

# HC Gazette September 16th-22nd

## Saturday, September 16

10:00 Cornhole **MLR**

11:00 Manicures **RM**

12:30 Movie: *Gone with the Wind* **TV 971**

1:00 Rummikub **PFR**

## Sunday, September 17

9:00 Chapel Service **TV 971**

1:00 Movie: *Cinderella* **TV 971**

6:45 Chapel Service **TV 971**

## Monday, September 18

10:00 Group Exercise **AR**

2:00 Words in Words **AR**

6:00 BINGO **AR**

## Tuesday, September 19

10:00 Group Exercise **AR**

11:00 Cat Visits with Butternut **RM**

2:00 Oktoberfest **PDR**

6:30 Movie: *North by Northwest* **TV 971**

## Wednesday, September 20

10:30 Chaplain's Gathering **AR**

11:00 Group Exercise **AR**

2:00 BINGO **AR**

## Thursday, September 21

9:30 Balloon Toss **MLR**

10:30 Chapel Service **MC/TV**

2:00 Button Monograms **AR**

6:30 Movie: *Magic of the Snowy Owl* **TV 971**

## Friday, September 22

10:00 Group Exercise **AR**

11:00 Good Company Visits **RM**

2:00 Resident Council **AR**

### 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, MC—Meredith Chapel

# Oktoberfest

Tuesday, September 19, stop by the Poplar Dining Room to celebrate Oktoberfest. We will have a variety of themed food, drinks, and decorations for residents to enjoy.

## Button Monograms

On Thursday, September 21, make your own button monogram. In this craft, residents can use buttons of various colors, shapes, and sizes to create a monogram to take home with them.



# Regular Menu

## Saturday, September 16

<b>Breakfast</b>	Scrambled eggs, bacon, oatmeal, pineapple tidbits, donut, toast
<b>Lunch</b>	Spaghetti with meat sauce, turnip greens, garlic bread, Italian romaine salad, cannoli
<b>Supper</b>	Vegetable quiche, green beans, potato cheddar bites, apple crumb cake

## Sunday, September 17

<b>Breakfast</b>	Scrambled eggs, oatmeal, English muffin, orange sections
<b>Lunch</b>	Beef tenderloin, beef gravy, long grain wild rice, roasted brussels sprouts, white roll, peachy congealed salad, carrot cake
<b>Supper</b>	Egg salad sandwich, tomato soup, vegetable pasta salad, lettuce, chocolate éclair dessert

## Monday, September 18

<b>Breakfast</b>	Chipped beef gravy, oatmeal, biscuit, peaches
<b>Lunch</b>	Smothered steak, white rice, California blend vegetables, deviled eggs, bread pudding with sauce
<b>Supper</b>	Parmesan panko baked cod, potato casserole, succotash, raspberry bar

## Tuesday, September 19

<b>Breakfast</b>	Ham casserole, cream of wheat, toast, warm applesauce
<b>Lunch</b>	Chicken stuffing bake, kernel corn, cranberry congealed salad, pumpkin pie
<b>Supper</b>	Beef pot pie, fresh yellow squash, cucumber onion salad, sherbet

## Wednesday, September 20

<b>Breakfast</b>	Blueberry pancakes, bacon, oatmeal, sliced strawberries
<b>Lunch</b>	Pork lo mein, egg roll, Japanese vegetables, colonel lady's salad, cookies
<b>Supper</b>	Chicken salad sandwich, butternut squash soup, mixed fruit cup, old fashioned banana pudding

## Thursday, September 21

<b>Breakfast</b>	Poached eggs, cream of wheat, breakfast potatoes, toast, apricots
<b>Lunch</b>	Four cheese baked ziti, broccoli florets, garlic bread, antipasto salad, lemon pound cake
<b>Supper</b>	Country rib dinner with roasted vegetables, chopped spinach, macaroni salad, apple crisp

## Friday, September 22

<b>Breakfast</b>	Sausage patty, egg patty, cheese grits, biscuit, banana
<b>Lunch</b>	Chicken and dumplings, Germany blend vegetables, garden salad, peanut butter pie
<b>Supper</b>	Tuscan pork tenderloin, baked sweet potato, mixed vegetables, corn muffin, fresh pineapple chunks

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, September 16

<b>Breakfast</b>	Scrambled eggs, turkey bacon, oatmeal, pineapple tidbits, toast
<b>Lunch</b>	Spaghetti with meat sauce, turnip greens, garlic bread, Italian romaine salad
<b>Supper</b>	Vegetable quiche, green beans, sweet potatoes, apple nutri-grain bar

## Sunday, September 17

<b>Breakfast</b>	Scrambled eggs, oatmeal, English muffin, orange sections
<b>Lunch</b>	Beef tenderloin, LF beef gravy, long grain wild rice, roasted brussels sprouts, white roll, peachy congealed salad
<b>Supper</b>	Egg salad sandwich, tomato soup, vegetable pasta salad, lettuce, vanilla mousse

## Monday, September 18

<b>Breakfast</b>	Scrambled eggs, oatmeal, toast, peaches
<b>Lunch</b>	Baked cube steak with LS beef gravy, white rice, California blend vegetables, deviled eggs
<b>Supper</b>	Parmesan panko baked cod, mashed potatoes, succotash, raspberry bar

## Tuesday, September 19

<b>Breakfast</b>	Ham casserole, cream of wheat, toast, warm applesauce
<b>Lunch</b>	Baked BLSL chicken breast with LS chicken gravy, stuffing ball, kernel corn, cranberry congealed salad
<b>Supper</b>	Beef pot pie, fresh yellow squash, cucumber onion salad, sherbet

## Wednesday, September 20

<b>Breakfast</b>	Blueberry pancakes, turkey bacon, oatmeal, sliced strawberries
<b>Lunch</b>	Pork lo mein, egg roll, Japanese vegetables, colonel lady's salad
<b>Supper</b>	Chicken salad sandwich, butternut squash soup, mixed fruit cup

## Thursday, September 21

<b>Breakfast</b>	Poached eggs, cream of wheat, breakfast potatoes, toast, apricots
<b>Lunch</b>	Four cheese baked ziti, broccoli florets, tropical fruit, lemon pound cake
<b>Supper</b>	Country rib dinner with roasted vegetables, chopped spinach, macaroni salad,

## Friday, September 22

<b>Breakfast</b>	Turkey sausage, egg patty, cheese grits, biscuit, banana
<b>Lunch</b>	Chicken and dumplings, Germany blend vegetables, garden salad, graham crackers and peanut butter
<b>Supper</b>	Tuscan pork tenderloin, baked sweet potato, mixed vegetables, fresh pineapple chunks

**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 \*\***

**\*\* All gravy offerings are low sodium\*\***

# Mechanical Soft Menu

## Saturday, September 16

<b>Breakfast</b>	Scrambled eggs, oatmeal, pineapple tidbits, donut, toast
<b>Lunch</b>	Spaghetti with meat sauce, turnip greens, garlic bread, pears, cannoli filling
<b>Supper</b>	Vegetable quiche, green beans, potato cheddar bites, apple crumb cake

## Sunday, September 17

<b>Breakfast</b>	Scrambled eggs, oatmeal, English muffin, mandarin oranges
<b>Lunch</b>	Ground tenderloin, beef gravy, white rice, steamed cabbage, white roll, peachy congealed salad, spice cake
<b>Supper</b>	Egg salad sandwich, tomato soup, pasta salad, lettuce, chocolate éclair dessert

## Monday, September 18

<b>Breakfast</b>	Chipped beef gravy, oatmeal, biscuit, peaches
<b>Lunch</b>	Ground beef steak with gravy, white rice, California blend vegetables, deviled eggs, bread pudding with sauce
<b>Supper</b>	Parmesan panko baked cod, potato casserole, lima beans, raspberry yogurt

## Tuesday, September 19

<b>Breakfast</b>	Ham casserole, cream of wheat, toast, warm applesauce
<b>Lunch</b>	Ground chicken with gravy, stuffing ball, creamed corn, cranberry congealed salad, pumpkin pie
<b>Supper</b>	Beef pot pie, fresh yellow squash, cottage cheese, sherbet

## Wednesday, September 20

<b>Breakfast</b>	Blueberry pancakes, oatmeal, scrambled eggs, sliced strawberries
<b>Lunch</b>	Ground pork with gravy, linguini, Japanese vegetables, mandarin oranges, cookies
<b>Supper</b>	Chicken salad sandwich, butternut squash soup, fruit cocktail, old fashioned banana pudding

## Thursday, September 21

<b>Breakfast</b>	Poached eggs, cream of wheat, breakfast potatoes, toast, apricots
<b>Lunch</b>	Four cheese baked ziti, broccoli florets, garlic bread, tropical fruit, lemon pound cake
<b>Supper</b>	Ground pork chop with gravy, mashed potatoes, chopped spinach, macaroni salad, apple crisp

## Friday, September 22

<b>Breakfast</b>	Egg patty, cheese grits, biscuit, banana
<b>Lunch</b>	Chicken and dumplings, germane blend vegetables, lime gelatin, peanut butter pie
<b>Supper</b>	Ground Tuscan pork with gravy, baked sweet potato, mixed vegetables, corn muffin, pineapple tidbits

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\*\*



# Puree Menu

## Saturday, September 16

<b>Breakfast</b>	Scrambled eggs, bacon, oatmeal, pineapple
<b>Lunch</b>	Hamburger with pasta and sauce, turnip greens, pears, cannoli filling
<b>Supper</b>	Veal, green beans, sweet potatoes, apple pie filling

## Sunday, September 17

<b>Breakfast</b>	Scrambled eggs, oatmeal, cottage cheese, oranges
<b>Lunch</b>	Beef with gravy, cream of rice, cabbage, peach gelatin, spice cake
<b>Supper</b>	Egg salad, egg noodles, tomato soup, pasta salad, vanilla mousse

## Monday, September 18

<b>Breakfast</b>	Gravy, oatmeal, scrambled eggs, peaches
<b>Lunch</b>	Beef with gravy, cream of rice, California blend vegetables, deviled eggs, bread pudding with sauce
<b>Supper</b>	Fish, mashed potatoes, lima beans, vanilla yogurt

## Tuesday, September 19

<b>Breakfast</b>	Ham, cream of wheat, eggs, warm applesauce
<b>Lunch</b>	Chicken with gravy, stuffing, creamed corn, cherry gelatin, pumpkin pie filling
<b>Supper</b>	Beef pot pie, pasta, squash, cottage cheese, sherbet

## Wednesday, September 20

<b>Breakfast</b>	French toast, bacon, oatmeal, scrambled eggs, strawberries
<b>Lunch</b>	Pork with gravy, linguine, Japanese vegetables, oranges, cookies
<b>Supper</b>	Chicken, peas, soup, mixed fruit, banana pudding

## Thursday, September 21

<b>Breakfast</b>	Scrambled eggs, cream of wheat, yogurt, apricots
<b>Lunch</b>	Baked ziti, veal, broccoli, tropical fruit, pound cake
<b>Supper</b>	Pork chop with gravy, mashed potatoes, pasta, spinach, macaroni salad, apple pie filling

## Friday, September 22

<b>Breakfast</b>	Sausage, cheese grits, eggs, fruit cocktail
<b>Lunch</b>	Pot pie filling, pasta, Germany vegetables, lime gelatin, peanut butter pie filling
<b>Supper</b>	Tuscan pork with gravy, sweet potatoes, mixed vegetables, fruit cocktail

### 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, September 16

<b>Breakfast</b>	Hard boiled egg, bacon, dry cereal, pineapple tidbits, donut, toast
<b>Lunch</b>	Meatballs, tortellini, sliced apples, garlic bread, pears, cannoli
<b>Supper</b>	Mini quiche, breaded green beans, potato cheddar bites, apple crumb cake

## Sunday, September 17

<b>Breakfast</b>	Fried egg on English muffin, dry cereal, orange sections
<b>Lunch</b>	Beef strips, sweet potato tots, roasted brussels sprouts, white roll, strawberries, oatmeal cream cookie
<b>Supper</b>	Egg salad sandwich, tomato soup in mug, broccoli florets with dip, vanilla wafers

## Monday, September 18

<b>Breakfast</b>	Turkey sausage, dry cereal, boiled egg, biscuit, sliced strawberries
<b>Lunch</b>	Baked cube steak, potato bites, California blend vegetables, deviled eggs, oatmeal cream cookie
<b>Supper</b>	Fish sticks, potato bites, broccoli, raspberry bar

## Tuesday, September 19

<b>Breakfast</b>	Sausage links, dry cereal, omelet, toast, sliced apple
<b>Lunch</b>	Chicken nuggets, hushpuppy, corn on the cob, pineapple, GF dessert
<b>Supper</b>	Baked beef steak, breaded squash bites, cucumber slices with dip, ice cream novelty

## Wednesday, September 20

<b>Breakfast</b>	French toast sticks, bacon, dry cereal, sliced strawberries
<b>Lunch</b>	Hamburger on bun, egg roll, breaded green beans, cucumber slices with dip, cookies
<b>Supper</b>	Chicken salad sandwich, butternut squash soup in mug, sliced strawberries, vanilla wafers

## Thursday, September 21

<b>Breakfast</b>	Fried egg sandwich, dry cereal, breakfast potatoes, apricots
<b>Lunch</b>	Chicken tenders, broccoli florets, garlic bread, tropical fruit, lemon pound cake
<b>Supper</b>	Pork chop, tater tots, cauliflower, cheese cubes, apple slices

## Friday, September 22

<b>Breakfast</b>	Sausage patty, egg patty, dry cereal, biscuit, banana
<b>Lunch</b>	Chicken cordon bleu bites, wontons, Germany blend vegetables, cherry tomatoes and dip, graham crackers and peanut butter
<b>Supper</b>	Pork nuggets, sweet potato tots, breaded green beans, corn muffin, fresh pineapple chunks

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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# Mech Soft Gluten Free Menu

## Saturday, September 16

<b>Breakfast</b>	Scrambled eggs, cereal, donut, pineapple tidbits
<b>Lunch</b>	Spaghetti with sauce, turnip greens, garlic bread, pears, cookies
<b>Supper</b>	Crustless quiche, green beans, sweet potatoes, applesauce

## Sunday, September 17

<b>Breakfast</b>	Scrambled eggs, cereal, English muffin, cottage cheese, mandarin oranges
<b>Lunch</b>	Ground tenderloin, gravy, long grain wild rice, steamed cabbage, roll, peachy congealed salad, strawberries
<b>Supper</b>	Egg salad sandwich, soup, canned fruit, GF dessert

## Monday, September 18

<b>Breakfast</b>	Scrambled eggs, cereal, toast, yogurt, peaches
<b>Lunch</b>	Ground beef steak with gravy, white rice, California blend vegetables, deviled eggs, GF dessert
<b>Supper</b>	Steamed cod, mashed potatoes, succotash, raspberry yogurt

## Tuesday, September 19

<b>Breakfast</b>	Omelet, cereal, toast, warm applesauce
<b>Lunch</b>	Ground chicken with gravy, pasta, green beans, cranberry congealed salad, GF dessert
<b>Supper</b>	Ground beef steak with gravy, fresh yellow squash, cottage cheese, sherbet cup

## Wednesday, September 20

<b>Breakfast</b>	Pancakes, cereal, scrambled eggs, sliced strawberries
<b>Lunch</b>	Ground pork with gravy, linguine, Japanese vegetables, mandarin oranges, cookies
<b>Supper</b>	Chicken salad sandwich, soup, fruit cocktail, GF dessert

## Thursday, September 21

<b>Breakfast</b>	Poached eggs, cereal, breakfast potatoes, toast, apricots
<b>Lunch</b>	Baked ziti, broccoli florets, garlic bread, tropical fruit, GF dessert
<b>Supper</b>	Ground pork chop with gravy, mashed potatoes, chopped spinach, cheese cubes, applesauce

## Friday, September 22

<b>Breakfast</b>	Egg patty, cereal, toast, yogurt, banana
<b>Lunch</b>	Ground chicken with gravy, pasta, Germany blend vegetables, lime gelatin, cupcake
<b>Supper</b>	Ground Tuscan pork with gravy, baked sweet potato, mixed vegetables, pineapple tidbits

### 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 gluten free / mechanical soft\*

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



# Gluten Free Menu

## Saturday, September 16

<b>Breakfast</b>	Scrambled eggs, bacon, cereal, donut, toast, pineapple tidbits
<b>Lunch</b>	Spaghetti with sauce, turnip greens, garlic bread, Italian romaine salad, cookies
<b>Supper</b>	Crustless quiche, green beans, sweet potatoes, applesauce

## Sunday, September 17

<b>Breakfast</b>	Scrambled eggs, cereal, English muffin, cottage cheese, orange sections
<b>Lunch</b>	Beef tenderloin with gravy, long grain wild rice, roasted brussels sprouts, roll, peachy congealed salad, strawberries
<b>Supper</b>	Egg salad sandwich, soup, broccoli florets with dip, GF dessert

## Monday, September 18

<b>Breakfast</b>	Turkey sausage, cereal, scrambled eggs, toast, peaches
<b>Lunch</b>	Baked cube steak with gravy, white rice, California blend vegetables, deviled eggs, GF dessert
<b>Supper</b>	Steamed cod, mashed potatoes, succotash, raspberry yogurt

## Tuesday, September 19

<b>Breakfast</b>	Sausage links, cereal, omelet, toast, warm applesauce
<b>Lunch</b>	Baked chicken with gravy, pasta, kernel corn, cranberry congealed salad, GF dessert
<b>Supper</b>	Baked beef steak with gravy, fresh yellow squash, cucumber onion salad, sherbet cup

## Wednesday, September 20

<b>Breakfast</b>	Pancakes, bacon, cereal, sliced strawberries
<b>Lunch</b>	Sliced pork tenderloin with gravy, linguine, Japanese vegetables, colonel lady's salad, cookies
<b>Supper</b>	Chicken salad sandwich, soup, mixed fruit cup, GF dessert

## Thursday, September 21

<b>Breakfast</b>	Poached eggs, cereal, breakfast potatoes, toast, apricots
<b>Lunch</b>	Baked ziti, broccoli florets, garlic bread, tropical fruit, GF dessert
<b>Supper</b>	Pork chop with gravy, mashed potatoes, chopped spinach, cheese cubes, applesauce

## Friday, September 22

<b>Breakfast</b>	Sausage patty, egg patty, cereal, toast, yogurt, banana
<b>Lunch</b>	Baked chicken with gravy, pasta, Germany blend vegetables, garden salad, cupcake
<b>Supper</b>	Tuscan pork tenderloin with gravy, baked sweet potato, mixed vegetables, fresh pineapple chunks

### 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 Gluten Free\*

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