

Menu ~ September 1 – 7, 2025

	Breakfast	Lunch	Dinner
Monday September 1	Donuts / Muffins Oatmeal / Grits French Toast Pork Bacon Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Onion Pinto Bean <i>Dessert:</i> Coconut Custard Pie	
		Chicken Salad Meatloaf w. Gravy Mashed Potatoes German Blend Vegetables Black Eye Peas Dinner Rolls	Sliced Deli Turkey Yakasoba Beef w. Noodles Marinated Grill Vegetables Fried Eggplant Teriyaki Bread Rolls
Tuesday September 2	Donuts / Muffins Oatmeal/ Cream of Wheat Creamed Chipped Beef Lyonnaise Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Chicken Noodle Cream of Broccoli <i>Dessert:</i> Oatmeal & Raisin Cookies	
		Fish Taco Chicken Enchilada Mango Slaw Refried Beands Lime Cilantro Rice Mexican Corn	Roast Beef Lemon Baked Fish Parmesan Noodles Brussels Sprouts Corn & Carrots Dinner Rolls
Wednesday September 3	Donuts / Coffee Cake Oatmeal / Grits Pork Bacon Hash Browns Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Vegetable Beef & Barley Tomato Florentine <i>Dessert:</i> Mississippi Mud Cake	
		Bratwurst w. Sauerkraut Fried Chicken Macaroni & Cheese Harvard Beets Broccoli Florets Yeast Rolls	Sliced Deli Chicken Sweet & Sour Ribs Asian Style Noodles Stir Fried Vegetables Stewed Cabbage Dinner Rolls
Thursday September 4	Donuts / Cinnamon Rolls Oatmeal / Grits Sausage Links / Scrapple Apple Pancakes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Split Pea w. Ham Chicken Tortilla <i>Dessert:</i> Cheesecake w. Drizzle	
		Beef Pot Pie Grilled Ham Lima Beans & Rice Stewed Tomatoes Club Spinach Corn Muffins	Sliced Deli Turkey Pepper Steak w. Gravy Lyonnaise Rice Fried Zucchini Buttery Green Peas Dinner Rolls
Friday September 5	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> Chili Bean Chicken & Rice <i>Dessert:</i> Lemon Meringue Pie	
		Mediterranean Pasta Fried Catfish w. Bienville Sauce Praline Sweet Potatoes Cauliflower Au Gratin Garden Spinach Salad Hushpuppies	Deli Cold Cuts Pot Roast w. Mushroom Gravy Mashed Potatoes Southern Fried Succotash Roasted Mixed Vegetables Slider Rolls
Saturday September 6	Donuts / Scones Oatmeal / Grits Corned Beef Hash O’Brien Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Loaded Potato Italian Wedding <i>Dessert:</i> Sugar Cookies	
		Turkey Pot Pie Spaghetti w. Meat Sauce Italian Green Beans Normandy Blend Vegetables Garlic Bread	Sliced Deli Roast Beef Orange Chicken Fried Rice Asparagus Mixed Vegetables Assorted Rolls
Sunday September 7	Donuts / Cinnamon Rolls Oatmeal / Grits Grilled Ham Steaks Pineapple Waffles Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> New England Clam Chowder Knickerbockers <i>Dessert:</i> Cherry Cobbler	
		Egg Salad BBQ Pork Baked Beans Corn on the Cob Collard Greens Cornbread	Sliced Deli Chicken Fried Shrimp Cheesy Grits Coleslaw Sautéed Okra

Menu - Diet Line ~ September 1 – 7, 2025

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.

	Breakfast	Lunch	Dinner
Monday September 1	Oatmeal /Grits Scrambled Egg Beaters Hardboiled Eggs Turkey Bacon G Biscuits & Gravy	Soup of the Day: G Pinto Bean Dessert: GNSA Lemon Parfait	
		GMeatloaf w. Gravy Mashed Potatoes German Blend Vegetables GBlack Eye Peas Bread Rolls	GYakisoba Beef Marinated Grill Vegetables Steamed Cauliflower GBread Rolls
Tuesday September 2	Oatmeal / G Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs G Biscuits & Gravy Turkey Sausage Patties Lyonnaise Potatoes	Soup of the Day: GChicken Noodle Dessert: GSugar-Free Cookies	
		Baked Fish Brown Rice Refried Beans Mexican Corn	Lemon Baked Fish GButtered Noodles Brussels Sprouts Corn and Carrots Wheat Rolls
Wednesday September 3	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs G Biscuits & Gravy Grilled Ham	Soup of the Day: G Tomato Florentine Dessert: NSA Vanilla Pudding	
		Oven Baked Chicken Mashed Sweet Potatoes Beets Steamed Broccoli GWheat Rolls	Braised Pork Ribs w. Onions GAsian Style Noodles Cabbage / Asian Vegetables GAssorted Rolls
Thursday September 4	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs G Biscuits & Gravy Turkey Sausage Links	Soup of the Day: Split Pea Dessert: GAngel Cake w. Mandarin Oranges	
		Grilled Ham Lima Beans & Rice Stewed Tomatoes Club Spinach GCorn Muffins	GPepper Steak 'n Gravy Brown Rice Pilaf Zucchini Green Peas GWheat Rolls
Friday September 5	Oatmeal / G Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs G Biscuits & Gravy Creamed Ground Beef	Soup of the Day: G Chicken & Rice Dessert: GNSA Peach Pie	
		Baked Fish Baked Sweet Potatoes Steamed Cauliflower Spinach Garden Salad GBread Rolls	Pot Roast w. Mushroom Gravy Mashed Potatoes Succotash Roasted Mixed Vegetables GBread Rolls
Saturday September 6	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs G Biscuits & Gravy Turkey Bacon O'Brien Potatoes	Soup of the Day: GPotato Dessert: GSugar-Free Cookies	
		GSpaghetti w. Meat Sauce Italian Green Beans Okra GGarlic Bread	Herb Roasted Chicken Egg Noodle Asparagus Mixed Vegetables GAssorted Rolls
Sunday September 7	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs G Biscuits & Gravy Grilled Ham	Soup of the Day: GKnickerbocker Dessert: Fruit Cups	
		Sliced Roast Beef w. Gravy GButtered Noodles Corn on the Cob Collard Greens GBread Rolls	Sautéed Shrimp GAngel Hair Pasta Normandy Blend Veggies Coleslaw GBread 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