 2026	DL Oatmeal GF Grits GF Egg Beaters GF Hard Boiled Eggs DL Biscuit Gravy Biscuit DL Ham	DL Garden Vegetable Soup GF Barley Pilaf DL Vegetarian Stuffed Peppers DL Lemon Mustard Chicken GF Seasoned Carrots GF Seasoned Spinach	DL Garden Vegetable Soup GF Blackened Chicken GF Chive Mashed Potatoes GF Collard Greens GF Paprika Roasted Cauliflower
WEDNESDAY OCTOBER 28, 2026	DL Oatmeal GF Grits GF Egg Beaters GF Hard Boiled Eggs DL Biscuit Gravy Biscuit GF Turkey Bacon	DL Garden Vegetable Soup GF Herb Roasted Turkey GF Lemon Veal GF Cranberry Sauce GF Garden Blend Vegetables GF Peas & Onions	DL Garden Vegetable Soup DL Cheese Pizza Slice GF French Fries GF Parslied Carrots GF Stewed Tomatoes
THURSDAY OCTOBER 29, 2026	DL Oatmeal GF Grits GF Egg Beaters GF Hard Boiled Eggs DL Biscuit Gravy Biscuit GF Turkey Sausage	GF Baked Chicken Breast GF Marinara Sauce DL Buttered Spaghetti GF Squash Medley	GF Roasted Turkey GF Lemon Asparagus GF Parslied Carrots
FRIDAY OCTOBER 30, 2026	DL Oatmeal GF Grits GF Egg Beaters GF Hard Boiled Eggs DL Biscuit Gravy Biscuit DL Ham	GF Baked Chicken Breast GF Miso Glazed Cod GF Brown Rice GF Seasoned Green Beans GF Southwest Vegetables	GF Herb Roasted Salmon GF Confetti Rice GF Dijon Brussels Sprouts GF Candied Carrots
SATURDAY OCTOBER 31, 2026	DL Oatmeal GF Grits GF Egg Beaters GF Hard Boiled Eggs DL Biscuit Gravy Biscuit GF Turkey Bacon	GF Carrot Ginger Soup GF Braised Pork Chop DL Chicken Curry GF Brown Rice GF Harvard Beets	GF Carrot Ginger Soup GF Shepherd's Pie GF Italian Green Beans GF Parslied Carrots
SUNDAY NOVEMBER 1, 2026	DL Oatmeal GF Grits GF Egg Beaters GF Hard Boiled Eggs DL Biscuit Gravy Biscuit GF Turkey Sausage	DL Beef Vegetable Soup GF Roast Beef GF Mashed Potatoes w/DL Gravy GF Seasoned Green Peas GF Corn Cobbette	DL Beef Vegetable Soup GF Baked Chicken Thigh GF Brown Rice GF Broccoli & Cauliflower GF Seasoned Snap Peas
DIET LINE DESSERTS		ALWAYS AVAILABLE	
Monday	NSA Chocolate Pudding	JUICES	Apple • Grape • Prune • Orange • Cranberry
Tuesday	NSA Strawberry Cheesecake	BREADS	White or Wheat Toast • Biscuit • Dinner Roll • White Bread • Wheat Berry Bread • Rye Bread
Wednesday	Fresh Fruit Cups	BEVERAGES	Whole Milk • 2% Milk • Skim Milk • Chocolate Milk • Lactose Free 2% Milk • Soy Milk • Coffee • Hot Tea • Hot Chocolate • Bottled Water
Thursday	Angel Food Cake w/Fruit Cocktail	FRUIT	Seasonal Fresh Fruit
Friday	NSA Apple Pie		
Saturday	Assorted SF Cookies		
Sunday	Tropical Fruit Cups		