

Weekly Menu

The Wellington at Southport



	Sun 08-17-2025	Mon 08-18-2025	Tue 08-19-2025	Wed 08-20-2025	Thu 08-21-2025	Fri 08-22-2025	Sat 08-23-2025
B R E A K F A S T	Hot Cereal Egg of Choice Bacon Fresh Fruit 100% Juice Beverage Choice	Brown Sugar French Toast Sausage Link Bacon Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Country Gravy and Biscuits Egg of Choice Sausage Bacon Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Denver Egg Scramble Bacon Sausage Link Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Fluffy Pancakes Egg of Choice Bacon Sausage Fresh Fruit 100% Juice Beverage Choice	Country Gravy and Biscuits Egg of Choice Bacon Sausage Fresh Fruit 100% Juice Beverage Choice	Cheesy Scrambled Eggs Breakfast Sausage Patty Fresh Fruit 100% Juice Biscuit Beverage Choice
L U N C H	Herb Roasted Turkey Cornbread Dressing Carrot Green Bean Blend Beverage Choice Homemade Coconut Cake	Autumn Pot Roast Fortified Mashed Potatoes with GF Gravy Collard Greens Whole Grain Bread Beverage Choice Chocolate Chip Brownie	Open Face Hot Turkey Sandwich Oven Fried Potatoes Succotash Beverage Choice Carrot Cake	Classic Salisbury Steak and Gravy Roasted Rosemary Potatoes Garlic Green Beans Baked Roll Beverage Choice Yellow Cake	Green Salad Chicken Parmesan Garlic Pasta Italian Blend Garlic Texas Toast Beverage Choice Lemon Meringue Pie	Coleslaw Flounder Fillet Fried Potatoes and Onions Fried Okra Whole Grain Bread Beverage Choice Marble Cake	Green Salad Oven Fried Pork Chops Boiled Red Potatoes Braised Cabbage Baked Roll Beverage Choice Angel Food Cake with Fresh Berries
D I N N E R	Baked Spaghetti Garlic Pasta Grilled Zucchini Garlic Breadsticks Beverage Choice Butterscotch Pudding	Baked Potato Soup Asian Almond Chicken Salad Lemon Buttered Broccoli Whole Grain Bread Beverage Choice SF Jello	Crab Cake Lemon Rice Fresh Asparagus Baked Roll Chocolate Mousse	Grilled Chicken Sandwich German Potato Salad Harvard Beets Beverage Choice Homemade Cookie	Green Salad Southern Ham and Beans Chef's Steamed Vegetable Beverage Choice Fruit Yogurt Parfait	Buttermilk Fried Chicken Baked Macaroni Cheese Mixed Vegetables Buttermilk Biscuits Beverage Choice Chocolate Cake	Green Salad Classic Beef Stew Cornbread Beverage Choice SF Dessert
Milk offered at every meal							Week 4

Dietitian's Signature:  4-21-2025