

# HC Gazette April 20th - 26th

## Saturday, April 20

10:00 Wii Bowling	<b>PFR</b>
11:00 Manicures	<b>Room</b>
1:00 Rummikub	<b>AR</b>
6:30 Movie: <i>The Best Exotic Marigold Hotel</i>	<b>TV 971</b>

## Sunday, April 21

9:00 Chapel Service	<b>TV 971</b>
1:00 Movie: <i>Hidalgo</i>	<b>TV 971</b>
6:45 Chapel Service	<b>TV 971</b>

## Monday, April 22

### Earth Day

10:00 Group Exercise	<b>AR</b>
10:30 Rock Painting	<b>AR</b>
2:00 Earth Day Dirt Cup Cart	<b>Room</b>

## Tuesday, April 23

10:00 Group Exercise	<b>AR</b>
11:00 Cat Visits with Butternut	<b>Room</b>
2:00 April Birthday Party	<b>PDR</b>
3:30 Relaxing on the Porch	<b>MP/PP</b>
6:30 Movie: <i>The Sound of Music</i>	<b>TV 971</b>

## Wednesday, April 24

10:30 Chaplain's Gathering	<b>AR</b>
11:00 Spiritual Stretching with Chaplain Pat	<b>AR</b>
2:00 BINGO	<b>AR</b>

## Thursday, April 25

10:30 Chapel Service	<b>MC/TV</b>
1:00 Word Puzzles & Activity Packets	<b>Room</b>
2:00 Words in Words	<b>AR</b>
2:00 News with Nancy	<b>TV 971</b>
6:30 Movie: <i>A Perfect Planet: Oceans</i>	<b>TV 971</b>

## Friday, April 26

10:00 Balloon Toss	<b>MLR</b>
11:00 BINGO	<b>AR</b>
2:00 Resident Council	<b>AR</b>

### Magnolia Spring (2nd Floor)

### Poplar Peak (3rd Floor)

KEY: TV— Channel 971, AR—Activities Room, PFR— Poplar Family Room, PLR— Poplar Living Room, PDR— Poplar Dining Room, MLR— Magnolia Living Room, PP— Poplar Porch, MP—Magnolia Porch, BT — Bethesda Theater, RM — Residents Rooms , T — Terrace,

# Earth Day Activities

Monday is Earth Day, a day celebrating support for environmental protection. To celebrate Earth Day, we have two Earth-themed activities.

## Rock Painting

Sunnyside Resident, Diane Hanson, will be leading a rock painting craft. Residents can paint their own unique rock. Both pre-stenciled and unmarked rocks will be available for residents to choose from.

## Earth Day Dirt Cups

For residents wanting a sweet treat, we will be coming around with “dirt cups” to continue with our earthy theme for the day.



# Regular Menu

## Saturday, April 20

<b>Breakfast</b>	Scrambled eggs, bacon, oatmeal, cinnamon raisin toast, mandarin oranges
<b>Lunch</b>	Sloppy joe on bun, mashed potatoes, peas and carrots, cole slaw, French silk pie
<b>Dinner</b>	Tortellini Caesar salad, cream of potato soup, breadstick, cherry pretzel square

## Sunday, April 21

<b>Breakfast</b>	Scrambled eggs, oatmeal, orange blossom muffin, toast, pears
<b>Lunch</b>	Chicken cordon bleu, rice pilaf, green beans, wheat roll, shrimp cocktail, peach pie
<b>Dinner</b>	Beef and swiss hero sandwich, potato wedges, fresh fruit plate, strawberry ice cream cup

## Monday, April 22

<b>Breakfast</b>	Sausage gravy, oatmeal, biscuit, applesauce
<b>Lunch</b>	Fried trout, macaroni and tomatoes, steamed cabbage, crumb topped cherry cobbler
<b>Dinner</b>	Garlic butter steak bites, three cheese mashed potatoes, herb roasted mushrooms, artisan bread, vanilla pudding

## Tuesday, April 23

<b>Breakfast</b>	Poached eggs, bacon, cream of wheat, toast, mandarin oranges
<b>Lunch</b>	Chopped chef salad, broccoli soup, apricots, strawberry shortcake
<b>Supper</b>	Orange glazed pork chop, white rice, Asian blend vegetables, ambrosia salad

## Wednesday, April 24

<b>Breakfast</b>	Multigrain pancakes, sausage patty, oatmeal, fruit cocktail
<b>Lunch</b>	Fried chicken, corn casserole, pacific blend vegetables, quinoa salad, chocolate marble ice cream cup
<b>Supper</b>	Hot dog on bun, chili, baked macaroni and cheese, cole slaw

## Thursday, April 25

<b>Breakfast</b>	Scrambled eggs, cheese grits, toast, scone, banana
<b>Lunch</b>	Baked flounder, spinach souffle, baby carrots, corn muffin, key lime pie
<b>Supper</b>	Chicken marsala, linguini, whole green beans, Caesar salad, tiramisu

## Friday, April 26

<b>Breakfast</b>	Egg and sausage casserole, cream of wheat, cinnamon raisin toast, peaches
<b>Lunch</b>	Beef steak with gravy, parmesan orzo, sliced zucchini, cream cheese brownie
<b>Supper</b>	Crustless broccoli and cheddar quiche, roasted acorn squash, spinach salad, yogurt parfait

Daily sandwich available at lunch and dinner.

### If you have Dietary questions:

Please call 8232 for questions or to request an alternate menu offerings at least two hours prior to meal

\*\*Menu is subject to change\*\*

# Wellness Menu

## Saturday, April 20

<b>Breakfast</b>	Scrambled toast, turkey bacon, oatmeal, cinnamon raisin toast, mandarin oranges
<b>Lunch</b>	Sloppy joe on bun, mashed potatoes, peas and carrots, cole slaw
<b>Supper</b>	Tortellini Caesar salad, cream of potato soup, breadstick, cherries

## Sunday, April 21

<b>Breakfast</b>	Scrambled eggs, oatmeal, orange blossom muffin, toast, pears
<b>Lunch</b>	Baked chicken, rice pilaf, green beans, shrimp cocktail
<b>Supper</b>	Beef and swiss hero sandwich, potato wedges, fresh fruit plate, diet ice cream

## Monday, April 22

<b>Breakfast</b>	Turkey sausage, oatmeal, scrambled eggs, toast, applesauce
<b>Lunch</b>	Steamed cod, macaroni and tomatoes, steamed cabbage, bing cherries
<b>Supper</b>	Beef steak with LS gravy, three cheese mashed potatoes, herb roasted mushrooms, vanilla pudding

## Tuesday, April 23

<b>Breakfast</b>	Poached eggs, turkey bacon, cream of wheat, toast, mandarin oranges
<b>Lunch</b>	Chopped chef salad, broccoli soup, apricots
<b>Supper</b>	Baked pork chop, white rice, Asian blend vegetables, ambrosia salad

## Wednesday, April 24

<b>Breakfast</b>	Multigrain pancakes, turkey sausage, oatmeal, fruit cocktail
<b>Lunch</b>	Baked chicken, kernel corn, pacific blend vegetables, quinoa salad, diet ice cream
<b>Supper</b>	Hot dog, baked macaroni and cheese, cole slaw

## Thursday, April 25

<b>Breakfast</b>	Scrambled eggs, cheese grits, toast, banana
<b>Lunch</b>	Baked flounder, spinach souffle, baby carrots, key lime pie
<b>Supper</b>	Baked seasoned chicken thigh, linguini, whole green beans, Caesar salad, angel food cake

## Friday, April 26

<b>Breakfast</b>	Egg and sausage casserole, cream of wheat, cinnamon raisin toast, peaches
<b>Lunch</b>	Baked beef steak with LS gravy, parmesan orzo, sliced zucchini, cream cheese brownie
<b>Supper</b>	Crustless broccoli and cheddar quiche, roasted acorn squash, spinach salad, yogurt parfait

Daily sandwich available at lunch and dinner.

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# Mechanical Soft Menu

<i>Saturday, April 20</i>	
<b>Breakfast</b>	Scrambled eggs, oatmeal, cinnamon raisin toast, cottage cheese, mandarin oranges
<b>Lunch</b>	Sloppy joe on bun, mashed potatoes, peas and carrots, cole slaw, French silk pie
<b>Supper</b>	Pimento cheese sandwich, cream of potato soup, breadstick, cherries
<i>Sunday, April 21</i>	
<b>Breakfast</b>	Scrambled eggs, oatmeal, orange blossom muffin, toast, pears
<b>Lunch</b>	Ground chicken with gravy, rice pilaf, green beans, wheat roll, seafood salad
<b>Supper</b>	Beef salad and swiss sandwich, potato wedges, fruit cocktail, strawberry ice cream cup
<i>Monday, April 22</i>	
<b>Breakfast</b>	Sausage gravy, oatmeal, biscuit, applesauce
<b>Lunch</b>	Steamed cod, macaroni and tomatoes, steamed cabbage, crumb topped cherry cobbler
<b>Supper</b>	Ground beef steak with gravy, three cheese mashed potatoes, herb roasted mushrooms, dinner roll, vanilla pudding
<i>Tuesday, April 23</i>	
<b>Breakfast</b>	Poached eggs, cream of wheat, toast, mandarin oranges
<b>Lunch</b>	Ham salad sandwich, broccoli soup, apricots, strawberry shortcake
<b>Supper</b>	Ground pork chops with orange sauce, white rice, Asian blend vegetables, ambrosia salad

<i>Wednesday, April 24</i>	
<b>Breakfast</b>	Multigrain pancakes, sausage gravy, fruit cocktail
<b>Lunch</b>	Ground chicken with gravy, corn casserole, pacific blend vegetables, quinoa salad, chocolate marble ice cream cup
<b>Supper</b>	Ground hot dog on bun, chili, baked macaroni and cheese, cole slaw
<i>Thursday, April 25</i>	
<b>Breakfast</b>	Scrambled eggs, cheese grits, toast, banana
<b>Lunch</b>	Baked flounder, spinach souffle, baby carrots, corn muffin, key lime pie
<b>Supper</b>	Ground chicken with gravy, linguini, whole green beans, pears, tiramisu
<i>Friday, April 26</i>	
<b>Breakfast</b>	Egg and sausage casserole, cream of wheat, cinnamon raisin toast, peaches
<b>Lunch</b>	Ground beef steak with gravy, parmesan orzo, sliced zucchini, cream cheese brownie
<b>Supper</b>	Crustless broccoli and cheddar quiche, roasted acorn squash, mandarin oranges,

**Daily sandwich available at lunch and dinner.**

**If you have Dietary questions:**

**Please call 8232 for questions or to request an alternate menu offerings at least two hours prior to meal**

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**\*\*MS: Mechanical Soft\*\***

# Puree Menu

## Saturday, April 20

<b>Breakfast</b>	Scrambled eggs, bacon, oatmeal, oranges
<b>Lunch</b>	Sloppy joe, mashed potatoes, peas and carrots, cole slaw, chocolate pudding
<b>Supper</b>	Pimento cheese, broccoli, potato soup, cherries

## Sunday, April 21

<b>Breakfast</b>	Scrambled eggs, oatmeal, yogurt, pears
<b>Lunch</b>	Chicken with gravy, cream of rice, green beans, seafood salad, peach pie filling
<b>Supper</b>	Beef, carrots, mashed potatoes, fruit cocktail, strawberry ice cream cup

## Monday, April 22

<b>Breakfast</b>	Sausage gravy, oatmeal, eggs, applesauce
<b>Lunch</b>	Fish, macaroni and tomatoes, cabbage, cherry pie filling
<b>Supper</b>	Beef steak with gravy, mashed potatoes, mushrooms, vanilla pudding

## Tuesday, April 23

<b>Breakfast</b>	Scrambled eggs, bacon, cream of wheat, yogurt, oranges
<b>Lunch</b>	Ham, cream of rice, broccoli soup, apricots, strawberry shortcake
<b>Supper</b>	Pork chops with orange sauce, cream of rice, Asian blend vegetables, ambrosia salad

## Wednesday, April 24

<b>Breakfast</b>	French toast, sausage, oatmeal, fruit cocktail
<b>Lunch</b>	Chicken with gravy, cream corn, pacific blend vegetables, pears, chocolate marble ice cream cup
<b>Supper</b>	Bacon, carrots, macaroni and cheese, cole slaw

## Thursday, April 25

<b>Breakfast</b>	Scrambled eggs, cheese grits, yogurt, apricots
<b>Lunch</b>	Fish, spinach souffle, carrots, key lime yogurt
<b>Supper</b>	Chicken marsala, linguini, green beans, pears, angel food cake

## Friday, April 26

<b>Breakfast</b>	Sausage, cream of wheat, eggs, peaches
<b>Lunch</b>	Beef with gravy, orzo, zucchini, brownie
<b>Supper</b>	Egg salad, cream of rice, yellow squash, oranges, yogurt

### If you have Dietary questions:

Please call 8232 for questions or to request an alternate menu offerings at least two hours prior to meal

\*All meals are prepared pureed\*

\*\*Menu is subject to change \*\*



# Hand Held Menu

## Saturday, April 20

<b>Breakfast</b>	Boiled eggs, bacon, dry cereal, cinnamon raisin toast, mandarin oranges
<b>Lunch</b>	Sloppy joe on bun, potato bites, breaded squash bites, baby carrots and dip, brownie
<b>Supper</b>	Pimento cheese sandwich, broccoli bites, cream of potato soup in mug, cherries

## Sunday, April 21

<b>Breakfast</b>	Fried egg sandwich, dry cereal, orange blossom muffin, pears
<b>Lunch</b>	Chicken cordon bleu bites, sweet potato fries, breaded green beans, wheat roll, shrimp cocktail, GF dessert
<b>Supper</b>	Beef and swiss hero sandwich, potato wedges, fresh fruit plate, ice cream novelty

## Monday, April 22

<b>Breakfast</b>	Turkey sausage, dry cereal, boiled egg, biscuit, sliced apple
<b>Lunch</b>	Fish sticks, macaroni and cheese bites, brussels sprouts, bing cherries
<b>Supper</b>	Beef steak, potato bites, breaded mushrooms, artisan bread, vanilla wafers

## Tuesday, April 23

<b>Breakfast</b>	Fried egg sandwich, bacon, dry cereal, mandarin oranges
<b>Lunch</b>	Ham salad sandwich, broccoli soup in mug, apricots, shortcake
<b>Supper</b>	Pork nuggets, tater tots, Asian blend vegetables, mandarin oranges

## Wednesday, April 24

<b>Breakfast</b>	Waffle sticks, sausage patty, dry cereal, boiled egg, banana
<b>Lunch</b>	Pork bbq on bun, corn nuggets, pacific blend vegetables, grape tomatoes and cucumber slices with dip, ice cream novelty
<b>Supper</b>	Hot dog on bun, chili, breaded green beans, macaroni and cheese bites, carrot sticks with dip

## Thursday, April 25

<b>Breakfast</b>	Omelet, dry cereal, toast, scone, banana
<b>Lunch</b>	Fish sticks, broccoli bites, baby carrots, corn muffin, mini cheesecake
<b>Supper</b>	Chicken tenders, tortellini, whole green beans, pears, angel food cake

## Friday, April 26

<b>Breakfast</b>	Sausage links, dry cereal, boiled egg, cinnamon raisin toast, sliced strawberries
<b>Lunch</b>	Baked beef steak, macaroni and cheese bites, breaded zucchini sticks, cream cheese brownie
<b>Supper</b>	Mini quiche, macaroni and cheese bites, breaded squash bites, mandarin oranges,

Daily sandwich available at lunch and dinner.

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# Mech Soft Gluten Free Menu

## Saturday, April 20

<b>Breakfast</b>	Scrambled eggs, cereal, toast, cottage cheese, mandarin oranges
<b>Lunch</b>	Sloppy joe on bun, mashed potatoes, peas and carrots, cole slaw, brownie
<b>Supper</b>	Pimento cheese sandwich, soup, cherries

## Sunday, April 21

<b>Breakfast</b>	Scrambled eggs, cereal, muffin, toast, pears
<b>Lunch</b>	Ground chicken with gravy, white rice, green beans, roll, seafood salad, GF dessert
<b>Supper</b>	Beef salad and swiss sandwich, mashed potatoes, fruit cocktail, strawberry ice cream cup

## Monday, April 22

<b>Breakfast</b>	Scrambled eggs, cereal, toast, yogurt, applesauce
<b>Lunch</b>	Steamed cod, macaroni and tomatoes, steamed cabbage, bing cherries
<b>Supper</b>	Ground beef steak with gravy, three cheese mashed potatoes, herb roasted mushrooms, roll, GF dessert

## Tuesday, April 23

<b>Breakfast</b>	Poached eggs, cereal, toast, yogurt, mandarin oranges
<b>Lunch</b>	Ham salad sandwich, soup, apricots, GF dessert
<b>Supper</b>	Ground pork chops with orange sauce, white rice, Asian blend vegetables, ambrosia salad

## Wednesday, April 24

<b>Breakfast</b>	Pancakes, cereal, scrambled eggs, fruit cocktail
<b>Lunch</b>	Ground chicken with gravy, tater tots, pacific blend vegetables, quinoa salad, chocolate marble ice cream cup
<b>Supper</b>	Ground hot dog on bun, green beans, macaroni and cheese, cole slaw

## Thursday, April 25

<b>Breakfast</b>	Scrambled eggs, cereal, toast, banana
<b>Lunch</b>	Baked flounder, spinach, baby carrots, key lime yogurt
<b>Supper</b>	Ground chicken with gravy, linguine, whole green beans, pears, brownie

## Friday, April 26

<b>Breakfast</b>	Scrambled eggs, cereal, toast, peaches
<b>Lunch</b>	Ground beef steak with gravy, pinto beans, sliced zucchini, brownie
<b>Supper</b>	Crustless broccoli and cheddar quiche, roasted acorn squash, mandarin oranges, yogurt parfait

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\*All meals are prepared gluten free / mechanical Soft\*

\*\*Menu is subject to change \*\*



# Gluten Free Menu

## Saturday, April 20

<b>Breakfast</b>	Scrambled eggs, bacon, cereal, toast, mandarin oranges
<b>Lunch</b>	Sloppy joe on bun, mashed potatoes, peas and carrots, cole slaw, brownie
<b>Supper</b>	Pimento cheese sandwich, soup, cherries

## Sunday, April 21

<b>Breakfast</b>	Scrambled eggs, cereal, muffin, toast, pears
<b>Lunch</b>	Baked chicken with gravy, white rice, green beans, roll, shrimp cocktail, GF dessert
<b>Supper</b>	Beef and swiss sandwich, mashed potatoes, fresh fruit plate, strawberry ice cream cup

## Monday, April 22

<b>Breakfast</b>	Turkey sausage, cereal, scrambled eggs, toast, applesauce
<b>Lunch</b>	Steamed cod, macaroni and tomatoes, steamed cabbage, bing cherries
<b>Supper</b>	Beef steak with gravy, three cheese mashed potatoes, herb roasted mushrooms, roll, GF dessert

## Tuesday, April 23

<b>Breakfast</b>	Poached eggs, bacon, cereal, toast, yogurt, mandarin oranges
<b>Lunch</b>	Chopped chef salad, soup, apricots, GF dessert
<b>Supper</b>	Orange glazed pork chop, white rice, Asian blend vegetables, ambrosia salad

## Wednesday, April 24

<b>Breakfast</b>	Pancakes, sausage patty, cereal, fruit cocktail
<b>Lunch</b>	Baked chicken with gravy, kernel corn, pacific blend vegetables, quinoa salad, chocolate marble ice cream cup
<b>Supper</b>	Hot dog on bun, macaroni and cheese, cole slaw

## Thursday, April 25

<b>Breakfast</b>	Scrambled eggs, cereal, toast, banana
<b>Lunch</b>	Baked flounder, spinach, baby carrots, key lime yogurt
<b>Supper</b>	Chicken marsala, linguine, whole green beans, Caesar salad, brownie

## Friday, April 26

<b>Breakfast</b>	Sausage links, cereal, scrambled eggs, toast, peaches
<b>Lunch</b>	Baked beef steak with gravy, pinto beans, sliced zucchini, brownie
<b>Supper</b>	Crustless broccoli and cheddar quiche, roasted acorn squash, spinach salad, yogurt parfait

### If you have Dietary questions:

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\*\*Menu is subject to change \*\*