

REGENCY SAMPLE MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>— BREAKFAST —</p> <p>Scrambled Eggs Bacon Oatmeal Biscuit Margarine/Jelly <i>Choice of Juice &amp; Milk &amp; Beverage of Choice</i></p>	<p>— BREAKFAST —</p> <p>Scrambled Eggs Bacon Oatmeal French Toast Margarine/Syrup <i>Choice of Juice &amp; Milk &amp; Beverage of Choice</i></p>	<p>— BREAKFAST —</p> <p>Omelet Sausage Gravy Oatmeal Biscuit Margarine/Jelly <i>Choice of Juice &amp; Milk &amp; Beverage of Choice</i></p>	<p>— BREAKFAST —</p> <p>Scrambled Eggs Sausage Patty Grits Waffle Margarine/Syrup <i>Choice of Juice &amp; Milk &amp; Beverage of Choice</i></p>	<p>— BREAKFAST —</p> <p>Omelet Bacon Oatmeal Biscuit Margarine/Syrup <i>Choice of Juice &amp; Milk &amp; Beverage of Choice</i></p>	<p>— BREAKFAST —</p> <p>Scrambled Eggs Sausage Links Oatmeal Pancakes Margarine/Syrup <i>Choice of Juice &amp; Milk &amp; Beverage of Choice</i></p>	<p>— BREAKFAST —</p> <p>Scrambled Eggs Bacon Oatmeal Biscuit Margarine/Jelly <i>Choice of Juice &amp; Milk &amp; Beverage of Choice</i></p>
<p>— LUNCH —</p> <p>Sliced Turkey Cornbread Dressing Gravy Seasoned Sweet Peas Cranberry Sauce Roll/Margarine Pumpkin Pie <i>Milk and Beverage of Choice</i></p>	<p>— LUNCH —</p> <p>Southern Fried Chicken Candied Yams Braised Cabbage Sliced Tomato &amp; Onion Cornbread Muffin/Margarine Chocolate Cake w/ Chocolate Icing <i>Milk and Beverage of Choice</i></p>	<p>— LUNCH —</p> <p>Sautéed Shrimp Cheese Grits Fried Green Tomatoes Roll/Margarine Chess Square <i>Milk and Beverage of Choice</i></p>	<p>— LUNCH —</p> <p>Teriyaki Chicken Fried Rice Oriental Vegetables Margarine Egg Roll Italian Cream Cake <i>Milk and Beverage of Choice</i></p>	<p>— LUNCH —</p> <p>Hamburger on Bun: Cheese, Lettuce, Pickle, Tomato Baked Beans French Fries Mustard, Mayo, Catsup Peach Cobbler <i>Milk and Beverage of Choice</i></p>	<p>— LUNCH —</p> <p>Fried Catfish Fried Dill Pickles Cole Slaw Hush-puppies Sliced Onion Tartar Sauce Lemon Ice Box Pie <i>Milk and Beverage of Choice</i></p>	<p>— LUNCH —</p> <p>Sliced Ham w/ Pineapple Glaze Mashed Sweet Potatoes Spinach Au Gratin Roll/Margarine Coconut Cake <i>Milk and Beverage of Choice</i></p>
<p>— DINNER —</p> <p>Tuna Salad Sandwich Potato Salad Carrot Raisin Salad Hello Dolly Bar <i>Milk and Beverage of Choice</i></p>	<p>— DINNER —</p> <p>Meat Lasagna Green Beans Caesar Salad Cracker Packets Roll/Margarine Frozen Ambrosia <i>Milk &amp; Beverage of Choice</i></p>	<p>— DINNER —</p> <p>Salisbury Steak w/ Gravy Creamed Potatoes Steamed Squash &amp; Onions Sliced Tomato Cornbread Muffin/Margarine Peanut Butter Pie <i>Milk and Beverage of Choice</i></p>	<p>— DINNER —</p> <p>Beef Stew Fired Okra Tossed Salad, Dressing Cracker Packet Cornbread Muffin/Margarine Emerald Isle Salad <i>Milk and Beverage of Choice</i></p>	<p>— DINNER —</p> <p>Chicken Pot Pie Broccoli Florets w/ Cheese Sauce Yam Sticks Roll/Margarine Pound Cake <i>Milk and Beverage of Choice</i></p>	<p>— DINNER —</p> <p>Pulled Pork w/ BBQ Sauce on Side Potato Salad Battered Onion Rings Roll/Margarine Bread Pudding <i>Milk and Beverage of Choice</i></p>	<p>— DINNER —</p> <p>Philly Steak Sandwich Pickle Spear Fired Potatoes Garden Salad, Dressing Cracker Packet Custard Pie <i>Milk and Beverage of Choice</i></p>
<p>— EXTRAS —</p> <p>Black Eyed Peas Grilled Ham Sandwich Chicken Noodle Soup</p>	<p>— EXTRAS —</p> <p>Great Northern Beans Grilled Cheese Sandwich Vegetable Soup</p>	<p>— EXTRAS —</p> <p>Pinto Beans Chicken Club Sandwich Tomato Soup</p>	<p>— EXTRAS —</p> <p>Great Northern Beans Ham Sandwich Potato Soup</p>	<p>— EXTRAS —</p> <p>Dry Lima Beans Grilled Cheese Sandwich Cream of Chicken Soup</p>	<p>— EXTRAS —</p> <p>Pinto Beans Peanut Butter &amp; Jelly Sandwich Vegetable Soup</p>	<p>— EXTRAS —</p> <p>Black Eyed Peas Grilled Bologna Sandwich Chicken Noodle Soup</p>

A regular diet has no restrictions. For a no added salt diet — serve regular diet and omit using the salt shaker at the table or on the tray.  
Low concentrated sweets — serve sugarless substitutes and one half serving of regular desserts. A chopped meat diet has cut meats and may include fork tender fruits and vegetables.