

Regular Line

	BREAKFAST	LUNCH	DINNER
M O N	Cinnamon Rolls Oatmeal/Grits Eggs to Order/Hardboiled Eggs Grilled Ham Cream Sausage Gravy Hashbrowns Blueberry Pancakes Biscuits/Breakfast Gravy	Turkey Noodle Soup Split Pea Soup Chicken Sausage & Jambalaya Casserole Cold Cut Subs Potato Chips Mixed Vegetables Yellow Squash Panini Rolls	Soup Du Jour Cheese Stuffed Manicotti Marinara Sauce w/Meatballs Spaghetti Steamed Broccoli Carrots Garlic Bread
T U E S	Bran Muffin Oatmeal/Grits Eggs to Order/Hardboiled Eggs Oven Baked Bacon Corned Beef Hash Lyonnaise Potatoes French Toast Biscuits/Breakfast Gravy	Tomato Rice Soup Cream of Potato Soup Assorted Pizza Tuna Salad/Croissant Corn Nuggets Green Beans	Soup Du Jour Beef Stroganoff Egg Noodles/Mashed Potatoes Fried Eggplant Cauliflower Dinner Roll
W E D	Blueberry Muffin Oatmeal/Cream of Wheat Eggs to Order/Hardboiled Eggs Sausage Link Creamed Chipped Beef Baked Beans/Cornbread Home Fried Potatoes Biscuit/Breakfast Gravy	Chicken Noodle Soup Navy Bean Soup Chicken Cordon Bleu Sliced Pastrami/Provolone Cheese Hard Rolls Steamed Rice Brussel Sprouts Baked Beans Corn Bread	Soup Du Jour Salisbury Steak with Onions Brown Gravy Parsley Boiled Potato Green Peas & Mushrooms Country Corn
T H U R S	Coffee Cake Oatmeal/Grits Eggs to Order/Hardboiled Eggs Grilled Ham Corned Beef Hash O'Brien Potatoes Strawberry Pancakes Biscuit/Breakfast Gravy	Vegetable Soup Cream of Asparagus Soup Grilled Ham & Cheese Sandwich Chili with Rice Macaroni & Cheese Cauliflower Turnip Greens	Soup Du Jour Country Chops/Gravy Mashed Potatoes/Rice Corn on Cob Club Spinach Breadsticks
F R I	Cinnamon Rolls Oatmeal/Grits Eggs to Order/Hardboiled Eggs Oven Baked Bacon Scrapple Hashbrowns French Toast Biscuit/Breakfast Gravy	Minestrone Soup Cream of Broccoli Soup Crab Casserole Knockwurst/Bun Sauerkraut Green Beans with New Potatoes	Soup Du Jour Beef Pot Pie Oven Roasted Potatoes Stewed Tomatoes Fried Okra Country Seeded Roll
S A T	Blueberry Muffin Oatmeal/Cream of Wheat Eggs to Order/Hardboiled Eggs Sausage Patties Creamed Ground Beef Lyonnaise Potatoes Buttermilk Pancake Biscuit/Breakfast Gravy	French Onion Soup Corn Chowder Roast Pork Shoulder Spiced Apples Shrimp Creole Glazed Sweet Potatoes/Rice Oriental Blend Asparagus Dinner Rolls	Soup Du Jour Meatballs and Spaghetti Succotash Sugar Snaps Garlic Bread
S U N	Danish Pastry Oatmeal/Grits Eggs to Order/Hardboiled Eggs Grilled Ham Slice Oven Baked Bacon Baked Beans/Cornbread Hashbrowns Biscuit/Breakfast Gravy	Knickerbocker Soup Cream of Mushroom Fried Chicken Lobster Ravioli Steamed Rice Peas & Pearl Onions Squash Medley	Soup Du Jour Spiral Ham Pineapple Sauce Baked Sweet Potatoes Asparagus Casserole Ginger Glazed Carrots Panini Roll

DESSERTS

Mon: Choc Layer Pie
Tues Pound Cake w/Fruit
Wed Peach Cobbler
Thurs Oatmeal Raisin Cookie
Fri Apple Pie
Sat Tapioca Pudding
Sun Stberry Cream Pie

DL Apple Pie, No Sugar Added
DL Choc Cream Pie, No Sugar Added
DL Oatmeal Cookie, Sugar Free
DL Blueberry Pie, No Sugar Added
DL Brownie, No Sugar Added
DL Coconut Cream Pie, No Sugar Added
DL Peach Pie, NoSugar Added

DAILY SHORT ORDER LINE

Grilled Hamburger
Grilled Hotdog (M,T,Th,F,S,Su)
Grilled Chicken Breast
Grilled Cheese Sandwich
Sauerkraut/Chili
Lettuce/Tomato/Onion
Steak Fries
Assorted Cold Cuts (Wed Only)

Diet Line Menu #3 – Week of: : 1-12-09 to 1-18-09

Items with DL before the menu name indicates this item has been modified to be lower in calories, fat and/or sodium than the Regular line item. 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 Dietitian for one-on-one consultation.

	BREAKFAST	LUNCH	DINNER
M O N	Oatmeal/Grits Eggbeaters Hardboiled Eggs DL Ham Slices Biscuit/DL Gravy	DL Turkey Noodle Soup DL Chicken Alfredo Fettucini Mixed Vegetables Yellow Squash Panini Rolls	Soup Du Jour Lemon Baked Catfish DL Mashed Potatoes Steamed Broccoli Carrots
T U E S	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon DL Lyonnaise Potatoes Biscuit/DL Gravy	DL Cream of Potato Soup DL Veggie Pizza Green Beans Spinach	Soup Du Jour DL Braised Beef Cubes Egg Noodles Baked Tomato Halves Cauliflower Dinner Roll
W E D	Oatmeal/Cream of Wheat Eggbeaters Hardboiled Eggs Turkey Sausage Link Biscuit/DL Gravy	DL Navy Bean Soup Vegetarian Cutlet Steamed Rice DL Gravy Brussel Sprouts Baby Carrots	Soup Du Jour DL Salisbury Steak Brown Rice Oriental Vegetables Steamed Beets
T H U R	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon Biscuit/DL Gravy	DL Cream of Asparagus Soup DL Hawaiian Roasted Leg of Lamb DL Macaroni and Cheese Cauliflower Zucchini w/Onions	Soup Du Jour Baked Pork Chops Mashed Potatoes Mixed Vegetables Club Spinach Breadsticks
F R I	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon Biscuit/DL Gravy	DL Minestrone Soup Grilled Chicken Romano Steamed Rice Kale California Mix	Soup Du Jour DL Beef Pot Pie Oven Roasted Potatoes Steamed Okra Stewed Tomatoes Country Seeded Roll
S A T	Oatmeal/Cream of Wheat Eggbeaters Hardboiled Eggs DL Creamed Ground Beef DL Lyonnaise Potatoes Biscuit/DL Gravy	DL Corn Chowder DL Sauteed Shrimp DL Mashed Potatoes Oriental Blend Vegetables Asparagus Dinner Roll	Soup Du Jour DL Meatballs and Spaghetti Succotash Sugar Snaps Garlic Bread
S U N	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Sausage Link Biscuit/DL Gravy	DL Knickerbocker Soup DL Chicken Steamed Rice Steamed Beets Squash Medley	Soup Du Jour Roast Pork Baked Sweet Potatoes Asparagus Carrots Panini Roll

BREAKFAST STANDARD MENU ITEMS

Prunes, Bagel, English Muffin, Syrup, SF Syrup, Bananas, Grapefruit Sections, Fruit Deluxe, Applesauce, Cream Cheese

STANDARD MENU ITEMS ALL MEALS

Asst Bread, Asst Dry Cereal, Asst Juice, Asst Milk, Asst Beverages, Coffee, Decaf Coffee, Tea, Tea Bags, Butter, Margarine, Sugar, Sugar Substitute, Salt Pepper, Asst Condiments

STANDARD SALAD BAR ITEMS FOR LUNCH/ DINNER

Lettuce garnished w/romaine leaves, Cherry Tomatoes, Cucumbers, Chopped Onions, Celery Sticks, Sliced Pickles, Carrot Sticks, Shredded Cheese, Coleslaw, Bacon Bits, Sliced Beets, Sliced Peppers, Broccoli Florets, Green Olives, Jalapeno or Banana Peppers, Sugar Free Jello

STANDARD SALAD DRESSINGS

Bleu Cheese, Catalina French, Ranch, Thousand Island, Fat Free Italian, Balsamic Vinegar, White Vinegar, Olive Oil

DAILY SALAD BAR ROTATION

Mon: Pineapple Chunks, Macaroni Salad

Wed: Pear Halves, Potato Salad

Fri: Apricot Halves, Three Beans Salad

Sun: Fruit Cocktail Carrot & Raisin Salad

Tue: Peach Slices, Marinated Cucumbers

Thurs: Pineapple Slices, German Tomato Salad

Sat: Mandarin Oranges, Pasta Salad