

GROTON REGENCY RESIDENCES BY COMPLETE CARE (HSG)

Week-At-A-Glance

hcs91northern2025 Week 1

Regular						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
French Toast w/Blueberry Topping 2 Sl - Margarine 1 Ea - Blueberry Topping 2 Oz Sausage Patty 1 Ea Oatmeal Cereal 6 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Scrambled Eggs 1/4 Cup Oatmeal Cereal 6 Oz Glazed Cinnamon Roll 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Scrambled Eggs w/Cheese 1/4 Cup Hashbrown 1/2 Cup Oatmeal Cereal 6 Oz Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Western Scrambled Eggs 1/4 Cup Oatmeal Cereal 6 Oz Biscuit 1 Ea - Margarine 1 Ea - Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Buttermilk Pancakes 2 Ea - Margarine 1 Ea - Syrup 1 Ea Bacon 2 Sl Oatmeal Cereal 6 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Eggs Florentine Bake 1 Square Oatmeal Cereal 6 Oz Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Scrambled Eggs 1/4 Cup Breakfast Ham 1 Oz Oatmeal Cereal 6 Oz English Muffin 1 Ea - Margarine 1 Ea - Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
BBQ Pork Loin 3 Oz Country Vegetable Blend 1/2 Cup Baked Beans 1/2 Cup Cornbread 1 Square - Margarine 1 Ea Vanilla Ice Cream 1 Ea Coffee or Hot Tea 6 Oz Hamburger Steak w/Grilled Onions 3 Oz - Brown Gravy 2 Oz Seasoned Spinach 1/2 Cup Mashed Potatoes 1/2 Cup	Turkey Club Sandwich 1 Sandwich - Lettuce & Tomato 1 Plate - Mayonnaise 1 Pkt Dixie Coleslaw 1/2 Cup Macaroni Salad 1/2 Cup Summer Fresh Fruit Cup 1/2 Cup Coffee or Hot Tea 6 Oz Breaded Fish on a Bun 1 Sandwich - Tartar Sauce 1 Pkt Marinated Cucumber Salad 1/2 Cup Potato Wedges 1/2 Cup - Ketchup 1 Pkt	Marinated Chicken Thigh 1 Ea Whole Kernel Corn (veg) 1/2 Cup Oven Browned Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Chocolate Chip Cookie 1 Ea Coffee or Hot Tea 6 Oz Meatballs w/Gravy 3 Ea Broccoli Florets 1/2 Cup Egg Noodles 1/2 Cup	Homestyle Meatloaf w/Ketchup Glaze 4 Oz Roasted Zucchini 1/2 Cup Duchess Mashed Potatoes 1/2 Cup Poppy Seed Dinner Roll 1 Ea - Margarine 1 Ea Cherry Cheesecake Bar 1 Bar Coffee or Hot Tea 6 Oz Thyme Chicken Breast 3 Oz Peas & Carrots 1/2 Cup Buttered Rice 1/2 Cup	Cheese Lasagna 1 Square Caesar Salad 1 Cup Garlic Bread 1 Ea Fruit Cocktail 1/2 Cup Coffee or Hot Tea 6 Oz Egg Salad Sandwich 1 Sandwich - Lettuce & Tomato 1 Plate Marinated Green Bean Salad 1/2 Cup Potato Salad 1/2 Cup	Parmesan Crusted Tilapia Fillet 3 Oz Buttered Green Peas 1/2 Cup Roasted Red Skin Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Marble Cake w/White Frosting 1 Square Coffee or Hot Tea 6 Oz Smothered Steak 3 Oz Seasoned Spinach 1/2 Cup Buttered Rice 1/2 Cup	Roast Turkey 3 Oz - Poultry Gravy 2 Oz Steamed Broccoli Florets w/Lemon 1/2 Cup Bread Dressing 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Banana Pudding Parfait 1/2 Cup Coffee or Hot Tea 6 Oz BBQ Pork Chop 3 Oz Zucchini 1/2 Cup Oven Roasted Potatoes 1/2 Cup
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Chicken Tenders 2 Ea - Honey Mustard 1 Ea Broccoli Florets 1/2 Cup Tater Tots 1/2 Cup - Ketchup 1 Pkt Dinner Roll/Bread 1 Ea - Margarine 1 Ea Pear Crisp 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Cheese Ravioli w/Marinara Sauce 1 Cup Tossed Salad w/Dressing 1 Cup	Country Fried Steak w/Mushroom Gravy 1 Ea Honey Roasted Carrots 1/2 Cup Mashed Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Strawberry Shortcake 1 Square Milk 8 Oz Coffee or Hot Tea 6 Oz Garlic Baked Pork Chop 3 Oz Sauteed Asparagus Cuts 1/2 Cup Parsley Rice 1/2 Cup	Sweet & Sour Shrimp 3/8 Cup - Steamed Rice 1/2 Cup Sugar Snap Peas 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Seedless Watermelon Cubes 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Thin Crust Cheese Pizza 1 Pc Sauteed Green Beans 1/2 Cup Italian Pasta Salad 1/2 Cup	Ham & Swiss Sandwich on Wheat 1 Sandwich - Lettuce & Tomato 1 Plate - Mayonnaise 1 Pkt Creamy Cucumber & Onion Salad 1/2 Cup Potato Chips 1 Oz Chilled Peach Parfait 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Tuna Salad Sandwich 1 Sandwich - Lettuce & Tomato 1 Plate Marinated Mixed Vegetable Salad 1/2 Cup Macaroni Salad 1/2 Cup	Lemon Herbed Chicken Breast 3 Oz Sauteed Asparagus Cuts 1/2 Cup Rice Pilaf 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea S'more Brownie 1 Square Milk 8 Oz Coffee or Hot Tea 6 Oz Kielbasa Sausage 1 Ea Braised Cabbage 1/2 Cup Oven Browned Potatoes 1/2 Cup	Hot Dog on a Bun 1 Sandwich - Baked Beans 1/2 Cup - Mustard 1 Pkt Confetti Coleslaw 1/2 Cup Chilled Pears 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Grilled Cheese Sandwich 1 Sandwich Sugar Snap Peas 1/2 Cup French Fries 1/2 Cup - Ketchup 1 Pkt	Meatball Sub Sandwich 1 Sandwich Seasoned Green Beans 1/2 Cup Potato Wedges 1/2 Cup - Ketchup 1 Pkt Tropical Fruit Salad 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Breaded Chicken on a Bun 1 Sandwich - Mayonnaise 1 Pkt - Lettuce & Tomato 1 Plate Sliced Carrots 1/2 Cup Buttered Noodles 1/2 Cup

GROTON REGENCY RESIDENCES BY COMPLETE CARE (HSG)

Week-At-A-Glance

hcsq1northern2025 Week 2

Regular						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Scrambled Eggs 1/4 Cup Oatmeal Cereal 6 Oz Blueberry Muffin 1 Ea - Margarine 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	French Toast Casserole 1 Square - Margarine 1 Ea - Syrup 1 Ea Sausage Patty 1 Ea Oatmeal Cereal 6 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Scrambled Eggs w/Cheese 1/4 Cup Oatmeal Cereal 6 Oz Biscuit 1 Ea - Margarine 1 Ea - Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Egg & Hashbrown Bake 1 Square Oatmeal Cereal 6 Oz Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Scrambled Eggs 1/4 Cup Oatmeal Cereal 6 Oz Streusel Coffee Cake 1 Square - Margarine 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Buttermilk Pancakes 2 Ea - Margarine 1 Ea - Syrup 1 Ea Bacon 2 Sl Oatmeal Cereal 6 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Baked Cheese Omelet 1 Ea Breakfast Ham 1 Oz Oatmeal Cereal 6 Oz Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Encrusted Pork Loin 3 Oz Braised Cabbage 1/2 Cup Whipped Sweet Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Chocolate Ice Cream 1 Ea Coffee or Hot Tea 6 Oz Herb & Lemon Tilapia Fillet 3 Oz Roasted Garlic Squash 1/2 Cup Herbed Rice 1/2 Cup	Cornflake Chicken Breast 3 Oz Peas & Carrots 1/2 Cup Cheesy Rice 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Peach Pie w/Crumb Topping 1 Sl Coffee or Hot Tea 6 Oz Hamburger Steak w/Grilled Onions 3 Oz - Brown Gravy 2 Oz Sauteed Asparagus Cuts 1/2 Cup Buttered Noodles 1/2 Cup	Beef Soft Taco w/Flour Tortilla 2 Ea - Shredded Lettuce & Diced Tomato Topping 1/4 Cup - Shredded Cheddar Cheese (tbl) 1 Tbl Sauteed Peppers & Onions 1/2 Cup Mexican Corn 1/2 Cup Pineapple Tidbits 1/2 Cup Coffee or Hot Tea 6 Oz Garlic Baked Pork Chop 3 Oz Sliced Parsley Carrots 1/2 Cup Potato Wedges 1/2 Cup - Ketchup 1 Pkt Dinner Roll/Bread 1 Ea - Margarine 1 Ea	Chicken Parmesan w/ 3 Oz - Spaghetti Noodles 1/2 Cup Roasted Zucchini 1/2 Cup Garlic Bread 1 Ea Butterscotch Pudding Parfait 1/2 Cup Coffee or Hot Tea 6 Oz Meatballs w/Gravy 3 Ea Broccoli Florets 1/2 Cup Buttered Rice 1/2 Cup	Cheesy Ham & Macaroni Casserole 1 Cup Sauteed Spinach w/Garlic 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Oatmeal Raisin Cookie 1 Ea Coffee or Hot Tea 6 Oz Smothered Turkey Patty 3 Oz Capri Vegetable Blend 1/2 Cup Oven Roasted Potatoes 1/2 Cup	Lemon Pepper Tilapia Fillet 3 Oz Roasted Green Beans 1/2 Cup Rice Pilaf 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Cinnamon Brown Sugar Blondie 1 Square Coffee or Hot Tea 6 Oz Chicken Tenders 2 Ea - Honey Mustard 1 Ea Green Peas 1/2 Cup Mashed Potatoes 1/2 Cup	Classic Baked Ziti 1 Cup Tossed Salad w/Dressing 1 Cup Garlic Bread 1 Ea Lemon Glazed Angel Food Cake 1 Sl Coffee or Hot Tea 6 Oz Rancher's Pork Chop 3 Oz Seasoned Spinach 1/2 Cup Mashed Potatoes 1/2 Cup
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
BBQ Cheeseburger on a Bun 1 Sandwich - Pickle Spear 1 Spear - Lettuce & Onion 1 Plate Broccoli Salad 1/2 Cup Tater Tots 1/2 Cup - Ketchup 1 Pkt Mandarin Oranges 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Marinated Chicken Thigh 1 Ea Seasoned Spinach 1/2 Cup Parmesan Noodles 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea	Egg Salad Sandwich on Croissant 1 Sandwich - Lettuce & Tomato 1 Plate Tomato Basil Salad 1/2 Cup Potato Chips 1 Oz Hearty Vegetable Soup 6 Oz - Saltine Crackers 1 Pkt Summer Fresh Fruit Cup 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Turkey Sandwich 1 Sandwich - Lettuce & Tomato 1 Plate - Mayonnaise 1 Pkt Creamy Cucumber & Onion Salad 1/2 Cup Macaroni Salad 1/2 Cup	Turkey Rice Casserole 1 Cup Sugar Snap Peas 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Chocolate Cake w/ Peanut Butter Frosting 1 Square Milk 8 Oz Coffee or Hot Tea 6 Oz Cheese Ravioli w/Marinara Sauce 1 Cup Tossed Salad w/Dressing 1 Cup	Breaded Fish on a Bun 1 Sandwich - Tartar Sauce 1 Pkt Creamy Coleslaw 1/2 Cup Potato Wedges 1/2 Cup - Ketchup 1 Pkt Fruit Cocktail 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Italian Sausage 1 Ea Green Peas 1/2 Cup Parsley Rice 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea	Salisbury Steak 3 Oz - Brown Gravy 2 Oz Sliced Glazed Carrots 1/2 Cup Au Gratin Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Seedless Watermelon Cubes 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Cheese Quiche 1 Sl Braised Cabbage 1/2 Cup	Grilled Turkey & Cheese Sandwich 1 Sandwich Broccoli Florets 1/2 Cup French Fries 1/2 Cup - Ketchup 1 Pkt Tropical Fruit Salad 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Parsley Pork Chop 3 Oz Steamed Asparagus Cuts 1/2 Cup Herbed Noodles 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea	Rotisserie Chicken Thigh 1 Ea Squash Medley 1/2 Cup Oven Browned Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Chilled Peaches 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Cheese Quesadilla 1 Ea - Sour Cream 1 Pkt Whole Kernel Corn (veg) 1/2 Cup Steamed Rice 1/2 Cup

GROTON REGENCY RESIDENCES BY COMPLETE CARE (HSG)

Week-At-A-Glance

hcsq1northern2025 Week 3

Regular						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Scrambled Eggs 1/4 Cup Oatmeal Cereal 6 Oz Glazed Cinnamon Roll 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	French Toast 2 Sl - Margarine 1 Ea - Syrup 1 Ea Bacon 2 Sl Oatmeal Cereal 6 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Biscuit 1 Ea - Sausage Gravy 3 Oz Oatmeal Cereal 6 Oz Hashbrown 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Garden Frittata Bake 1 Square Oatmeal Cereal 6 Oz English Muffin 1 Ea - Margarine 1 Ea - Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Baked Cheese Omelet 1 Ea Oatmeal Cereal 6 Oz Toast 1 Sl - Jelly 1 Ea - Margarine 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Buttermilk Pancakes w/Strawberry Topping 1 Srv - Margarine 1 Ea - Syrup 1 Ea Breakfast Ham 1 Oz Oatmeal Cereal 6 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Western Scrambled Eggs 1/4 Cup Oatmeal Cereal 6 Oz Toast 1 Sl - Jelly 1 Ea - Margarine 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Herbed Turkey 3 Oz - Poultry Gravy 2 Oz Honey Roasted Carrots 1/2 Cup Mashed Potatoes 1/2 Cup Parsley Dinner Roll 1 Ea - Margarine 1 Ea S'more Pudding Parfait 1/2 Cup Coffee or Hot Tea 6 Oz Salisbury Steak 3 Oz - Brown Gravy 2 Oz Seasoned Green Peas 1/2 Cup Rice Pilaf 1/2 Cup	Dijon Pork Loin 3 Oz Seasoned Spinach 1/2 Cup Fried Potatoes & Onions 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Peach Shortcake 1 Square Coffee or Hot Tea 6 Oz Cheese Quesadilla 1 Ea - Sour Cream 1 Pkt Whole Kernel Corn (veg) 1/2 Cup Steamed Rice 1/2 Cup	Tuna Salad Hoagie 1 Sandwich - Lettuce & Tomato 1 Plate Tomato Basil Salad 1/2 Cup Potato Chips 1 Oz Deluxe Fruit Salad 1/2 Cup Coffee or Hot Tea 6 Oz Turkey Burger on a Bun 1 Sandwich - Lettuce & Tomato 1 Plate - Pickle Spear 1 Spear - Mayonnaise 1 Pkt Creamy Cucumber & Onion Salad 1/2 Cup Macaroni Salad 1/2 Cup	Chicken Piccata 1 Ea Sauteed Asparagus Cuts 1/2 Cup Rice Pilaf 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Double Chocolate Brownie 1 Square Coffee or Hot Tea 6 Oz Hamburger Steak w/Grilled Onions 3 Oz - Brown Gravy 2 Oz Sugar Snap Peas 1/2 Cup Mashed Potatoes 1/2 Cup	Country Fried Steak w/Cream Gravy 1 Ea Peas & Carrots 1/2 Cup Herbed Mashed Potatoes 1/2 Cup Cornbread 1 Square - Margarine 1 Ea Peanut Butter Cookie 1 Ea Coffee or Hot Tea 6 Oz Honey Dijon Chicken Breast 3 Oz Zucchini 1/2 Cup Buttered Rice 1/2 Cup	Shrimp Alfredo w/ 3 Oz - Spaghetti Noodles 1/2 Cup Steamed Broccoli Florets w/Lemon 1/2 Cup Garlic Bread 1 Ea Lemon Blueberry Cake w/Icing 1 Square Coffee or Hot Tea 6 Oz Chicken Tenders 2 Ea - Honey Mustard 1 Ea Steamed Asparagus Cuts 1/2 Cup Mashed Potatoes 1/2 Cup	Philly Cheesesteak Sandwich 1 Sandwich - Sautéed Peppers & Onions. 1/4 Cup Tossed Salad w/Dressing 1 Cup French Fries 1/2 Cup - Ketchup 1 Pkt Vanilla Ice Cream 1 Ea Coffee or Hot Tea 6 Oz Glazed Baked Pork Chop 3 Oz Sliced Carrots 1/2 Cup Seasoned Rice 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Hot Dog on a Bun 1 Sandwich - Baked Beans 1/2 Cup - Mustard 1 Pkt Calico Coleslaw 1/2 Cup Seedless Watermelon Cubes 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Breaded Fish on a Bun 1 Sandwich - Tartar Sauce 1 Pkt Capri Vegetable Blend 1/2 Cup Tater Tots 1/2 Cup - Ketchup 1 Pkt	Thin Crust Cheese Pizza 1 Pc Roasted Broccoli Florets 1/2 Cup Italian Pasta Salad 1/2 Cup Mandarin Oranges 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Marinated Chicken Thigh 1 Ea Sliced Carrots 1/2 Cup Garlic Potato Wedges 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea	Meatsauce w/ 6 Oz - Spaghetti Noodles 1/2 Cup Caesar Salad 1 Cup Garlic Bread 1 Ea Orange Sherbet 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Cornflake Crusted Tilapia Fillet 3 Oz Green Beans 1/2 Cup Parsley Rice 1/2 Cup	Kielbasa Sausage 1 Ea Braised Cabbage 1/2 Cup Garlic Roasted Red Skin Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Chilled Pears 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Cheese Quiche 1 Sl Tossed Salad w/Dressing 1 Cup	BBQ Pulled Turkey Sandwich 1 Sandwich Roasted Green Beans 1/2 Cup Macaroni & Cheese 1/2 Cup Fruit Cocktail 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Garlic Baked Pork Chop 3 Oz Sauteed Spinach w/Garlic 1/2 Cup Oven Roasted Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea	Grilled Cheese Sandwich 1 Sandwich Capri Vegetable Blend 1/2 Cup Potato Wedges 1/2 Cup - Ketchup 1 Pkt Tomato Soup 6 Oz - Saltine Crackers 1 Pkt Apple Crisp 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Smothered Turkey Patty 3 Oz Seasoned Green Peas 1/2 Cup Parsley Noodles 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea	Lemon Herbed Chicken Breast 3 Oz Sugar Snap Peas 1/2 Cup Oven Browned Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Summer Fresh Fruit Cup 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Cheese Ravioli w/Marinara Sauce 1 Cup Roasted Garlic Squash 1/2 Cup

GROTON REGENCY RESIDENCES BY COMPLETE CARE (HSG)

Week-At-A-Glance

hcs91northern2025 Week 4

Regular						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Scrambled Eggs 1/4 Cup Oatmeal Cereal 6 Oz Blueberry Muffin 1 Ea - Margarine 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	French Toast 2 Sl - Margarine 1 Ea - Syrup 1 Ea Sausage Patty 1 Ea Oatmeal Cereal 6 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Scrambled Eggs w/Cheese 1/4 Cup Oatmeal Cereal 6 Oz Biscuit 1 Ea - Margarine 1 Ea - Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Buttermilk Pancakes 2 Ea - Margarine 1 Ea - Syrup 1 Ea Bacon 2 Sl Oatmeal Cereal 6 Oz Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Egg & Hashbrown Bake 1 Square Oatmeal Cereal 6 Oz English Muffin 1 Ea - Margarine 1 Ea - Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Scrambled Eggs 1/4 Cup Oatmeal Cereal 6 Oz Peach Streusel Coffee Cake 1 Square - Margarine 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv	Baked Cheese Omelet 1 Ea Breakfast Ham 1 Oz Oatmeal Cereal 6 Oz Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Orange Juice 4 Oz Cold Cereal of Choice 1 Srv
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Beef Pot Roast 3 Oz - Brown Gravy 2 Oz Sliced Glazed Carrots 1/2 Cup Mashed Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Butterscotch Pudding 1/2 Cup Coffee or Hot Tea 6 Oz BBQ Chicken Thigh 1 Ea Whole Kernel Corn (veg) 1/2 Cup Buttered Rice 1/2 Cup	Bruschetta Chicken 3 Oz Roasted Broccoli Florets 1/2 Cup Parmesan Noodles 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Sour Cream Orange Cake 1 Square Coffee or Hot Tea 6 Oz Rancher's Pork Chop 3 Oz Capri Vegetable Blend 1/2 Cup Buttered Rice 1/2 Cup	Hawaiian Baked Ham 3 Oz Seasoned Green Beans 1/2 Cup Baked Sweet Potatoes 1/2 Cup Poppy Seed Dinner Roll 1 Ea - Margarine 1 Ea Sliced Pears 1/2 Cup Coffee or Hot Tea 6 Oz Salisbury Steak 3 Oz - Brown Gravy 2 Oz Green Peas 1/2 Cup Buttered Noodles 1/2 Cup	Cheese Ravioli w/Marinara Sauce 1 Cup Caesar Salad 1 Cup Garlic Bread 1 Ea Mandarin Oranges 1/2 Cup Coffee or Hot Tea 6 Oz Ham Sandwich 1 Sandwich - Lettuce & Tomato 1 Plate - Mayonnaise 1 Pkt Marinated Cucumber & Onion Salad 1/2 Cup Potato Salad 1/2 Cup	Garlic Herbed Pork Loin 3 Oz Braised Cabbage 1/2 Cup Roasted Red Skin Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Chocolate Cream Pie 1 Sl Coffee or Hot Tea 6 Oz Smothered Turkey Patty 3 Oz Roasted Broccoli Florets 1/2 Cup Parmesan Noodles 1/2 Cup	Baked Tilapia Florentine 3 Oz Steamed Asparagus Cuts 1/2 Cup Rice Pilaf 1/2 Cup Parsley Dinner Roll 1 Ea - Margarine 1 Ea Snickerdoodle Cookie 1 Ea Coffee or Hot Tea 6 Oz Breaded Chicken on a Bun 1 Sandwich - Mayonnaise 1 Pkt - Lettuce & Tomato 1 Plate Sliced Parsley Carrots 1/2 Cup Oven Roasted Potatoes 1/2 Cup	Meatballs w/Marinara Sauce 3 Ea - Marinara Sauce (oz) 2 Oz - Spaghetti Noodles 1/2 Cup Parmesan Baked Zucchini 1/2 Cup Garlic Bread 1 Ea Vanilla Glazed Angel Food Cake 1 Sl Coffee or Hot Tea 6 Oz Cheese Quesadilla 1 Ea - Sour Cream 1 Pkt Sugar Snap Peas 1/2 Cup Yellow Rice 1/2 Cup
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Egg Salad Sandwich on Croissant 1 Sandwich - Lettuce & Tomato 1 Plate Marinated Cucumber Salad 1/2 Cup Creamy Dill Macaroni Salad 1/2 Cup Chilled Peach Parfait 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Tuna Salad Sandwich 1 Sandwich - Lettuce & Tomato 1 Plate Broccoli Salad 1/2 Cup Potato Chips 1 Oz	Cheeseburger on a Bun 1 Sandwich - Lettuce & Tomato 1 Plate - Ketchup 1 Pkt - Pickle Spear 1 Spear Confetti Coleslaw 1/2 Cup Tater Tots 1/2 Cup - Ketchup 1 Pkt Tropical Fruit Salad 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Cornflake Crusted Tilapia Fillet 3 Oz Roasted Garlic Squash 1/2 Cup Buttered Noodles 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea	Chicken Stir Fry w/Vegetables 2/3 Cup Steamed Rice 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Campfire Blondie 1 Square Milk 8 Oz Coffee or Hot Tea 6 Oz Cheese Quiche 1 Sl Sugar Snap Peas 1/2 Cup	Breaded Fish on a Bun 1 Sandwich - Tartar Sauce 1 Pkt Squash Medley 1/2 Cup Oven Brownd Potatoes 1/2 Cup Chocolate Ice Cream 1 Ea Milk 8 Oz Coffee or Hot Tea 6 Oz Honey Dijon Chicken Breast 3 Oz Whole Kernel Corn (veg) 1/2 Cup Seasoned Rice 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea	Rotisserie Chicken Thigh 1 Ea Green Peas 1/2 Cup Macaroni & Cheese 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Apple Crisp 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Hamburger Steak w/Grilled Onions 3 Oz - Brown Gravy 2 Oz Garlic Green Beans 1/2 Cup Buttered Rice 1/2 Cup	BBQ Pork Platter 1/2 Cup Creamed Spinach 1/2 Cup Potato Wedges 1/2 Cup - Ketchup 1 Pkt Cornbread 1 Square - Margarine 1 Ea Summer Fresh Fruit Cup 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Thin Crust Cheese Pizza 1 Pc Tossed Salad w/Dressing 1 Cup Italian Pasta Salad 1/2 Cup	Grilled Turkey & Cheese Sandwich 1 Sandwich Tomato Basil Salad 1/2 Cup French Fries 1/2 Cup - Ketchup 1 Pkt Pineapple Tidbits 1/2 Cup Milk 8 Oz Coffee or Hot Tea 6 Oz Kielbasa Sausage 1 Ea Broccoli Florets 1/2 Cup Buttered Noodles 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea