

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	Chicken Rice Soup Corn Chowder Sliced Deli Meats/Assorted Cheese Kaiser Roll Fish and Chips Baked Beans Broccoli	Soup Du Jour Chicken Ranchero Rice/Mashed Potatoes Peas & Pearl Onions Squash Medley Dinner Rolls
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	Pinto Bean Soup Cream of Broccoli Soup Spaghetti with Meatballs Baked Fish Mashed Potatoes Asparagus Corn Garlic Bread	Soup Du Jour Beef Stroganoff Egg Noodles/Mashed Potatoes Cauliflower Spinach Panini Rolls
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	Tomato Rice Soup Cream of Asparagus Soup BBQ Pork Wings Reuben Sandwich Potato Chips Green Beans Carrots	Soup Du Jour Stuffed Green Peppers Potatoes Au Gratin Green Peas & Mushrooms Corn on the Cob
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	Turkey Noodle Soup Cream of Potato Soup Roast Turkey Breast/Gravy Cranberry Sauce Pork Carnitas Stuffing / Mashed Potatoes Fried Eggplant Succotash	Soup Du Jour Baked Chicken/Gravy Mashed Potatoes/Rice Cauliflower Au Gratin Mixed Vegetables
F R I	Cinnamon Rolls Oatmeal/Grits Eggs to Order/Hardboiled Eggs Oven Baked Bacon Scrapple Hashbrowns French Toast Biscuit/Breakfast Gravy	Vegetable Soup Pinto Bean Soup Beef Stew Fried Catfish Rice/Mashed Potatoes Green Beans Corn on the Cob Cornbread	Soup Du Jour Short Ribs w/Onion Mushroom Gravy Roasted Red Potatoes Asparagus Spears Yellow Squash Dinner 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	Tomato Florentine Soup Cream of Mushroom Soup Yakisoba Beef Baked Chicken Macaroni & Cheese Peas & Pearl Onions Steamed Carrots Garlic Bread	Soup Du Jour Swiss Steak Garlic Mashed Potatoes Corn Italian Green Beans Dinner Rolls
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	Cream of Broccoli Soup Great Northern Bean Soup Egg Salad/Croissant Marinated Pork Chop Stir Fried Rice Oriental Vegetables Spinach Cornbread	Soup Du Jour Fried Shrimp/Fried Fish Loaded Potato Casserole Okra & Tomatoes Italian Green Beans Panini Rolls

DESSERTS

Mon	Bread Pudding	DL	Blueberry Pie, No Sugar Added
Tues	Carrot Cake	DL	Brownies, No Sugar Added
Wed	Chocolate Chip Cookies	DL	Coconut Cream Pie, No Sugar Added
Thurs	Lemon Cream Cake	DL	Peach Pie, No Sugar Added
Fri	Peanut Butter Cookies	DL	Peanut Butter Cookie, Sugar Free
Sat	Apple Crumb Pie	DL	Chocolate Cake, No Sugar Added
Sun	Walnut Cream Cake	DL	Cherry 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 Cycle #5 – Week of September 22-29, 2008

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 Chicken Rice Soup Baked Fish with Lemon Mashed Potatoes Mixed Vegetables Broccoli	Soup Du Jour DL Chicken with Vegetables Fettucini Noodles California Blend Vegetables Squash Medley Dinner Rolls
T U E S	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon DL Lyonnaise Potatoes Biscuit/DL Gravy	DL Cream of Broccoli Soup Spaghetti with Sauce Asparagus Oriental Vegetables Garlic Bread	Soup Du Jour Roast Beef/Gravy Egg Noodles/Mashed Potatoes Cauliflower Spinach Panini Rolls
W E D	Oatmeal/Cream of Wheat Eggbeaters Hardboiled Eggs Turkey Sausage Link Biscuit/DL Gravy	DL Cream of Asparagus Soup Vegetable Stew Brown Rice Carrots	Soup Du Jour Stuffed Peppers DL Potatoes Au Gratin Green Peas & Mushrooms Harvard Beets
T H U R	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon Biscuit/DL Gravy	DL Cream of Potato Soup Roast Turkey Breast /Gravy Steamed Rice/Mashed Potatoes Eggplant Casserole Succotash	Soup Du Jour Baked Chicken/gravy Mashed Potatoes/Rice Cauliflower Au Gratin Mixed Vegetables
F R I	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon Biscuit/DL Gravy	DL Vegetable Soup Baked Catfish DL Mashed Potatoes Green Beans Mustard Greens	Soup Du Jour DL Short Ribs w/ Onions DL Roasted Red Potatoes Asparagus Spears Yellow Squash Dinner Rolls
S A T	Oatmeal/Cream of Wheat Eggbeaters Hardboiled Eggs DL Creamed Ground Beef DL Lyonnaise Potatoes Biscuit/DL Gravy	DL Cream of Mushroom Soup Baked Chicken DL Macaroni & Cheese Simmered Beets Steamed Carrots Garlic Bread	Soup Du Jour DL Swiss Steak DL Mashed Potatoes Sugar Snaps Mushroom/Onions Dinner Roll
S U N	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Sausage Link Biscuit/DL Gravy	DL Cream of Broccoli Soup DL Turkey Pot Pie Brown Rice Oriental Vegetables Spinach	Soup Du Jour Sauteed Shrimp DL Potato Casserole Okra & Tomatoes Italian Green Beans 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