

September 29 – October 5, 2025 Menu

	Breakfast	Lunch	Dinner
Monday September 29	Donuts / Muffins Oatmeal / Grits French Toast Pork Bacon Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i>	Vegetable Beef & Barley Loaded Potato
		<i>Dessert:</i>	Lemon Meringue
		Seafood Salad Grilled Liver & Onions Rice w. Gravy Okra & Tomatoes Black-eyed Peas Corn Muffins	Deli Chicken Grilled Chop Steaks Mashed Potatoes Buttery Green Beans Cauliflower Florets Yeast Rolls
Tuesday September 30	Donuts / Bran Muffins Oatmeal / Cream of Wheat Creamed Chipped Beef Lyonnaise Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i>	Turkey Noodle Pinto Bean
		<i>Dessert:</i>	Peanut Butter Cookies
		Themed Meal: **Taco Tuesday**	Italian Sausage & Peppers Shepard’s Pie Buttered Corn Normandy Blend Vegetables Garlic Bread
Wednesday October 1	Donuts / Coffee Cake Oatmeal / Grits Pork Bacon Hash Browns Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i>	Caribbean Chicken Tomato
		<i>Dessert:</i>	Brownie
		Turkey Salad Smothered Pork Chops Baked Sweet Potatoes Cauliflower Creamed Spinach Dinner Rolls	Assorted Deli Cold Cuts Jamaica Jerk Chicken Red Beans & Rice Steamed Cabbage Roasted Plantain Bread
Thursday October 2	Donuts / Cinnamon Rolls Oatmeal / Grits Sausage Links / Scrapple Apple Pancakes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i>	Split Pea Italian Wedding
		<i>Dessert:</i>	Rice Pudding
		Sloppy Joes Great Northern Beans Rice California Blend Vegetables Sautéed Squash Assorted Rolls	Deli Roast Beef Roasted Turkey Cornbread Dressing Cranberry Sauce Mashed Potatoes Green Bean Casserole Dinner Rolls
Friday October 3	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 Chili Bean
		<i>Dessert:</i>	Pecan Pie
		Lasagna Salmon Patties Macaroni & Cheese Mustard Greens Southern Fried Succotash Corn Muffins	Deli Ham Roast Beef w. Au Jus Steak Fries Creamy Mexican Country Corn Coleslaw Hoagie Rolls
Saturday October 4	Donuts / Scones Oatmeal / Grits Corned Beef Hash O’Brien Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i>	Knickerbockers Lobster Bisque
		<i>Dessert:</i>	Chocolate Chip Cookies
		Egg Salad BBQ Pulled Pork Potato Logs Asparagus Spears Fried Zucchini Bread Stick	Assorted Deli Cold Cuts Chicken Alfredo Fettuccini Broccoli Sautéed Carrots Garlic Bread
Sunday October 5	Donuts / Cinnamon Rolls Oatmeal / Grits Grilled Ham Steaks Pineapple Waffles Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i>	Chicken Tortilla Cream of Broccoli
		<i>Dessert:</i>	Peach Cobbler
		Turkey & Cheese Croissant Yakisoba Beef Lime Beans Broccoli & Tomato Salad Yeast Rolls	Deli Turkey BBQ Ribs Potato Salad Baked Beans Collard Greens Corn Muffins

September 29 – October 5, 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
Monday September 29	^G Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs Turkey Bacon ^G Biscuits & Gravy	<i>Soup of the Day:</i> Vegetable & Barley <i>Dessert:</i> NSA Apple Pie	
		^G Seafood Salad ^G Steamed Yellow Rice ^G Okra & Tomatoes ^G Black-eyed Peas Wheat Rolls	^G Chopped Steak ^G Mashed Potatoes ^G Green Peas ^G Greek Salad Dinner Rolls
Tuesday September 30	^G Oatmeal / ^G Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs ^G Biscuits & Gravy Turkey Sausage Patties ^G Lyonnaise Potatoes	<i>Soup of the Day:</i> <i>Dessert:</i>	Turkey Noodle Assorted Sugar Free Cookies
		Themed Meal: **Taco Tuesday**	Shepard’s Pie ^G Parmesan Egg Noodles ^G Spinach ^G California Blend Vegetables Wheat Rolls
Wednesday October 1	^G Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs ^G Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i> Tomato <i>Dessert:</i> NSA Vanilla Pudding	
		^G Grilled Pork Chops ^G Baked Sweet Potatoes ^G Steamed Cauliflower ^G Spinach Wheat Rolls	^G Baked Chicken ^G Red Beans & Brown Rice ^G Steamed Cabbage Roasted Plantain Wheat Rolls
Thursday October 2	^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> Sponge Cake w. Diced Pears	
		^G Vegetable Stew ^G Brown Rice ^G California Blend Vegetables ^G Squash Dinner Rolls	Roasted Turkey ^G Mashed Potatoes ^G Green Beans ^G Stewed Tomatoes Dinner Rolls
Friday October 3	^G Oatmeal / ^G Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs ^G Biscuits & Gravy Creamed Ground Beef	<i>Soup of the Day:</i> Chicken & Rice <i>Dessert:</i> NSA Peach Pie	
		^G Salmon Pattie ^G Parmesan Egg Noodles ^G Normandy Blend Vegetables ^G Succotash ^G Mustard Greens Dinner Rolls	Hoagie Rolls ^G Roasted Baby Potatoes ^G Mexican Corn Coleslaw Dinner Rolls
Saturday October 4	^G Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs ^G Biscuits & Gravy Turkey Bacon O’Brien Potatoes	<i>Soup of the Day:</i> Knickerbockers <i>Dessert:</i> Assorted Sugar Free Cookies	
		^G Pork Loin ^G Brown Rice ^G Asparagus Spears ^G Zucchini Assorted Rolls	^G Grilled Chicken Breast w. Vegetables ^G Diced Potatoes ^G Steamed Broccoli ^G Carrots Wheat Rolls
Sunday October 5	^G Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs ^G Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i> Cream of Broccoli <i>Dessert:</i> Fresh Fruit Cups	
		Yakisoba Beef ^G Lima Beans ^G Broccoli & Tomato Salad Dinner Rolls	^G Smothered Ribs w. Onions ^G Vegetarian Baked Beans ^G Collard Greens ^G Corn Dinner 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