

Menu ~ July 7 - 13, 2025

	Breakfast	Lunch	Dinner
Monday July 7	Donuts / Muffins Oatmeal / Grits French Toast Pork Bacon Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Vegetable Beef & Barley <i>Dessert:</i> Loaded Potato Lemon Meringue Pie	
		Seafood Salad Grilled Liver and Onions Rice w. Gravy Okra & Tomatoes Black-eyed Peas Cornbread	Deli Chicken Grill Chop Steaks w. Onions Mashed Potatoes & Gravy Buttery Green Peas Greek Salad Dinner Rolls
Tuesday July 8	Donuts / Bran Muffins Oatmeal/ Cream of Wheat Creamed Chipped Beef Lyonnaise Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Pinto Bean <i>Dessert:</i> Turkey Noodle Peanut Butter Cookies	
		Themed Meal: ** Taco Tuesday **	Italian Sausage & Peppers Shepherd’s Pie Buttered Corn Normandy Blend Vegetables Garlic Bread
Wednesday July 9	Donuts / Coffee Cake Oatmeal / Grits Pork Bacon Hash Browns Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Tomato <i>Dessert:</i> Caribbean Chicken Brownie	
		Turkey Salad Smothered Pork Chops Baked Sweet Potatoes Cauliflower Creamed Spinach Dinner Rolls	Deli Cold Cuts Jamaica Jerk Chicken Red Beans & Rice Steamed Cabbage Roasted Plantain Bread
Thursday July 10	Donuts / Cinnamon Rolls Oatmeal / Grits Sausage Links / Scrapple Apple Pancakes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Italian Wedding <i>Dessert:</i> Split Pea Rice Pudding	
		Sloppy Joes Great Northern Beans & Smoked Sausage California Blend Vegetables Sautéed Squash Assorted Rolls	Sliced Deli Roast Beef Roasted Turkey w. Gravy Mashed Potatoes Stewed Tomatoes Green Bean Casserole Dinner Rolls
Friday July 11	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> Chicken & Rice <i>Dessert:</i> Chili Bean Pecan Pie	
		Lasagna Salmon Patties Macaroni & Cheese Mustard Greens Southern Fried Succotash Corn Muffins	Sliced Deli Ham Roast Beef w. Au Jus Steak Fries Creamy Mexican Corn Coleslaw Hoagie Rolls
Saturday July 12	Donuts / Scones Oatmeal / Grits Corned Beef Hash O’Brien Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Knickerbockers <i>Dessert:</i> Lobster Bisque Chocolate Cookies	
		Egg Salad Barbeque Pulled Pork Potato Logs Asparagus Spears Fried Zucchini Bread Stick	Chicken Alfredo Fettuccini Broccoli Sautéed Carrots Garlic Bread
Sunday July 13	Donuts / Cinnamon Rolls Oatmeal / Grits Grilled Ham Steaks Blueberry Waffles Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Chicken Tortilla <i>Dessert:</i> Cream of Broccoli Peach Cobbler	
		Turkey & Cheese Croissant Yakisoba Beef Lima Beans Broccoli Tomato Salad Yeast Rolls	Sliced Deli Turkey Barbeque Ribs Potato Salad / Baked Beans Collard Greens Sautéed Corn Cornbread

Menu - Diet Line ~ July 7 - 13, 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 ^G. Items not labeled as containing gluten are identified as gluten-free by our suppliers.

	Breakfast	Lunch	Dinner
Monday July 7	^G Oatmeal /Grits Scrambled Egg Beaters Hardboiled Eggs Turkey Bacon ^G Biscuits & Gravy	<i>Soup of the Day:</i> ^G Vegetable Beef & Barley <i>Dessert:</i> ^G NSA Apple Pie	
		^G Seafood Salad Steamed Yellow Rice Okra & Tomatoes Black-eyed Peas ^G Wheat Rolls	Chopped Steak Mashed Potatoes Green Peas Greek Salad ^G Bread Rolls
Tuesday July 8	^G Oatmeal / ^G Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs ^G Biscuits & Gravy Turkey Sausage Patties Lyonnaise Potatoes	<i>Soup of the Day:</i> ^G Turkey Noodle <i>Dessert:</i> ^G Sugar-Free Cookies	
		^G Shepherd's Pie Corn Normandy Blend Vegetables Assorted Rolls ^G Garlic Bread	^G Turkey Noodle Soup ^G Shepherd's Pie Buttered Corn Roasted Mixed Vegetables
Wednesday July 9	^G Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs ^G Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i> ^G Tomato <i>Dessert:</i> NSA Vanilla Pudding	
		Grill Pork Chops Baked Sweet Potatoes Steamed Cauliflower Spinach ^G Wheat Rolls	Baked Chicken Black Beans & Brown Rice Steamed Cabbage ^G Roasted Plantain ^G Wheat Rolls
Thursday July 10	^G Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs ^G Biscuits & Gravy Turkey Sausage Links	<i>Soup of the Day:</i> Split Pea <i>Dessert:</i> ^G Angel Cake w. Diced Pears	
		^G Vegetable Stew Brown Rice California Blend Vegetables Squash ^G Bread Rolls	Roasted Turkey ^G Gravy Mashed Potatoes Green Beans Stewed Tomatoes ^G Bread Rolls
Friday July 11	^G Oatmeal / ^G Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs Biscuits & Gravy Creamed Ground Beef	<i>Soup of the Day:</i> ^G Chicken & Rice <i>Dessert:</i> ^G NSA Peach Pie	
		Salmon Patties ^G Parmesan Egg Noodles Succotash Mustard Greens ^G Bread Rolls	Open Face Roast Beef Roasted Baby Potatoes Mexican Corn ^G Coleslaw ^G Bread Rolls
Saturday July 12	^G Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs ^G Biscuits & Gravy Turkey Bacon O’Brien Potatoes	<i>Soup of the Day:</i> ^G Knickerbockers <i>Dessert:</i> ^G Sugar-Free Cookies	
		Pork Loin Brown Rice w. Tomato Gravy Asparagus Spears Zucchini ^G Assorted Rolls	Grilled Chicken Breast w. Veggies Diced Potatoes Steamed Broccoli Carrots ^G Wheat Rolls
Sunday July 13	^G Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs ^G Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i> ^G Cream of Broccoli <i>Dessert:</i> Fruit Cups	
		^G Yakisoba Beef Lima Beans Broccoli Tomato Salad ^G Bread Rolls	Smothered Ribs w. Onions Vegetarian Baked Beans Collard Greens Corn ^G 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 & 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	^g Pasta	Pear Halves	Watermelon