

WEEKLY MENU FOR RESIDENTS

SUNDAY, NOVEMBER 22, 2020

SUNDAY LUNCH MENU:

STARTERS:

Beef Barley Soup

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

Fresh Fruit

Pickled Beets

ENTREES:

Beef Pot Roast

Lemon-Dill Crusted Salmon Filet

Fried Chicken

Baked Chicken

Steamed Tilapia

SIDES:

Mashed Potatoes (brown gravy optional)

Rice (gravy optional)

Breaded Green Beans

Cheesy Cauliflower

Steamed Kale

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

BREADS:

Hushpuppies

Wheat Roll

DESSERTS:

Pistachio-Almond Cake

No-Sugar-Added Cake

Sugar-free Jello

SUNDAY SUPPER MENU:

STARTERS:

Beef Barley 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, NOVEMBER 23 – TUESDAY, NOVEMBER 24, 2020

LUNCH MENU:

STARTERS:

Split Pea Soup with Ham

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

Fresh Fruit

SANDWICH:

Philly Cheesesteak

ENTREES:

Breaded Coconut Shrimp

Baked Chicken

Steamed Tilapia

SIDES:

Jasmine Rice (brown gravy optional)

French Fries

Steamed Broccoli (cheese sauce optional)

Vegetable Egg Roll

Grilled Asian Vegetables

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

BREADS:

Multigrain Bread

Yeast Roll

DESSERTS:

No-Sugar-Added Lemon Merengue Pie

No-Sugar-Added Cheesecake

Sugar-free Jello

SUPPER MENU:

STARTERS:

Split Pea Soup with Ham

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:

Breakfast Casserole

SIDES:

Hash Browns

Plain Potato Chips

Baked Potato Chips

Fresh Cut Fruit

DESSERTS:

Assorted Desserts

Assorted No-Sugar-Added Desserts

Sugar-Free Jello

WEDNESDAY, NOVEMBER 25

LUNCH MENU (SANDWICH LUNCH):

STARTERS:

Split Pea Soup with Ham

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

Fresh Fruit

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 Cookies

No-Sugar-Added Cheesecake

Sugar-free Jello

SUPPER MENU:

STARTERS:

Split Pea Soup with Ham

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:

Breakfast Casserole

SIDES:

Hash Browns

Plain Potato Chips

Baked Potato Chips

Fresh Cut Fruit

DESSERTS:

Assorted Desserts

Assorted No-Sugar-Added Desserts

Sugar-Free Jello



THURSDAY, NOVEMBER 26 - THANKSGIVING

THANKSGIVING LUNCH:

STARTERS:

Lobster Bisque

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

Fresh Fruit

Quinoa and Cranberry Salad with Feta Cheese

ENTREES:

Baked Turkey (cranberry sauce optional)

Glazed Ham

Oyster Bread Pudding

Steamed Tilapia

Baked Chicken

SIDES:

Rice (brown gravy optional)

Cornbread Dressing (giblet gravy optional)

Candied Yams

Fresh Mustard Greens and Turnips

Steamed Butternut Squash

Fresh Collard Greens

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

BREADS:

Southern Biscuit

Mini Croissant

DESSERTS:

No-Sugar-Added Cherry Pie

Pumpkin Praline Cheesecake

Sugar-free Jello

THANKSGIVING SUPPER:

STARTERS:

Lobster Bisque 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

FRIDAY, NOVEMBER 27 – SATURDAY, NOVEMBER 28, 2020

LUNCH MENU:

STARTERS:

Cream of Tomato Soup

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

Fresh Fruit

ENTREES:

Fried Flounder Filet

Salisbury Steak

Grilled Pork Chop

Grilled Chicken Breast Filet

SIDES:

Roasted Garlic Mashed Potatoes (brown gravy optional)

Rice (brown gravy optional)

Stewed Tomatoes (rice optional)

Steamed Brussel Sprouts

White Lima Beans

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

BREADS:

Southern Biscuit

Hushpuppies

DESSERTS:

Pear Cobbler

No-Sugar-Added Cake

Sugar-free Jello

SUPPER MENU:

STARTERS:

Cream of Tomato 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:

Gyro

SIDES:

Plain Potato Chips

Baked Potato Chips

Fresh Cut Fruit

DESSERTS:

Assorted Desserts

Assorted No-Sugar-Added Desserts

Sugar-Free Jello