

Regular Line

BREAKFAST		LUNCH	DINNER
M	Cinnamon Rolls	Chicken Tortilla Soup	Soup Du Jour
O	Oatmeal/Grits	Navy Bean Soup	BBQ Beef Brisket
N	Eggs to Order/Hardboiled Eggs	Beef Enchiladas	Cheesy Potatoes
	Grilled Ham	Chicken Fajitas	Baked Beans
	Cream Sausage Gravy	Refried Beans	Mixed Vegetables
	Hashbrowns	Spanish Rice	Panini Roll
	Blueberry Pancakes	Fried Okra	
	Biscuits/Breakfast Gravy	Cornbread	
T	Bran Muffin	Vegetable Barley Soup	Soup Du Jour
U	Oatmeal/Grits	Cream of Asparagus Soup	Meat Loaf
E	Eggs to Order/Hardboiled Eggs	Fish Sandwich	Gravy
S	Oven Baked Bacon	Barbecue Pork	Lyonnais Potatoes
	Corned Beef Hash	Tater Tots	Cabbage
	Lyonnais Potatoes	Whole Kernal Corn	Harvard Beets
	French Toast	Peas	Breadsticks
	Biscuits/Breakfast Gravy		
W	Blueberry Muffin	Pinto Bean Soup	Soup Du Jour
E	Oatmeal/Cream of Wheat	Corn Chowder	Chicken Primavera
D	Eggs to Order/Hardboiled Eggs	Spaghetti with Meat Sauce	Noodles
	Sausage Patty	Baked Turkey Breast/Gravy	Eggplant Casserole
	Creamed Chipped Beef	Cornbread Dressing	Carrots Amandine
	Baked Beans/Cornbread	Broccoli	Golden Dinner Roll
	Home Fried Potatoes	Blackeye Peas	
	Biscuit/Breakfast Gravy	Garlic Bread	
T	Coffee Cake	Minestrone Soup	Soup Du Jour
H	Oatmeal/Grits	Cream of Potato Soup	Braised Beef Cubes
U	Eggs to Order/Hardboiled Eggs	Grilled Ham & Cheese Sandwich	Noodles
R	Grilled Ham	Country Fried Steak/Gravy	Turnip Greens
S	Corned Beef Hash	Mashed Potatoes	Lima Beans
	O'Brien Potatoes	Kale	Cornbread
	Strawberry Pancakes	Creamed Corn	
	Biscuit/Breakfast Gravy		
F	Cinnamon Rolls	Turkey Noodle Soup	Soup Du Jour
R	Oatmeal/Grits	Manhattan Clam Chowder	Salmon Patties
I	Eggs to Order/Hardboiled Eggs	Assorted Pizza	Home Fried Potatoes
	Oven Baked Bacon	Chicken Salad	Succotash
	Scrapple	Cauliflower	Zucchini
	Hashbrowns	Green Peas	Country Seeded Rolls
	French Toast		
	Biscuit/Breakfast Gravy		
S	Blueberry Muffin	Vegetable Soup	Soup Du Jour
A	Oatmeal/Cream of Wheat	Split Pea Soup	Yankee Pot Roast with
T	Eggs to Order/Hardboiled Eggs	Sweet & Sour Chicken	Potatoes
	Sausage Patties	Fried Shrimp	Carrots
	Creamed Ground Beef	Baked Potato	Corn on the Cob
	Lyonnais Potatoes	Sauteed Mushrooms & Onions	French Dinner Roll
	Buttermilk Pancake	Italian Green Beans	
	Biscuit/Breakfast Gravy	Dinner Rolls	
S	Danish Pastry	Chicken Noodle Soup	Soup Du Jour
U	Oatmeal/Grits	Tomato Rice Soup	Fried Chicken
N	Eggs to Order/Hardboiled Eggs	Italian Sausage with Peppers & Onions	AuGratin Potatoes
	Grilled Ham Slice	Fish Pecan	Peas & Carrots
	Oven Baked Bacon	Mashed Sweet Potatoes	Sugar Snaps
	Baked Beans/Cornbread	Asparagus	Panini Roll
	Hashbrowns	Squash	
	Biscuit/Breakfast Gravy	Hoagie Rolls	

DESSERTS

- Mon: Pecan Pie
- Tues: Cheesecake
- Wed: Oat Raisin Cookies
- Thurs: Brownies
- Fri: Tapioca Pudding
- Sat: Fruit & Nut Bars
- Sun: French Silk Pie
- DL Chocolate Chip Cookies, Sugar Free
- DL Cheesecake, No Sugar Added
- 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 Brownies, No Sugar 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 #6 – Week of : 2-2-09 to 2-8-09

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 Navy Bean Soup DL Soft Tacos Flour Tortillas Refried Beans Mixed Vegetables Baby Carrots	DL Soup Du Jour Baked Chicken Breast Brown Rice DL Chicken Gravy Brussel Sprouts Boiled Okra Panini Rolls
T U E S	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon DL Lyonnaise Potatoes Biscuit/DL Gravy	DL Cream of Asparagus Baked Fish Oven Baked Potatoes Cabbage Yellow Squash/Onions	DL Soup Du Jour Meat Loaf DL Gravy Lyonnaise Potatoes Snow Peas Harvard Beets Breadsticks
W E D	Oatmeal/Cream of Wheat Eggbeaters Hardboiled Eggs Turkey Sausage Patty Biscuit/DL Gravy	DL Pinto Bean Soup Baked Turkey Breast Mashed Potatoes Broccoli California Blend Vegetables	DL Soup Du Jour DL Chicken Primavera Noodles DL Eggplant Casserole Carrots Almandine
T H U R	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon Biscuit/DL Gravy	DL Minestrone Soup Baked Pork Loin Mashed Potatoes Kale French Cut Green Beans	DL Soup Du Jour DL Braised Beef Cubes Noodles Wax Beans Baked Tomato Halves
F R I	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon Biscuit/DL Gravy	DL Turkey Noodle Soup Vegetable Pizza Cauliflower Harvard Beets	DL Soup Du Jour Salmon Patties Potato Wedges Asparagus Zucchini Country Rolls
S A T	Oatmeal/Cream of Wheat Eggbeaters Hardboiled Eggs DL Creamed Ground Beef DL Lyonnaise Potatoes Biscuit/DL Gravy	DL Vegetable Soup Sauteed Shrimp Baked Potatoes Mushrooms & Onions Italian Green Beans Dinner Rolls	DL Soup Du Jour DL Yankee Pot Roast with Potatoes Carrots Stewed Okra and Tomatoes French Dinner Rolls
S U N	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Sausage Link Biscuit/DL Gravy	DL Chicken Noodle Soup Baked Fish Baked Sweet Potatoes Asparagus Yellow Squash	DL Soup Du Jour Baked Chicken DL Au Gratin Potatoes Peas & Carrots Sugar Snaps Panini Rolls

BREAKFAST STANDARD MENU ITEMS

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

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