

January 19 – January 25, 2026 Menu

	Breakfast	Lunch	Dinner
Monday January 19	Donuts / Muffins Oatmeal / Grits French Toast Pork Bacon Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Italian Wedding Soup Cream of Asparagus <i>Dessert:</i> Apple Pie	
		Turkey Salad Chicken Cacciatore w. Pasta Green Beans Mixed Vegetables Garlic Bread	Assorted Deli Cold Cuts American Style Tomato & Beef Goulash w. Macaroni Pacific Rim Blend Vegetables Cauliflower Dinner Rolls
Tuesday January 20	Donuts / Bran Muffins Oatmeal / Cream of Wheat Creamed Chipped Beef Lyonnaise Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Tomato Cream Cheese <i>Dessert:</i> Knickerbockers Chocolate Pudding	<i>Themed Meal:</i> **Birthday Meal**
			Deli Turkey Meatloaf Mashed Potatoes w. Gravy Steamed Broccoli Florets Sautéed Carrots Dinner Rolls
Wednesday January 21	Donuts / Coffee Cake Oatmeal / Grits Pork Bacon Hash Browns Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Chicken & Rice <i>Dessert:</i> Split Pea Lemon Cake	
		Cheese Ravioli Braised Pork Ribs Oven Roasted Potatoes Seasoned Green Beans Steamed Cauliflower Assorted Rolls	Deli Chicken Crab Casserole Baked Sweet Potato Squash Normandy Blend Vegetables Dinner Rolls
Thursday January 22	Donuts / Cinnamon Rolls Oatmeal / Grits Sausage Links / Scrapple Apple Pancakes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Cream of Broccoli <i>Dessert:</i> Onion Cheese Cake Brownie	
		Knockwurst w. Sauerkraut Chicken Tenders Baked Potato Wedges Sautéed Cabbage Field Peas w. Snap Peas Cornbread	Deli Roast Beef Meatballs w. Sauce Spaghetti Green Peas & Onions Fried Okra Garlic Bread
Friday January 23	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 Tortilla <i>Dessert:</i> Pinto Bean French Silk Pie	
		Chicken Thighs Baked Fish Pecan Mediterranean Penne Pasta Brussels Sprouts Squash Casserole Dinner Roll	Deli Turkey Salisbury Steak Mashed Potatoes Green Peas Stewed Tomatoes Yeast Rolls
Saturday January 24	Donuts / Scones Oatmeal / Grits Corned Beef Hash O'Brien Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Loaded Potato <i>Dessert:</i> Vegetable White Chocolate Macadamia Nut Cookies	
		BBQ Pulled Pork Beef Stew Buttered Noodles Harvard Beets Mustard Greens Corn Muffins	Assorted Deli Cold Cuts Shrimp Creole Steamed White Rice Sautéed Zucchini Italian Pepper Salad Dinner Rolls
Sunday January 25	Donuts / Cinnamon Rolls Oatmeal / Grits Grilled Ham Steaks Pineapple Waffles Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Kansas City Steak <i>Dessert:</i> Maryland Crab Apple Cobbler	
		Ham Salad Fried Chicken Potato Salad Peas & Mushroom Collard Green Corn Muffins	Deli Chicken Yankee Pot Roast & Gravy Baked Potato Asparagus Spears Coleslaw Croissants

January 19 – January 25, 2026 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 January 19	^G Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs Turkey Bacon ^G Biscuits & Gravy	<i>Soup of the Day:</i> Italian Wedding <i>Dessert:</i> NSA Apple Pie	<i>Chicken Cacciatore</i> <i>Assorted Pasta</i> ^G <i>Green Beans</i> ^G <i>Mixed Vegetables</i> <i>Garlic Bread</i> <i>Dinner Rolls</i>	<i>American Style Tomato & Beef Goulash w. Macaroni</i> ^G <i>Pacific Rim Blend Vegetables</i> <i>Cauliflower</i> <i>Dinner Rolls</i>
Tuesday January 20	^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>	<i>Chicken Enchilada</i> <i>Assorted Sugar Free Cookies</i>	<i>Salisbury Steak</i> ^G <i>Mashed Potatoes w. Gravy</i> ^G <i>Steamed Broccoli</i> ^G <i>Carrots</i> <i>Wheat Rolls</i>
Wednesday January 21	^G Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs ^G Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i> Chicken & Rice <i>Dessert:</i> NSA Lime Parfait	^G <i>Braised Pork Ribs</i> ^G <i>Oven Roasted Potatoes</i> ^G <i>Green Beans</i> ^G <i>Steamed Cauliflower</i> <i>Dinner Rolls</i>	<i>Crab Salad w. Crackers</i> ^G <i>Baked Sweet Potato</i> ^G <i>Normandy Blend Vegetables</i> ^G <i>Squash</i> <i>Assorted Rolls</i>
Thursday January 22	^G Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs ^G Biscuits & Gravy Turkey Sausage Links	<i>Soup of the Day:</i> Cream of Broccoli <i>Dessert:</i> Sponge Cake w. Diced Peaches	^G <i>Grilled Chicken Breast</i> ^G <i>Baked Potato Wedges</i> ^G <i>Field Peas w. Snap Peas</i> <i>Onion Soup</i> ^G <i>Cabbage</i> <i>Wheat Rolls</i>	<i>Spaghetti w. Marinara</i> ^G <i>Green Peas & Onions</i> ^G <i>Okra</i> <i>Garlic Bread</i>
Friday January 23	^G Oatmeal / ^G Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs ^G Biscuits & Gravy Creamed Ground Beef	<i>Soup of the Day:</i> Pinto Bean <i>Dessert:</i> NSA Cherry Pie	^G <i>Baked Fish Pecan</i> ^G <i>Mediterranean Penne Pasta</i> ^G <i>Brussels Sprouts</i> ^G <i>Squash</i> <i>Assorted Rolls</i>	^G <i>Salisbury Steak</i> ^G <i>Mashed Potatoes</i> ^G <i>Green Peas</i> ^G <i>Stewed Tomatoes</i>
Saturday January 24	^G Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs ^G Biscuits & Gravy Turkey Bacon O'Brien Potatoes	<i>Soup of the Day:</i> Vegetable <i>Dessert:</i> Assorted Sugar Free Cookies	<i>Beef Stew</i> <i>Buttered Noodle</i> ^G <i>Beets</i> ^G <i>Mustard Green</i> <i>Wheat Rolls</i>	^G <i>Sautéed Shrimp</i> ^G <i>Steamed Brown Rice</i> ^G <i>Zucchini</i> ^G <i>Italian Pepper Salad</i> <i>Assorted Rolls</i>
Sunday January 25	^G Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs ^G Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i> Kansas City Steak <i>Dessert:</i> Fresh Fruit Cups	^G <i>Baked Chicken w. BBQ Shake</i> ^G <i>Potato Salad</i> ^G <i>Peas & Mushrooms</i> ^G <i>Turnip Greens</i> <i>Assorted Rolls</i>	^G <i>Yankee Pot Roast</i> ^G <i>Oven Roasted Diced Potatoes</i> ^G <i>Asparagus Spears</i> <i>Coleslaw</i> <i>Dinner Rolls</i>

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