# November 24 – November 30, 2025 Menu

	Breakfast	Lunch	Dinner
<b>Monday</b> November 24	Donuts / Muffins Oatmeal / Grits French Toast Pork Bacon Eggs to Order Biscuits & Gravy	Soup of the Day:  Dessert:  Chicken Salad Meatloaf w. Gravy Mashed Potatoes German Blend Vegetables Black Eye Peas Dinner Rolls	Onion Pinto Bean Coconut Custard Pie  Sliced Deli Turkey Yakasoba Beef w. Noodles Marinated Grill Vegetables Fried Eggplant Teriyaki Bread Rolls
<b>Tuesday</b> November 25	Donuts / Muffins Oatmeal/ Cream of Wheat Creamed Chipped Beef Lyonnaise Potatoes Eggs to Order Biscuits & Gravy	Soup of the Day:  Dessert:  Themed Meal:  **Taco Tuesday**	Chicken Noodle Cream of Broccoli Oatmeal & Raisin Cookies  Roast Beef Lemon Baked Fish Parmesan Noodles Brussels Sprouts Corn & Carrots Dinner Rolls
Wednesday November 26	Donuts / Coffee Cake Oatmeal / Grits Pork Bacon Hash Browns Eggs to Order Biscuits & Gravy	Soup of the Day:  Dessert:  Bratwurst w. Sauerkraut  Fried Chicken  Macaroni & Cheese  Harvard Beets  Broccoli Florets  Yeast Rolls	Vegetable Beef & Barley Tomato Florentine Mississippi Mud Cake Sliced Deli Chicken Sweet & Sour Ribs Asian Style Noodles Fried Vegetables Stewed Cabbage Dinner Rolls
<b>Thursday</b> November 27	Donuts / Cinnamon Rolls Oatmeal / Grits Sausage Links / Scrapple Apple Pancakes Eggs to Order Biscuits & Gravy		Cream of Broccoli Chicken Noodle Sweet Potato Pie  Themed Meal:  **Thanksgiving**
<b>Friday</b> November 28	Donuts / Assorted Danishes Oatmeal / Cream of Wheat Creamed Ground Beef Home Fried Potatoes / Tater Tots Eggs to Order Biscuits & Gravy	Soup of the Day: Dessert:  Mediterranean Pasta Fried Fish w. Bienville Sauce Baked Fish Praline Sweet Potatoes Cauliflower Au Gratin Garden Spinach Salad	Chili Bean Chicken & Rice Lemon Meringue Pie  Deli Cold Cuts Pot Roast w. Mushroom Gravy Mashed Potatoes Southern Fried Succotash Roasted Mixed Vegetables Slider Rolls
<b>Saturday</b> November 29	Donuts / Scones Oatmeal / Grits Corned Beef Hash O'Brien Potatoes Eggs to Order Biscuits & Gravy	Soup of the Day:  Dessert:  Turkey Pot Pie Spaghetti w. Meat Sauce Italian Green Beans Normandy Blend Vegetables Garlic Bread	Loaded Potato Italian Wedding Sugar Cookies  Sliced Deli Roast Beef Orange Chicken Fried Rice Asparagus Mixed Vegetables Assorted Rolls
<b>Sunday</b> November 30	Donuts / Cinnamon Rolls Oatmeal / Grits Grilled Ham Steaks Pineapple Waffles Eggs to Order Biscuits & Gravy	Soup of the Day:  Dessert:  Egg Salad  BBQ Pork  Baked Beans  Corn on the Cob  Collard Greens  Cornbread	New England Clam Chowder Knickerbockers Cherry Cobbler  Sliced Deli Chicken Fried Shrimp Cheesy Grits Coleslaw Sautéed Okra

# November 24 – November 30, 2025 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.

	Breakfast	Lunch	Dinner
<b>Monday</b> November 24	Oatmeal /Grits Scrambled Egg Beaters Hardboiled Eggs Turkey Bacon <sup>G</sup> Biscuits & Gravy	Soup of the Day: Dessert:	Pinto Bean NSA Lemon Parfait
		Meatloaf w. Gravy <sup>G</sup> Mashed Potatoes <sup>G</sup> German Blend Vegetables  Black Eye Peas  Bread Rolls	Yakisoba Beef <sup>G</sup> Marinated Grill Vegetables <sup>G</sup> Steamed Cauliflower  Bread Rolls
	Oatmeal / <sup>G</sup> Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs <sup>G</sup> Biscuits & Gravy Turkey Sausage Patties Lyonnaise Potatoes	Soup of the Day: Dessert:	Split Pea Sugar Free Cookies
Tuesday November 25		Themed Meal:  **Taco Tuesday**	<sup>G</sup> Lemon Baked Fish Buttered Noodles <sup>G</sup> Brussels Sprouts <sup>G</sup> Corn and Carrots Wheat Rolls
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Wednesday November 26		<sup>G</sup> Oven Baked Chicken <sup>G</sup> Mashed Sweet Potatoes <sup>G</sup> Beets <sup>G</sup> Steamed Broccoli  Wheat Rolls	<sup>G</sup> Braised Pork Ribs w. Onions Asian Style Noodles <sup>G</sup> Cabbage / Asian Vegetables Assorted Rolls
Thursday November 27	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs  GBiscuits & Gravy Turkey Sausage Links	Soup of the Day: Dessert:	Chicken Noodle NSA Cheesecake
		Themed Meal:  **Thanksgiving**	Themed Meal:  **Thanksgiving**
	Oatmeal / <sup>G</sup> Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs <sup>G</sup> Biscuits & Gravy Creamed Ground Beef	Soup of the Day: Dessert:	Chicken & Rice NSA Peach Pie
<b>Friday</b> November 28		<sup>G</sup> Baked Fish  G Baked Sweet Potatoes  G Steamed Cauliflower  G Garden Spinach Salad  Bread Rolls	<sup>G</sup> Pot Roast w. Mushroom Gravy Chili Bean Soup <sup>G</sup> Roasted Mixed Vegetables Bread Rolls
<b>Saturday</b> November 29	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs  Garavy Turkey Bacon O'Brien Potatoes	Soup of the Day: Dessert:	Potato Sugar Free Cookies
		<sup>G</sup> Spaghetti w. Meat Sauce <sup>G</sup> Italian Green Beans <sup>G</sup> Okra Garlic Bread	<sup>G</sup> Herb Roasted Chicken Egg Noodle <sup>G</sup> Asparagus <sup>G</sup> Mixed Vegetables Assorted Rolls
<b>Sunday</b> November 30	Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs <sup>G</sup> Biscuits & Gravy Grilled Ham	Soup of the Day: Dessert:	Knickerbocker Fruit Cups
		<sup>G</sup> Sliced Roast Beef w. Gravy Buttered Noodles <sup>G</sup> Corn on the Cob <sup>G</sup> Collard Greens Bread Rolls	<sup>G</sup> Sautéed Shrimp Angel Hair Pasta <sup>G</sup> Normandy Blend Veggies Coleslaw Bread 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 &	Mandarin Oranges	Strawberry
	Carrot		
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