

## Menu ~ December 23 – 29, 2024

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Monday</b> December 23	Donuts / Muffins Oatmeal / Grits French Toast Pork Bacon Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Onion Pinto Bean  <i>Dessert:</i> Coconut Custard Pie	
		Chicken Salad Meatloaf w. Gravy Mashed Potatoes German Blend Vegetables Black Eye Peas Dinner Rolls	Sliced Deli Turkey Yakasoba Beef w. Noodles Marinated Grill Vegetables Fried Eggplant Teriyaki Bread Rolls
<b>Tuesday</b> December 24	Donuts / Muffins Oatmeal/ Cream of Wheat Creamed Chipped Beef Lyonnaise Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Cream of Broccoli Chicken Noodle  <i>Dessert:</i> Oatmeal & Raisin Cookies	
		Beef Pot Pie Grilled Ham White Lima Beans & Rice Stewed Tomatoes Club Spinach Corn Muffins	Deli Sliced Roast Beef Lemon Baked Fish Parmesan Noodles Brussel Sprouts Corn & Carrots Dinner Rolls
<b>Wednesday</b> December 25	Donuts / Coffee Cake Oatmeal / Grits Pork Bacon Hash Browns Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Vegetable Beef & Barley Tomato Florentine  <i>Dessert:</i> Mississippi Mud Cake	
		Themed Meal: **Christmas Day**	Themed Meal: **Christmas Day**
<b>Thursday</b> December 26	Donuts / Cinnamon Rolls Oatmeal / Grits Sausage Links / Scrapple Apple Pancakes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Chicken Tortilla Split Pea & Ham  <i>Dessert:</i> Cheesecake w. Drizzle	
		Barbeque Pulled Pork Beef Tacos & Burritos Refried Beans & Spanish Rice Squash Casserole Seasoned Green Beans Brown and Serve Rolls	Sliced Deli Turkey Pepper Steak w. Gravy Lyonnaise Rice Fried Zucchini Buttery Green Peas Dinner Rolls
<b>Friday</b> December 27	Donuts / Assorted Danishes Oatmeal / Cream of Wheat Creamed Ground Beef Home Fried Potatoes / Tater Tots Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Chili Bean Chicken & Rice  <i>Dessert:</i> Lemon Meringue Pie	
		Mediterranean Pasta Fried Catfish w. Bienville Sauce Praline Sweet Potatoes Cauliflower Au Gratin Garden Spinach Salad Hushpuppies	Deli Cold Cuts Pot Roast w. Mushroom Gravy Mashed Potatoes Southern Fried Succotash Roasted Mixed Vegetables Slider Rolls
<b>Saturday</b> December 28	Donuts / Scones Oatmeal / Grits Corned Beef Hash O'Brien Potatoes Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> Loaded Potato Italian Wedding  <i>Dessert:</i> Sugar Cookies	
		Turkey Pot Pie Spaghetti w. Meat Sauce Italian Green Beans Normandy Blend Vegetables Garlic Bread	Sliced Deli Roast Beef Orange Chicken Fried Rice Asparagus Mixed Vegetables Assorted Rolls
<b>Sunday</b> December 29	Donuts / Cinnamon Rolls Oatmeal / Grits Grilled Ham Steaks Pineapple Waffles Eggs to Order Biscuits & Gravy	<i>Soup of the Day:</i> New England Clam Chowder Knickerbockers  <i>Dessert:</i> Cherry Cobbler	
		Egg Salad Barbeque Pork Wings Baked Beans Corn on the Cob Collard Greens Cornbread	Sliced Deli Chicken Fried Shrimp Cheesy Grits Coleslaw Sautéed Okra Dinner Rolls

# Menu - Diet Line ~ December 23 – 29, 2024

All items on this menu have been modified to be lower in calories, fats and/or sodium than the regular line items. 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 Dietician for a 1:1 consult.

**All items containing Gluten are indicated with <sup>Ⓒ</sup>. Items not labeled as containing gluten are identified as gluten-free by our suppliers.**

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Monday</b> December 23	<sup>Ⓒ</sup> Oatmeal /Grits Scrambled Egg Beaters Hardboiled Eggs Turkey Bacon <sup>Ⓒ</sup> Biscuits & Gravy	<i>Soup of the Day:</i> <sup>Ⓒ</sup> Pinto Bean <i>Dessert:</i> <sup>Ⓒ</sup> NSA Lemon Parfait	
		<sup>Ⓒ</sup> Meatloaf w. Gravy Mashed Potatoes German Blend Vegetables <sup>Ⓒ</sup> Black Eye Peas <sup>Ⓒ</sup> Bread Rolls	<sup>Ⓒ</sup> Yakisoba Beef Marinated Grill Vegetables Steamed Cauliflower <sup>Ⓒ</sup> Bread Rolls
<b>Tuesday</b> December 24	<sup>Ⓒ</sup> Oatmeal / <sup>Ⓒ</sup> Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs <sup>Ⓒ</sup> Biscuits & Gravy Turkey Sausage Patties Lyonnaise Potatoes	<i>Soup of the Day:</i> <sup>Ⓒ</sup> Chicken Noodle <i>Dessert:</i> <sup>Ⓒ</sup> Sugar-Free Cookies	
		Grilled Ham Steaks White Lima Beans & Brown Rice Stewed Tomatoes Spinach <sup>Ⓒ</sup> Assorted Rolls	Lemon Baked Fish <sup>Ⓒ</sup> Buttered Noodles Brussel Sprouts Corn & Carrots <sup>Ⓒ</sup> Wheat Rolls
<b>Wednesday</b> December 25	<sup>Ⓒ</sup> Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs <sup>Ⓒ</sup> Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i> <sup>Ⓒ</sup> Tomato Florentine <i>Dessert:</i> <sup>Ⓒ</sup> NSA Vanilla Pudding	
		Themed Meal: **Christmas Day**	Themed Meal: **Christmas Day**
<b>Thursday</b> December 26	<sup>Ⓒ</sup> Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs <sup>Ⓒ</sup> Biscuits & Gravy Turkey Sausage Links	<i>Soup of the Day:</i> Split Pea <i>Dessert:</i> <sup>Ⓒ</sup> Angel Cake w. Mandarin Oranges	
		Turkey Tacos Refried Beans Spanish Rice Squash Green Beans <sup>Ⓒ</sup> Wheat Rolls	<sup>Ⓒ</sup> Pepper Steak 'n Gravy Brown Rice Pilaf Zucchini Green Peas <sup>Ⓒ</sup> Wheat Rolls
<b>Friday</b> December 27	<sup>Ⓒ</sup> Oatmeal / <sup>Ⓒ</sup> Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs Biscuits & Gravy Creamed Ground Beef	<i>Soup of the Day:</i> Chicken & Rice <i>Dessert:</i> <sup>Ⓒ</sup> NSA Peach Pie	
		Baked Fish Baked Sweet Potatoes Steamed Cauliflower Spinach Garden Salad <sup>Ⓒ</sup> Bread Rolls	Pot Roast w. Mushroom Gravy Mashed Potatoes Succotash Roasted Mixed Vegetables <sup>Ⓒ</sup> Bread Rolls
<b>Saturday</b> December 28	<sup>Ⓒ</sup> Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs <sup>Ⓒ</sup> Biscuits & Gravy Turkey Bacon O'Brien Potatoes	<i>Soup of the Day:</i> Potato <i>Dessert:</i> <sup>Ⓒ</sup> Sugar-Free Cookies	
		<sup>Ⓒ</sup> Spaghetti w. Meat Sauce Italian Green Beans Okra <sup>Ⓒ</sup> Garlic Bread	Herb Roasted Chicken <sup>Ⓒ</sup> Egg Noodle Asparagus Mixed Vegetables <sup>Ⓒ</sup> Assorted Rolls
<b>Sunday</b> December 29	<sup>Ⓒ</sup> Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs <sup>Ⓒ</sup> Biscuits & Gravy Grilled Ham	<i>Soup of the Day:</i> Knickerbocker <i>Dessert:</i> Fruit Cups	
		Sliced Roast Beef w. Gravy <sup>Ⓒ</sup> Buttered Noodles Corn on the Cob Collard Greens <sup>Ⓒ</sup> Bread Rolls	Sautéed Shrimp <sup>Ⓒ</sup> Angel Hair Pasta Normandy Blend Veggies Coleslaw <sup>Ⓒ</sup> Bread Rolls

## Fixed Menu Items

**These items do not change according to the weekly menu**

### Breakfast Bar:

6 Bagels, 6 English Muffins, 6 Assorted Bread Slices

Prunes, Bananas, Grapefruit Sections, Cut Fresh Fruit, Applesauce, Raisins

Assorted Jellies, Syrup, and condiment topping

### Daily Grill:

6 Hamburgers, 6 Hot Dogs, Grilled Chicken Breast, 6 Grilled Cheese Sandwich

*Condiments:* Lettuce, Tomato, Red Onion, Dill Pickle, Bacon, Horseradish, Chili, Cheese, Assorted Chips

### Salad Bar:

Mixed Salad Greens, Cherry Tomatoes, Sliced Cucumbers, Sliced Red Onions, Matchstick Carrots, Sliced Bell Peppers, Bread & Butter Pickles, Whole Green Olives, Sliced Black Olives, Coleslaw, Tuna Fish, Boiled Eggs, Cottage Cheese, Shredded Cheese, Bacon Bits, Beets

*Variables:*

Jalapeno or Banana Peppers, Broccoli or Cauliflower Florets, Green Peas or Edamame, Green Onions or Celery Sticks, Avocado or Baby Corn, Chopped Nuts, Dried Cranberries or Raisins, Sunflower Seeds or Bleu Cheese Crumble, Salmon (Mon, Wed, Fri).

*Dressings:*

Ranch, Blue Cheese, Thousand Island, Italian, Catalina, Fat-Free Ranch, Olive Oil, Red/White Vinegar, Balsamic Vinegar

*Daily Rotation Items:*

	Salad	Fruit	Gelatin
Monday	Green Pea & Carrot	Mandarin Oranges	Strawberry
Tuesday	Greek	Fruit Cocktail	Orange
Wednesday	Potato	Pineapple Chunks	Cherry
Thursday	German Tomato	Apricot Halves	Lemon
Friday	Broccoli	Fruit Cocktail	Raspberry
Saturday	Fruit	Pineapple Slices	Lime
Sunday	6 Pasta	Pear Halves	Watermelon