

# January 26 – February 1, 2026 Menu

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Monday</b> January 26	Donuts / Muffins Oatmeal / Grits French Toast Pork Bacon Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Split Pea Chicken Noodle <i>Dessert:</i> Strawberry Cream Pie  Roasted Pork Loin Mashed Potatoes German Blend Vegetables Refried Beans Dinner Rolls	Deli Roast Beef Curry Chicken w. Rice Roasted Plantain Broccoli Florets Cauliflower Florets Yeast Rolls
<b>Tuesday</b> January 27	Donuts / Bran Muffins Oatmeal / Cream of Wheat Creamed Chipped Beef Lyonnaise Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Navy Bean Cream of Broccoli <i>Dessert:</i> Oatmeal Cookies  <b>Themed Meal:</b> <b>**Taco Tuesday**</b>	Deli Turkey Lemon Baked Fish Parmesan Egg Noodles Club Spinach California Blend Dinner Rolls
<b>Wednesday</b> January 28	Donuts / Coffee Cake Oatmeal / Grits Pork Bacon Hash Browns Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Corn Chowder Kielbasa Cabbage <i>Dessert:</i> Orange Cake  Assorted Pizza Corn Dogs Sautéed Squash Sugar Snap Peas Yeast Rolls	Philly Steak & Cheese Sub Fish & Cheese Sub Steak Fries Mushroom & Onion Coleslaw
<b>Thursday</b> January 29	Donuts / Cinnamon Rolls Oatmeal / Grits Sausage Links / Scrapple Apple Pancakes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> New England Clam Chowder Minestrone <i>Dessert:</i> Sweet Potato Pie  Tuna Salad Fried Chicken AuGratin Potatoes Coleslaw Mustard Greens Corn Muffins	Deli Chicken Marinated Grilled Rib Bites Lyonnaise Rice Kale Salad Spinach Dinner Rolls
<b>Friday</b> January 30	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> Tomato Florentine Cream of Mushroom <i>Dessert:</i> Banana Cake  Hot Reuben Sandwich Fried/Baked Fish Macaroni & Cheese Broccoli Florets Normandy Blend Vegetables Hushpuppies	Deli Roast Beef Shrimp Salad w. Croissant Taco Salad Potato Logs Asparagus Casserole Croissants
<b>Saturday</b> January 31	Donuts / Scones Oatmeal / Grits Corned Beef Hash O'Brien Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Won Ton Vegetable <i>Dessert:</i> Chocolate Cookies  American Style Tomato & Beef Goulash w. Macaroni Grilled Ham & Cheese Sandwich Collard Greens Corn & Carrots Cornbread	Assorted Deli Cold Cuts Char Grilled Teriyaki Chicken Asian Noodles Asian Vegetables Asian Cabbage Assorted Rolls
<b>Sunday</b> February 1	Donuts / Cinnamon Rolls Oatmeal / Grits Grilled Ham Steaks Pineapple Waffles Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Chicken & Rice Manhattan Clam Chowder <i>Dessert:</i> Tapioca Pudding  Egg Salad Veal Parmesan w. Pasta Italian Green Beans Mixed Vegetables Garlic Bread	Deli Turkey BBQ Beef Brisket Hashbrown Casserole Creamy Country Corn Cauliflower Dinner Rolls

# January 26 – February 1, 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.

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Monday</b> January 26	⁹ Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs Turkey Bacon ⁹ Biscuits & Gravy	<i>Soup of the Day:</i> Chicken Noodle <i>Dessert:</i> NSA Chocolate Pudding	
		Pork Loin ⁹ Mashed Potatoes ⁹ German Blend Vegetables ⁹ Brussel Sprouts Dinner Rolls	⁹ Grilled Chicken Breast w. Vegetables ⁹ Roasted New Potatoes ⁹ Broccoli Florets ⁹ Cauliflower Florets Dinner Rolls
<b>Tuesday</b> January 27	⁹ Oatmeal / ⁹ Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs ⁹ Biscuits & Gravy Turkey Sausage Patties ⁹ Lyonnaise Potatoes	<i>Soup of the Day:</i> Navy Bean <i>Dessert:</i> Assorted Sugar Free Cookies	<i>Themed Meal:</i> <b>**Taco Tuesday**</b>
			⁹ Lemon Baked Fish ⁹ Parmesan Egg Noodles ⁹ Spinach ⁹ California Blend Vegetables Wheat Rolls
<b>Wednesday</b> January 28	⁹ Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs ⁹ Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i> Corn Chowder <i>Dessert:</i> Fresh Fruit Cups	
		Pizza Assorted Vegetables ⁹ Squash ⁹ Sugar Snap Peas Dinner Rolls	Steak Sub ⁹ Baked Sweet Potato Waffle Fries ⁹ Mushroom & Onion Coleslaw
<b>Thursday</b> January 29	⁹ Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs ⁹ Biscuits & Gravy Turkey Sausage Links	<i>Soup of the Day:</i> Minestrone <i>Dessert:</i> Angel Cake w. Fruit Cocktail	
		⁹ Oven Baked Chicken ⁹ Mashed Potatoes ⁹ Turnip Green Coleslaw Wheat Rolls	⁹ Grilled Rib Bites ⁹ Brown Rice Pilaf ⁹ Pea Salad ⁹ Spinach Dinner Rolls
<b>Friday</b> January 30	⁹ Oatmeal / ⁹ Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs ⁹ Biscuits & Gravy Creamed Ground Beef	<i>Soup of the Day:</i> Tomato Florentine <i>Dessert:</i> NSA Apple Pie	
		⁹ Baked Fish ⁹ Broccoli Florets ⁹ Normandy Blend Vegetables	⁹ Shrimp Salad Taco Salad ⁹ Asparagus Wheat Roll
<b>Saturday</b> January 31	⁹ Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs ⁹ Biscuits & Gravy Turkey Bacon O'Brien Potatoes	<i>Soup of the Day:</i> Vegetable <i>Dessert:</i> Assorted Sugar Free Cookies	
		⁹ Grilled Ham Steak ⁹ Brown Rice Pilaf ⁹ Collard Greens ⁹ Corn & Carrots Wheat Rolls	Teriyaki Chicken Asian Brown Rice Asian Blend Vegetable ⁹ Cabbage Dinner Rolls
<b>Sunday</b> February 1	⁹ Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs ⁹ Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i> Chicken & Rice <i>Dessert:</i> Fresh Fruit Cups	
		Vegetable Lasagna ⁹ Italian Green Bean ⁹ Mixed Vegetables Garlic Bread Assorted Rolls	⁹ Roast Beef ⁹ Mashed Potatoes ⁹ Whole Kernel Corn ⁹ Cauliflower 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