

Menu ~ September 8 - 14, 2025

	Breakfast	Lunch	Dinner
Monday September 8	Donuts / Muffins Oatmeal / Grits French Toast Pork Bacon Eggs to Order Biscuits & Gravy	Soup of the Day: Egg Drop Vegetable Dessert: Peach Pie	
		Stuffed Peppers w. Twomato Sauce Teriyaki Chicken Stir Fried Rice Stir Fried Asian Vegetables Broccoli Florets	Assorted Deli Cold Cuts Country Fried Steaks w. Gravy Mashed Potatoes Broiled Tomatoes Brussels Sprouts Yeast Rolls
Tuesday September 9	Donuts / Bran Muffins Oatmeal/ Cream of Wheat Creamed Chipped Beef Lyonnaise Potatoes Eggs to Order Biscuits & Gravy	Soup of the Day: Cream of Tomato Navy Bean Dessert: Chocolate Cookies	
		Chicken & Cheese Enchilada BBQ Beef Brisket Macaroni and Cheese Sautéed Carrots Fresh Spinach Salad	Sliced Deli Turkey Baked Salmon w. Cucumber Sauce Wild Rice Sugar Snap Peas Okra and Tomatoes
Wednesday September 10	Donuts / Coffee Cake Oatmeal / Grits Pork Bacon Hash Browns Eggs to Order Biscuits & Gravy	Soup of the Day: Minestrone Lobster Bisque Dessert: Carrot Cake	
		Deep Dish Pizza Slices Swedish Meatballs w. Gravy Mashed Potatoes Stewed Cabbage Creamed Corn O'Brien Yeast Rolls	Philly Chicken & Cheese Sandwich Fish & Cheese Sandwich Crinkle Cut Fries Mushrooms & onions Coleslaw
Thursday September 11	Donuts / Cinnamon Rolls Oatmeal / Grits Sausage Links / Scrapple Apple Pancakes Eggs to Order Biscuits & Gravy	Soup of the Day: Corn Chowder Chicken Noodle Dessert: Pecan Blondie	
		Chicken Tenders Smothered Pork Chops Black-eyed Peas w/Rice Collard Greens Harvard Beets Corn Muffins	Assorted Deli Cold Cuts Roasted Turkey w. Gravy Cornbread / Cranberry Sauce Mashed Potatoes Green Peas / Creamed Cauliflower Brown & Serve Rolls
Friday September 12	Donuts / Assorted Danishes Oatmeal / Cream of Wheat Creamed Ground Beef Home Fried Potatoes / Tater Tots Eggs to Order Biscuits & Gravy	Soup of the Day: Cream of Broccoli Manhattan Clam Chowder Dessert: Coconut Cream Pie	
		Reuben Sandwiches Fried Shrimp French Fries Fried Okra Coleslaw Hushpuppies	Sliced Deli Roast Beef Chicken Cordon Bleu Scalloped Potatoes Asparagus Spears Southern Fried Succotash Slider Rolls
Saturday September 13	Donuts / Scones Oatmeal / Grits Corned Beef Hash O’Brien Potatoes Eggs to Order Biscuits & Gravy	Soup of the Day: Split Pea with Ham Kielbasa Cabbage Dessert: White Chocolate Macadamia Cookies	
		Egg Salad Grilled Liver and Onions Mashed Potatoes w. Gravy Roasted Mixed Vegetables Creamed Spinach Assorted Rolls	Sliced Deli Turkey Char-Grilled Chopped Steak Baked Potato Whole Green Beans Glazed Baby Carrots Brown & Serve Rolls
Sunday September 14	Donuts / Cinnamon Rolls Oatmeal / Grits Grilled Ham Steaks Pineapple Waffles Eggs to Order Biscuits & Gravy	Soup of the Day: Beef Vegetable Red Bean Dessert: Rice Pudding	
		Seafood Salad Chicken & Dumplings Sautéed Cabbage German Blend Vegetables Croissants	Sliced Deli Turkey Beef Pot Pie Steamed White Rice Normandy Blend Vegetables Fried Zucchini Dinner Rolls

Menu - Diet Line ~ September 8 - 14, 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.

All items containing Gluten are indicated with <sup>G</sup>. Items not labeled as containing gluten are identified as gluten-free by our suppliers.

	Breakfast	Lunch	Dinner
Monday September 8	<sup>G</sup> Oatmeal /Grits Scrambled Egg Beaters Hardboiled Eggs Turkey Bacon <sup>G</sup> Biscuits & Gravy	<i>Soup of the Day:</i> <sup>G</sup> Vegetable <i>Dessert:</i> <sup>G</sup> NSA Apple Pie	
		<sup>G</sup> Teriyaki Chicken Brown Rice <sup>G</sup> Asian-style Vegetables Steamed Broccoli Dinner Rolls	<sup>G</sup> Chopped Turkey w. Gravy <sup>G</sup> Mashed Potatoes w. Gravy Broiled Tomatoes Brussels Sprouts <sup>G</sup> Dinner Rolls
Tuesday September 9	<sup>G</sup> Oatmeal / <sup>G</sup> Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs <sup>G</sup> Biscuits & Gravy Turkey Sausage Patties Lyonnaise Potatoes	<i>Soup of the Day:</i> <sup>G</sup> Cream of Tomato <i>Dessert:</i> <sup>G</sup> Sugar-Free Cookies	
		<sup>G</sup> Baked Fish Taco Mango Slaw <sup>G</sup> Chicken & Cheese Enchilada Lime Cilantro Rice Mexican Street Corn	Baked Salmon w. Cucumber Sauce Steamed Wild Rice Sugar Snap Peas Okra & Tomatoes <sup>G</sup> Dinner Rolls
Wednesday September 10	<sup>G</sup> Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs <sup>G</sup> Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i> <sup>G</sup> Minestrone <i>Dessert:</i> NSA Chocolate Pudding	
		<sup>G</sup> Pizza Slices <sup>G</sup> Swedish Meat Balls w. Gravy Mashed Potatoes Cabbage Corn <sup>G</sup> Dinner Rolls	<sup>G</sup> Chicken Sub Sandwich Baked Fries Mushroom & Onion <sup>G</sup> Coleslaw
Thursday September 11	<sup>G</sup> Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs <sup>G</sup> Biscuits & Gravy Turkey Sausage Links	<i>Soup of the Day:</i> <sup>G</sup> Chicken Noodle <i>Dessert:</i> <sup>G</sup> Angel Cake w. Crushed Pineapples	
		Smothered Pork Chop Black-eyed Peas & Brown Rice Collard Greens Beets <sup>G</sup> Assorted Rolls	Roasted Turkey w. <sup>G</sup> Gravy Mashed Potatoes Green Peas Steamed Cauliflower <sup>G</sup> Dinner Rolls
Friday September 12	<sup>G</sup> Oatmeal / <sup>G</sup> Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs Biscuits & Gravy Creamed Ground Beef	<i>Soup of the Day:</i> <sup>G</sup> Manhattan Clam Chowder <i>Dessert:</i> NSA Vanilla Pudding	
		Broiled Fish Baby Baked Potatoes Okra Coleslaw <sup>G</sup> Wheat Rolls	Grilled Chicken Breast Assorted Vegetables Baked Sweet Potatoes Succotash Asparagus Spears <sup>G</sup> Dinner Rolls
Saturday September 13	<sup>G</sup> Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs <sup>G</sup> Biscuits & Gravy Turkey Bacon O’Brien Potatoes	<i>Soup of the Day:</i> <sup>G</sup> Split Pea <i>Dessert:</i> <sup>G</sup> Sugar-Free Cookies	
		<sup>G</sup> Vegetable Cutlet w. Marinara Mashed Potatoes Roasted Mixed Vegetables Spinach <sup>G</sup> Assorted Rolls	Grilled Chopped Steak <sup>G</sup> Baked Potato Carrots Whole Green Beans <sup>G</sup> Assorted Rolls
Sunday September 14	<sup>G</sup> Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs <sup>G</sup> Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i> <sup>G</sup> Beef Noodle <i>Dessert:</i> Fruit Cups	
		<sup>G</sup> Seafood Salad Sautéed Squash German Blend Vegetables	<sup>G</sup> Beef Pot Pie Brown Rice Normandy Blend Vegetables Zucchini

## 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	<sup>6</sup> Pasta	Pear Halves	Watermelon