

Menu ~ December 30 – January 5, 2025

| | Breakfast | Lunch | Dinner |
|-------------------------------|--|---|---|
| Monday December 30 | Donuts / Muffins Oatmeal / Grits French Toast Pork Bacon Eggs to Order Biscuits & Gravy | <i>Soup of the Day:</i> Egg Drop Vegetable <i>Dessert:</i> Peach Pie | |
| | | Stuffed Peppers w. Tomato Sauce Teriyaki Chicken Stir Fried Rice Stir Fried Asian Vegetables Broccoli Florets Assorted Rolls | Assorted Deli Cold Cuts Country Fried Steaks w. Gravy Mashed Potatoes Broiled Tomatoes Brussels Sprouts Yeast Rolls |
| Tuesday December 31 | Donuts / Bran Muffins Oatmeal/ Cream of Wheat Creamed Chipped Beef Lyonnaise Potatoes Eggs to Order Biscuits & Gravy | <i>Soup of the Day:</i> Cream of Tomato Navy Bean <i>Dessert:</i> Chocolate Cookies | |
| | | Enchiladas Barbeque Beef Brisket Macaroni and Cheese Sautéed Carrots Fresh Spinach Salad Yeast Rolls | Sliced Deli Turkey Baked Salmon w/Cucumber Sauce Wild Rice Sugar Snap Peas Okra and Tomatoes |
| Wednesday January 1 | Donuts / Coffee Cake Oatmeal / Grits Pork Bacon Hash Browns Eggs to Order Biscuits & Gravy | <i>Soup of the Day:</i> Minestrone Lobster Bisque <i>Dessert:</i> Carrot Cake | |
| | | Themed Meal: ** New Years Day** | Themed Meal: ** New Years Day** |
| Thursday January 2 | Donuts / Cinnamon Rolls Oatmeal / Grits Sausage Links / Scrapple Apple Pancakes Eggs to Order Biscuits & Gravy | <i>Soup of the Day:</i> Corn Chowder Chicken Noodle <i>Dessert:</i> Pecan Blondie | |
| | | Chicken Tenders Smothered Pork Chops Black-eyed Peas w/Rice Collard Greens Harvard Beets Corn Muffins | Assorted Deli Cold Cuts Roasted Turkey w. Gravy Cornbread / Cranberry Sauce Mashed Potatoes Green Peas / Creamed Cauliflower Brown & Serve Rolls |
| Friday January 3 | 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> Cream of Broccoli Manhattan Clam Chowder <i>Dessert:</i> Coconut Cream Pie | |
| | | Reuben Sandwiches Buffalo Shrimp French Fries Fried Okra Coleslaw Hushpuppies | Sliced Deli Roast Beef Chicken Cordon Bleu Scalloped Potatoes Asparagus Spears Southern Fried Succotash Slider Rolls |
| Saturday January 4 | Donuts / Scones Oatmeal / Grits Corned Beef Hash O'Brien Potatoes Eggs to Order Biscuits & Gravy | <i>Soup of the Day:</i> Split Pea with Ham Kielbasa Cabbage <i>Dessert:</i> White Chocolate Macadamia Cookies | |
| | | Egg Salad Grilled Liver and Onions Mashed Potatoes w. Gravy Roasted Mixed Vegetables Creamed Spinach Assorted Rolls | Sliced Deli Turkey Char-Grilled Chopped Steak Baked Potato Whole Green Beans Glazed Baby Carrots Brown & Serve Rolls |
| Sunday January 5 | Donuts / Cinnamon Rolls Oatmeal / Grits Grilled Ham Steaks Pineapple Waffles Eggs to Order Biscuits & Gravy | <i>Soup of the Day:</i> Beef Vegetable Red Bean <i>Dessert:</i> Rice Pudding | |
| | | Seafood Salad Chicken & Dumplings Sautéed Cabbage Sautéed Carrots | Sliced Deli Chicken Beef Pot Pie Steamed White Rice Normandy Blend Veggies Fried Zucchini Dinner Rolls |

Menu - Diet Line ~ December 30 – January 5, 2025

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 ^G. Items not labeled as containing gluten are identified as gluten-free by our suppliers.

| | Breakfast | Lunch | Dinner |
|-------------------------------|---|---|---|
| Monday December 30 | ^G Oatmeal /Grits Scrambled Egg Beaters Hardboiled Eggs Turkey Bacon ^G Biscuits & Gravy | <i>Soup of the Day:</i> ^G Vegetable <i>Dessert:</i> ^G NSA Apple Pie | |
| | | ^G Teriyaki Chicken ^G Brown Fried Rice ^G Asian-style Vegetables Steamed Broccoli Dinner Rolls | ^G Chopped Turkey w. Gravy ^G Mashed Potatoes w. Gravy Broiled Tomatoes Brussels Sprouts Dinner Rolls |
| Tuesday December 31 | ^G Oatmeal / ^G Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs ^G Biscuits & Gravy Turkey Sausage Patties Lyonnaise Potatoes | <i>Soup of the Day:</i> ^G Cream of Tomato <i>Dessert:</i> ^G Sugar-Free Cookies | |
| | | ^G Sliced Roast Beef w. Gravy Diced Potatoes Fresh Spinach Salad Carrots ^G Dinner Rolls | Baked Salmon w. Cucumber Sauce Steamed Wild Rice Sugar Snap Peas Okra & Tomatoes ^G Dinner Rolls |
| Wednesday January 1 | ^G Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs ^G Biscuits & Gravy Grilled Ham | <i>Soup of the Day:</i> ^G Minestrone <i>Dessert:</i> NSA Chocolate Pudding | |
| | | Themed Meal: ** New Years Day** | Themed Meal: ** New Years Day** |
| Thursday January 2 | ^G Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs ^G Biscuits & Gravy Turkey Sausage Links | <i>Soup of the Day:</i> ^G Chicken Noodle <i>Dessert:</i> ^G Angel Cake w. Crushed Pineapples | |
| | | Smothered Pork Chop Black-eyed Peas & Brown Rice Collard Greens Beets ^G Assorted Rolls | Roasted Turkey w. Gravy Mashed Potatoes Green Peas Steamed Cauliflower ^G Dinner Rolls |
| Friday January 3 | ^G Oatmeal / ^G Cream of Wheat Scrambled Egg Beaters Hardboiled Eggs Biscuits & Gravy Creamed Ground Beef | <i>Soup of the Day:</i> ^G Manhattan Clam Chowder <i>Dessert:</i> NSA Vanilla Pudding | |
| | | Broiled Fish Baby Baked Potatoes Okra Coleslaw ^G Wheat Rolls | Grilled Chicken Breast Assorted Vegetables Baked Sweet Potatoes Succotash Asparagus Spears ^G Dinner Rolls |
| Saturday January 4 | ^G Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs ^G Biscuits & Gravy Turkey Bacon O'Brien Potatoes | <i>Soup of the Day:</i> ^G Split Pea <i>Dessert:</i> ^G Sugar-Free Cookies | |
| | | ^G Vegetable Cutlet w. Marinara Mashed Potatoes Roasted Mixed Vegetables Spinach ^G Assorted Rolls | Grilled Chopped Steak ^G Baked Potato Carrots Whole Green Beans ^G Assorted Rolls |
| Sunday January 5 | ^G Oatmeal / Grits Scrambled Egg Beaters Hardboiled Eggs ^G Biscuits & Gravy Grilled Ham | <i>Soup of the Day:</i> ^G Beef Noodle <i>Dessert:</i> Fruit Cups | |
| | | ^G Chicken & Dumplings Squash German Blend Vegetables ^G Dinner Rolls | ^G Beef Pot Pie Brown Rice Normandy Blend Vegetables Zucchini ^G Dinner Rolls |

Fixed Menu Items

These items do not change according to the weekly menu

Breakfast Bar:

Bagels, English Muffins, Assorted Bread Slices

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

Assorted Jellies, Syrup, and condiment topping

Daily Grill:

Hamburgers, Hot Dogs, Grilled Chicken Breast, 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 |