

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	Turkey Noodle Soup Split Pea Soup Chicken Sausage & Jambalaya Casserole Cold Cut / Bun Potato Chips Mixed Vegetables Yellow Squash	Chicken Noodle Soup Pinto Bean Soup Grilled Cordon Bleu Sandwich Marinated Tomato Salad with Cilantro
T U E S	Bran Muffin Oatmeal/Grits Eggs to Order/Hardboiled Eggs Oven Baked Bacon Tator Tots French Toast Biscuits/Breakfast Gravy	Tomato Rice Soup Cream of Potato Soup Assorted Pizza Tuna Salad/Croissant Corn Nuggets Green Beans	Tomato Rice Soup Cream of Potato Soup Open Face Roast Beef Sandwich W/Gravy Marinated Tomato Salad With Cilantro
W E D	Blueberry Muffin Oatmeal/Cream of Wheat Eggs to Order/Hardboiled Eggs Sausage Pattie Baked Beans/Cornbread Home Fried Potatoes Biscuit/Breakfast Gravy	Minestrone Soup Cream of Asparagus Soup Ham Salad Spaghetti with Meat Sauce Mixed Vegetables Pea Pods Garlic 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 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	Vegetable Soup Cream of Asparagus Soup Italian Breaded Baked Chicken on Bun Cashew Pea Salad
F R I	Cinnamon Rolls Oatmeal/Grits Eggs to Order/Hardboiled Eggs Cream Chipped Beef 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 Link Hashbrowns Buttermilk Pancake Biscuit/Breakfast Gravy	French Onion Soup Corn Chowder Roast Pork Shoulder Spiced Apples Shrimp Creole Glazed Sweet Potatoes/Rice Oriental Blend Asparagus	Corn Chowder Gumbo Soup Salmon Salad on Roll Potato Salad with Cucumber Dressing
S U N	Danish Pastry Oatmeal/Grits Eggs to Order/Hardboiled Eggs Grilled Ham Slice Creamed Ground Beef Baked Beans/Cornbread Lyonnais Potatoes Biscuit/Breakfast Gravy	Knickerbocker Soup Cream of Mushroom Soup Fried Chicken Baked Chicken Steam Rice/Gravy 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 Chip Cookies
Tues Pound Cake w/Fruit
Wed **Fruit Nut Bars**
Thurs Oatmeal Raisin Cookie
Fri Apple Pie
Sat Tapioca Pudding
Sun Strawberry Cream Pie

DL No Sugar Added Fruit Cup
DL Choc Cream Pie, No Sugar Added
DL Oatmeal Cookie, Sugar Free
DL No Sugar Added Fruit Cup
DL Choc. Pudding No Sugar Added
DL Coconut Cream Pie, No Sugar Added
DL Peach Pie, 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)
Swiss Cheese (Wed Only)

Diet Line Menu #3 – Week of : : 8-10-09 to 8-16-09

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	DL Tomato Rice Soup DL Cream of Potato Soup Open Face Roast Beef Sandwich W/Gravy Marinated Tomato Salad
W E D	Oatmeal/Cream of Wheat Eggbeaters Hardboiled Eggs Turkey Sausage Pattie 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	DL Vegetable Soup DL Cream of Asparagus Soup Italian Breaded Baked Chicken on Bun Cashew Pea Salad
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 Turkey Sausage Link Biscuit/DL Gravy	DL Corn Chowder DL Sauteed Shrimp DL Mashed Potatoes Oriental Blend Vegetables Asparagus Dinner Roll	DL Corn Chowder Gumbo Soup Salmon Salad on Roll Potato Salad with Cucumber Dressing
S U N	Oatmeal/Grits Eggbeaters Hardboiled Eggs DL Creamed Ground Beef DL Lyonnaise Potatoes Biscuit/DL Gravy	Knickerbocker Soup DL Baked Chicken Steam 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