

WEEKLY MENU FOR RESIDENTS

SUNDAY, SEPTEMBER 06 – SATURDAY, SEPTEMBER 12, 2020

LUNCH MENU:

STARTERS:

Cauliflower and Cheese Soup

Tossed Salad (lettuce, tomato, cucumber, cheese, eggs / ranch, thousand island, blue cheese, Italian, French, or oil & vinegar dressings)

Pickled Beets

ENTREES:

Fried Chicken

Meatloaf

Grilled Pork Chop

Steamed Tilapia

Baked Chicken

SIDES:

Macaroni and Cheese

Dirty Rice (brown gravy optional)

Grilled Okra

Seasoned Cabbage

Steamed Cauliflower

Fresh Fruit (banana, orange, apple, or half grapefruit)

BREADS:

Yeast Roll

Southern Biscuit

DESSERTS:

Chocolate-Peanut Butter Pie

No-Sugar-Added Cake with Icing

Sugar-free Jello

SUPPER MENU:

STARTERS:

Cauliflower and Cheese Soup

Tossed Salad (lettuce, tomato, cucumber, cheese, eggs / ranch, thousand island, blue cheese, Italian, French, or oil & vinegar dressings)

SANDWICHES:

French Dip

-OR-

Build Your Own Sandwich:

Breads – Wheat, White, Rye, Buttered Croissant

Meats – Chicken Salad, Ham, Turkey

Spreads – Pimento Cheese, Peanut Butter & Jelly

Other Toppings – Lettuce, Tomato, Cheese, Onion, Mustard, Mayo

SIDES:

Beer-Battered Onion Rings

Plain Potato Chips

Baked Potato Chips

Fresh Cut Fruit

DESSERTS:

Assorted Desserts

Assorted No-Sugar-Added Desserts

Sugar-Free Jello