

WEEKLY MENU FOR RESIDENTS

SUNDAY, OCTOBER 18, 2020

SUNDAY LUNCH MENU:

STARTERS:

Cream of Potato and Leek Soup

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

Fresh Fruit

ENTREES:

Roasted Pork Loin

Crab Cakes with Remoulade Sauce

Fried Chicken

Grilled Chicken Breast Filet

Steamed Tilapia Filet

SIDES:

Macaroni and Cheese

Red Beans and Rice

Buttered Acorn Squash

Apples and Yams

Mustard Greens

Steamed Beets

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

BREADS:

Hushpuppies

Rye Bread

DESSERTS:

Banana Foster Cake

No-Sugar-Added Cheesecake

Sugar-free Jello

SUNDAY SUPPER MENU:

STARTERS:

Cream of Potato and Leek Soup

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

SANDWICHES:

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:

Plain Potato Chips

Baked Potato Chips

Fresh Cut Fruit

DESSERTS:

Assorted Desserts

Assorted No-Sugar-Added Desserts

Sugar-Free Jello

MONDAY, OCTOBER 19 – WEDNESDAY, OCTOBER 21, 2020

LUNCH MENU:

STARTERS:

Cream of Broccoli Soup

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

Fresh Fruit

ENTREES:

Chicken ala King

Petite Filet Mignon

Baked Chicken

Steamed Tilapia

SIDES:

Baked Potato

Rice (brown gravy optional)

Seasoned Spinach

Breaded Green Beans

Vegetable Blend

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

BREADS:

Wheat Roll

Cheese Biscuit

DESSERTS:

Pear Cobbler

No-Sugar-Added Cake with Icing

Sugar-free Jello

SUPPER MENU:

STARTERS:

Cream of Broccoli

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

SANDWICHES:

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

SPECIAL ENTREE:

Honey Mustard Glazed Chicken (rice optional)

SIDES:

Brussel Sprouts

Plain Potato Chips

Baked Potato Chips

Fresh Cut Fruit

DESSERTS:

Assorted Desserts

Assorted No-Sugar-Added Desserts

Sugar-Free Jello

THURSDAY, OCTOBER 22 – SATURDAY, OCTOBER 24, 2020

LUNCH MENU:

STARTERS:

Beef Vegetables

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

Fresh Fruit

ENTREES:

Hamburger (cheese, lettuce, tomato, onion optional)

Fried Pork Chop

Grilled Chicken Breast Filet

Steamed Tilapia

SIDES:

Sweet Potato Fries

Wild Rice Pilaf (brown gravy optional)

Crowder Peas

Steamed Vegetable Blend

Seasoned Cabbage

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

BREADS:

Cornbread

Mini Croissant

DESSERTS:

Lemon Bar

No-Sugar-Added Cake with Icing

Sugar-free Jello

SUPPER MENU:

STARTERS:

Beef Vegetable Soup

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

SANDWICHES:

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

SPECIAL:

Waffle with Bacon

SIDES:

Plain Potato Chips

Baked Potato Chips

Fresh Cut Fruit

DESSERTS:

Assorted Desserts

Assorted No-Sugar-Added Desserts

Sugar-Free Jello