

Regular Line

	BREAKFAST	LUNCH	DINNER
M O N	Cinnamon Rolls Oatmeal/Grits Eggs to Order/Hardboiled Eggs Corned Beef Hash Cream Sausage Gravy Hashbrowns Blueberry Pancakes Biscuits/Breakfast Gravy	Chicken Gumbo Pinto Bean Soup Chicken Fried Steak Ham Salad/Croissant Mashed Potatoes/ Gravy Turnip Greens Country Corn Cornbread	Soup Du Jour Fried Pork Chops Macaroni and Cheese Broccoli Field Peas Dinner Roll
T U E S	Bran Muffin Oatmeal/Grits Eggs to Order/Hardboiled Eggs Oven Baked Bacon Tator Tots French Toast Biscuits/Breakfast Gravy	May 5th Senco - Demayo Navy Bean Soup Enchilada Baja Soup Mexican Assortments BBQ Pork Wings Mix Vegetables /Spanish Rice Mexican Corn	Navy Bean Soup Vegetable Soup Open Face Roasted Turkey/ Gravy Potato Salad with Cucumber Dressing
W E D	Blueberry Muffin Oatmeal/Cream of Wheat Eggs to Order/Hardboiled Eggs Sausage Link Baked Beans/Cornbread Home Fried Potatoes Biscuit/Breakfast Gravy	Cream of Mushroom Soup Split Pea Soup Roast Beef Po-Boys Gravy Chicken Mushroom Casserole French Fries Spinach Okra & Tomatoes	Soup Du Jour Barbecued Chicken Parsley Boiled Potatoes Buttered Green Peas Squash and Onions Breadsticks
T H U R S	Coffee Cake Oatmeal/Grits Eggs to Order/Hardboiled Eggs Grilled Ham O'Brien Potatoes Strawberry Pancakes Biscuit/Breakfast Gravy	Cream of Tomato Soup Red Bean Soup Lasagna Chicken Tenders Oven Roasted Potatoes Brussel Sprouts Carrots Garlic Bread	Cream of Tomato Soup Red Bean Soup Italian Roast Beef on Italian Bread A'Jus Gravy Broccoli Salad
F R I	Cinnamon Rolls Oatmeal/Grits Eggs to Order/Hardboiled Eggs Cream Chipped Beef Scrapple Hashbrowns French Toast Biscuit/Breakfast Gravy	Cream of Broccoli Soup Chili with Beans Fish and Chips Meatball Sub Green Peas Squash Medley Cornbread	Soup Du Jour Baked Cod Lemon Slices Mashed Potatoes French Style Green Beans Cauliflower Lemon Slices Dinner Roll
S A T	Blueberry Muffin Oatmeal/Cream of Wheat Eggs to Order/Hardboiled Eggs Sausage Patties Hashbrowns Buttermilk Pancake Biscuit/Breakfast Gravy	Cream of Potato Soup Turkey Noodle Soup Pepper Steak Shrimp Salad Steamed Rice/Mashed Potatoes Zucchini Corn Fritters	Italian Tortellini Soup Turkey Noodle Soup BBQ Pork on Bun Marinated Green Bean Salad
S U N	Danish Pastry Oatmeal/Grits Eggs to Order/Hardboiled Eggs Grilled Ham Slice Creamed Ground Beef Baked Beans/Cornbread Lyonnaise Potatoes Biscuit/Breakfast Gravy	Boston Clam Chowder Knickerbocker Soup Spaghetti with Italian Sausage Sauce Country Chops Steamed Rice Mustard Greens Carrots Amandine Garlic Bread	Soup Du Jour Grilled Steak Baked Potato Asparagus Mushrooms and Onions Country Seeded Roll

DESSERTS

Mon: Sweet Potato Pie
Tues: Rice Pudding
Wed: Choc Chip Cookies
Thurs: Banana Cake
Fri: Lemon Meringue Pie
Sat: German Chocolate Cake,
Sun Walnut Cream Cake,

DL Chocolate Chip Cookies, Sugar Free
DL Cheesecake, No Sugar Added
DL No Sugar Added Fruit Cup
DL Choc Pudding, No Sugar Added
DL Oatmeal Cookies, Sugar Free
DL Blueberry Pie, No Sugar Added
DL No Sugar Added Fruit Cup

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 #1 – Week of : 5-04-09 to 5-10-09

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 Pinto Bean Soup DL Salisbury Steak Mashed Potatoes Turnip Greens Steamed Beets	Soup Du Jour Baked Pork Chop DL Macaroni and Cheese Broccoli Carrots Dinner Roll
T U E S	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon DL Lyonnaise Potatoes Biscuit/DL Gravy	DL Vegetable Soup DL Glazed Chicken Steamed Rice Green Beans with Pimentos Cauliflower	DL Vegetable Soup Navy Bean Soup Open Face Roasted Turkey/ Gravy Potato Salad with Cucumber Dressing
W E D	Oatmeal/Cream of Wheat Eggbeaters Hardboiled Eggs Turkey Sausage Link Biscuit/DL Gravy	DL Split Pea Soup Grilled Chicken Fetuccine Noodles Spinach Okra & Tomatoes	Soup Du Jour Vegetarian Cutlet Brown Rice Asparagus Squash w/Onions Breadsticks
T H U R	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon Biscuit/DL Gravy	DL Red Bean Soup Baked Chicken Tenders Oven Roasted Potatoes Brussel Sprouts Carrots Garlic Bread	DL Red Bean Soup Cream Of Tomato Soup Italian Roast Beef on Italian Bread A`Jus Gravy Broccoli Salad
F R I	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon Biscuit/DL Gravy	DL Cream of Broccoli Soup Vegetable Lasagna Panini Roll Italian Green Beans Squash Medley	Soup Du Jour Baked Cod Lemon Slices Mashed Potatoes Steamed Beets Cauliflower Dinner Roll
S A T	Oatmeal/Cream of Wheat Eggbeaters Hardboiled Eggs Turkey Sausage Link Biscuit/DL Gravy	DL Turkey Noodle Soup DL Shrimp Salad Mashed Potatoes Zucchini Calico Corn	Italian Tortellini Soup DL Turkey Noodle Soup BBQ Pork on Bun Marinated Green Bean Salad
S U N	Oatmeal/Grits Eggbeaters Hardboiled Eggs DL Creamed Ground Beef DL Lyonnaise Potatoes Biscuit/DL Gravy	DL Knickerbocker Soup DL Country Chops Steamed Rice/ DL Gravy Mustard Greens Carrots	Soup Du Jour Grilled Steak Baked Potato Asparagus Mushrooms & Onions

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

Tue: Peach Slices, Marinated Cucumbers
Thurs: Pineapple Slices, German Tomato Salad
Sat: Mandarin Oranges, Pasta Salad