

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 Noodle Soup Pinto Bean Soup Country Fried Steak Creole Fish Mashed Potatoes/Gravy Steamed Broccoli Yellow Squash/Onions Dinner Roll	Soup Du Jour 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 Tator Tots French Toast Biscuits/Breakfast Gravy	Navy Bean Soup Vegetable Soup Polish Sausage with Peppers Chicken Tenders Onion Rings Green Beans Hoagie Rolls	<u>Resident Birthday Dinner</u> <u>Roast Prime Rib</u> <u>Fish Pecan</u> <u>Baked Potato Sour Cream</u> <u>Asparagus</u> <u>Country corn</u> <u>Dinner Roll</u>
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	Chicken Noodle Soup Navy Bean Soup Egg Salad Sliced Pastrami/Provolone Cheese Hard Rolls Steamed Rice Brussel Sprouts Baked Beans	Minestrone Soup Cream of Asparagus Soup Open Face Turkey Sandwich With Gravy Marinated Vegetable Salad
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 Mushroom Soup Split Pea Soup Fish Strips Meatball Sub Collard Greens Corn on the Cob	Soup Du Jour Fried Chicken Macaroni and Cheese Green Peas Steamed Beets Golden Dinner Roll
F R I	Cinnamon Rolls Oatmeal/Grits Eggs to Order/Hardboiled Eggs Cream Chipped Beef Scrapple Hashbrowns French Toast Biscuit/Breakfast Gravy	New England Clam Chowder Knickerbocker Soup Assorted Pizza Tuna Salad/Croissant Cauliflower California Blend Vegetables	New England Clam Chowder Tomato Lentil Soup Grilled Ham Steak Eggs to Order Belgian Waffle/Strawberries Biscuits Grits
S A T	Blueberry Muffin Oatmeal/Cream of Wheat Eggs to Order/Hardboiled Eggs Sausage Link <u>Hashbrowns</u> Buttermilk Pancake Biscuit/Breakfast Gravy	Cream of Potato Soup Vegetable Soup Lasagna Liver & Onions Oven Fried Potatoes Lima Beans Club Spinach	Soup Du Jour Veal Scallopini Garlic Smashed Potatoes Broccoli & Cheese Stewed Tomatoes Dinner Rolls
S U N	Danish Pastry Oatmeal/Grits Eggs to Order/Hardboiled Eggs Grilled Ham Slice Creamed Ground Beef Baked Beans/Cornbread <u>Lyonnais Potatoes</u> Biscuit/Breakfast Gravy	Cream of Tomato Soup Turkey Noodle Soup <u>Cod Fish Cakes</u> Grilled Chopped Steak/Gravy Loaded Potato Casserole Carrots Amadine Green Beans	Soup Du Jour Whole Roast Turkey/ Gravy Cranberry Sauce Cornbread Dressing Asparagus Casserole Corn on the Cob Panini Rolls

DESSERTS

Mon	Lemon Meringue Pie	DL Peanut Butter Cookie, Sugar Free
Tues	Peanut Butter Cookies	DL No Sugar Added Fruit
Wed	<u>Peach Cobbler</u>	DL Cherry Pie, No Sugar Added
Thurs	Rice Pudding	DL Choc Chip Cookie, Sugar Free
Fri	Sweet Potato Pie	DL No Sugar Added Fruit
Sat	Boston Cream Pie	DL Choc Cream Pie, No Sugar Added
Sun	Walnut Cream Cake	DL Lemon Pudding, Sugar Free

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 #4 – Week of 8-17-09 to 8-23-09

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 Baked Fish Brown Rice Steamed Broccoli Yellow Squash/Onions	DL Chicken Noodle Soup DL Pinto Bean Soup Grilled Cordon Bleu Sandwich Marinated Tomato Salad with Cilantro
T U E S	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon DL Lyonnaise Potatoes Biscuit/DL Gravy	DL Vegetable Soup Baked Chicken Tenders Baked Potatoes Green Beans Baked Tomato Halves	Resident Birthday Dinner Roast Prime Rib Fish Pecan Baked Potato Sour Cream Asparagus Country corn Dinner Roll
W E D	Oatmeal/Cream of Wheat Eggbeaters Hardboiled Eggs Turkey Sausage Pattie Biscuit/DL Gravy	DL Minestrone Soup Spaghetti with Sauce Mixed Vegetables Pea Pods Garlic Bread	DL Minestrone Soup DL Cream of Asparagus Soup Open Face Turkey Sandwich With Gravy Marinated Vegetable Salad
T H U R	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon Biscuit/DL Gravy	DL Cream of Mushroom Soup Lemon Baked Catfish Carrots Collard Greens	Soup Du Jour Baked Chicken DL Macaroni and Cheese Oriental Vegetables Steamed Beets Golden Dinner Rolls
F R I	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon Biscuit/DL Gravy	DL Knickerbocker Soup DL Veggie Pizza Cauliflower California Blend Vegetables	DL New England Clam Chowder DL Tomato Lentil Soup Eggbeaters Grits DL Grilled Ham Slices Biscuit
S A T	Oatmeal/Cream of Wheat Eggbeaters Hardboiled Eggs Turkey Sausage Link Biscuit/DL Gravy	DL Vegetable Soup Vegetable Lasagna Club Spinach Harvard Beets	Soup Du Jour Braised Veal DL Garlic Smashed Potatoes Broccoli Stewed Tomatoes Dinner Rolls
S U N	Oatmeal/Grits Eggbeaters Hardboiled Eggs DL Creamed Ground Beef DL Lyonnaise Potatoes Biscuit/DL Gravy	DL Turkey Noodle Soup Grilled Chopped Steak/Gravy DL Potato Casserole Mushrooms w/Onions Green Beans	Soup Du Jour Whole Roast Turkey /Gravy Baked Sweet Potatoes Asparagus Corn On The Cob Panini Rolls

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