



MAGNOLIA SPRING & POPLAR PEAK COMMUNITY GAZETTE



Saturday, August 15th

10:30 Rummikub **AR**

6:30 *Movie: The Lion King* **TV 971**

Sunday, August 16th

2:00 Chapel Service **MC/TV**

6:45 Chapel Service
Rebroadcast **TV 971**

Monday, August 17th

10:00-11:30 Good Company
Visits **RM**

2:00 Modern Jeopardy Trivia **AR**

3:15 Relaxing on the Porches **PP/MP**

Tuesday, August 18th

10:00 Coffee & Conversation **AR**

11:00 Dominoes **AR**

2:30 BINGO **AR**

6:30 *Movie: Field of Dreams* **TV 971**

Wednesday, August 19th

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

11:15 Group Exercise **AR**

2:00 Wildlife Center Animal
Program **BT**

Thursday, August 20th

10:00 Group Stretching **AR**

11:00 Manicures **RM**

1:00 Activity Packet Cart **RM**

2:00 Baking Class **AR**

6:30 *Movie: National Parks
Collections: Hidden
Hawaii* **TV 971**

Friday, August 21st

9:30 Balloon Toss **MLR/PLR**

10:30 BINGO **AR**

2:00 Brian's Magic Show **BT**

LOCATION KEY

TV - Channel 971
AR - Activities Room
PFR - Poplar Family Room
PLR - Poplar Living Room
PDR - Poplar Dining Room

MAGNOLIA SPRING (2ND FLOOR) • POPLAR PEAK (3RD FLOOR)

MLR - Magnolia Living Room
MFR - Magnolia Family Room
PP - Poplar Porch
MP - Magnolia Porch

BT - Bethesda Theater
RM - Residents Rooms
T - Terrace
MC - Meredith Chapel



REGULAR MENU

Menu is Subject to Change

Daily Entrée choices are shown in bold

**FOR QUESTIONS
CALL: 540-568-8232**

Saturday, August 15th

Breakfast	Entrée: Oatmeal ~or~ Apple French Toast Bake Sides: Scrambled Egg • Bacon • Fresh Strawberries
Lunch	Entrée: Fried Chicken ~or~ BBQ Beef Sides: Italian Pasta Salad • Roasted Red Potatoes • Italian Vegetable Blend • Glazed Baby Carrots • Strawberry Rhubarb Pie
Supper	Entrée: Tilapia Masala ~or~ Hot Dog on Bun Sides: Macaroni Salad • Succotash • Seasoned Broccoli Florets • Fresh Watermelon Cubes

Sunday, August 16th

Breakfast	Entrée: Oatmeal ~or~ Cheese Omelet Sides: Scrambled Egg • Hash Brown Patty • Chilled Sliced Pears • Apple Danish
Lunch	Entrée: Roast Turkey & Gravy ~or~ Fish & Chips Sides: Mashed Red Potatoes • Lemon Asparagus • Seasoned Beets • Apple Cobbler
Supper	Entrée: Pasta with Meatballs & Sauce ~or~ Smothered Chicken Sides: White & Wild Rice Blend • Pacific Blend Vegetables • Seasoned Spinach • Cherry Berry Salad

Monday, August 17th

Breakfast	Entrée: Oatmeal ~or~ Fried Egg Sides: Scrambled Egg • Sausage Patty • Hot Spiced Apples • English Muffin
Lunch	Entrée: Corned Beef & Cabbage ~or~ Asian Chicken Salad Plate Sides: Buttered Red Potatoes • Orange Glazed Carrots • Coconut Cake
Supper	Entrée: Stuffed Turkey & Dressing ~or~ Antipasto Salad Sides: Seasoned Snap Peas • Seasoned Kale • Strawberry Applesauce

Tuesday, August 18th

Breakfast	Entrée: Oatmeal ~or~ Poached Egg Sides: Scrambled Egg • Home Fries • Bacon • Chilled Sliced Peaches • Buttered Raisin Toast
Lunch	Entrée: Chicken Drumsticks ~or~ Baked Swai Fish Sides: Orzo Pasta • Stir Fry Vegetable Blend • Apricot Cobbler
Supper	Entrée: Chicken Tamale Pie ~or~ Roast Beef Sandwich Sides: Curly Fries • Broccoli Spears • Bananas & Pineapples

Wednesday, August 19th

Breakfast	Entrée: Oatmeal ~or~ Egg & Ham Bake Sides: Scrambled Egg • Fresh Cantaloupe • Banana Muffin
Lunch	Entrée: White Bean Turkey Chili ~or~ Spaghetti & Marinara Sauce Sides: Steamed Spinach • Capri Blend Vegetables • Garlic Breadstick • Blueberry Buckle
Supper	Entrée: Seafood Jambalaya w/Rice ~or~ Trio Salad Sides: Green Beans • Wheat Dinner Roll • Minted Pears

Thursday, August 20th

Breakfast	Entrée: Oatmeal ~or~ Blueberry Pancakes Sides: Scrambled Egg • Sausage Link • Fresh Watermelon Cubes
Lunch	Entrée: Egg Salad on Croissant ~or~ Swedish Meatballs Sides: Seasoned Egg Noodles • Baked Potato Chip • Parslied Carrots • Peach Tart w/Topping
Supper	Entrée: Greek Chicken Gyro Wrap ~or~ Herb Roasted Salmon Sides: Herbed Couscous • Bow Tie Pasta • Greek Salad w/Dressing • Turnip Greens • Oranges In Whipped Topping

Friday, August 21st

Breakfast	Entrée: Oatmeal ~or~ Veggie Gratin Frittata Sides: Scrambled Egg • Chilled Apple Slices • Plain Bagel
Lunch	Entrée: Caprese Chicken ~or~ Flounder Provencale Sides: Wild Rice Pilaf • O'Brien Potatoes • Prince Edward Vegetable Blend • Crispy Rice Bar
Supper	Entrée: BBQ Meatloaf ~or~ Tarragon Roast Chicken Sides: Sweet Potato Fries • Peas & Carrots • Cherry Berry Salad • Fresh Watermelon Cubes

Always Available to Request

- Garden Salad
- Fresh Fruit
- Tuna Salad / Sandwich
- Chicken Salad / Sandwich
- Peanut Butter and Jelly Sandwich
- Boiled Eggs
- Dry Cereal, Yogurt
- Cottage Cheese
- Tomato Soup
- Chicken Noodle Soup
- Fresh Fruit Platter with Fruit with Yogurt, a Protein Salad, or Cottage Cheese

WELLNESS MENU

Menu is Subject to Change

Daily Entrée choices are shown in bold

**FOR QUESTIONS
CALL: 540-568-8232**

Saturday, August 15th

Breakfast	Entrée: Oatmeal ~or~ Apple French Toast Bake Sides: Scrambled Egg • Bacon • Fresh Strawberries
Lunch	Entrée: Herb Baked Chicken Breast ~or~ Roast Beef Sides: Italian Pasta Salad • Roasted Red Potatoes • Italian Vegetable Blend • Glazed Baby Carrots • Strawberry Rhubarb Pie
Supper	Entrée: Baked Tilapia ~or~ Hot Dog on Bun Sides: Macaroni Salad • Succotash • Seasoned Broccoli Florets • Fresh Watermelon Cubes

Sunday, August 16th

Breakfast	Entrée: Oatmeal ~or~ Cheese Omelet Sides: Scrambled Egg • Hash Brown Patty • Chilled Sliced Pears • Apple Danish
Lunch	Entrée: Roast Turkey ~or~ Baked Pollock Sides: Mashed Red Potatoes • Lemon Asparagus • Seasoned Beets • Apple Cobbler
Supper	Entrée: Pasta with Meatballs & Sauce ~or~ Herb Baked Chicken Breast Sides: White & Wild Rice Blend • Pacific Blend Vegetables • Seasoned Spinach • Cherry Berry Salad

Monday, August 17th

Breakfast	Entrée: Oatmeal ~or~ Egg Patty Sides: Scrambled Egg • Sausage Patty • Hot Spiced Apples • English Muffin
Lunch	Entrée: Beef Pot Roast ~or~ Chicken Salad Sides: Roasted Red Potatoes Peeled • Orange Glazed Carrots • Coconut Cake
Supper	Entrée: Roast Turkey & Pasta ~or~ Tuna Salad/Fruit Plate Sides: Seasoned Snap Peas • Seasoned Kale • Strawberry Applesauce

Tuesday, August 18th

Breakfast	Entrée: Oatmeal ~or~ Poached Egg Sides: Scrambled Egg • Home Fries • Bacon • Chilled Sliced Peaches • Buttered Raisin Toast
Lunch	Entrée: Chicken Drumsticks ~or~ Baked Fish Sides: Herb Seasoned Orzo Pasta • Stir Fry Vegetable Blend • Apricot Cobbler
Supper	Entrée: Chicken & Rice ~or~ Roast Beef Sandwich Sides: Mashed Potatoes • Broccoli Spears • Bananas & Pineapples

Wednesday, August 19th

Breakfast	Entrée: Oatmeal ~or~ Egg & Ham Bake Sides: Scrambled Egg • Fresh Cantaloupe • Banana Muffin
Lunch	Entrée: White Bean Turkey Chili ~or~ Spaghetti & Marinara Sauce Sides: Steamed Spinach • Capri Blend Vegetables • Garlic Breadstick • Blueberry Buckle
Supper	Entrée: Baked Fish & Rice ~or~ Trio Salad Sides: Seasoned Green Beans • Wheat Bread • Minted Pears

Thursday, August 20th

Breakfast	Entrée: Oatmeal ~or~ Blueberry Pancakes Sides: Scrambled Egg • Sausage Link • Fresh Watermelon Cubes
Lunch	Entrée: Egg Salad Sandwich on Wheat ~or~ Meatballs Sides: Seasoned Egg Noodles • Parslied Carrots • Peach Tart w/Topping
Supper	Entrée: Greek Chicken Gyro Wrap ~or~ Herb Roasted Salmon Sides: Herbed Couscous • Bow Tie Pasta • Greek Salad w/Dressing • Turnip Greens • Oranges In Whipped Topping

Friday, August 21st

Breakfast	Entrée: Oatmeal ~or~ Veggie Gratin Frittata Sides: Scrambled Egg • Chilled Apple Slices • Wheat Toast
Lunch	Entrée: Baked Chicken Breast ~or~ Flounder Provencale Sides: Wild Rice Pilaf • O'Brien Potatoes • Prince Edward Vegetable Blend • Crispy Rice Bar
Supper	Entrée: BBQ Meatloaf ~or~ Tarragon Roast Chicken Sides: Sweet Potato Fries • Peas & Carrots • Cherry Berry Salad • Fresh Watermelon Cubes

Always Available to Request

- Garden Salad
- Fresh Fruit
- Tuna Salad / Sandwich
- Chicken Salad / Sandwich
- Peanut Butter and Jelly Sandwich
- Boiled Eggs
- Dry Cereal, Yogurt
- Cottage Cheese
- Tomato Soup
- Chicken Noodle Soup
- Fresh Fruit Platter with Fruit with Yogurt, a Protein Salad, or Cottage Cheese

SOFT & BITE-SIZED MENU

Menu is Subject to Change

Daily Entrée choices are shown in bold

**FOR QUESTIONS
CALL: 540-568-8232**

Saturday, August 15th

Breakfast	Entrée: Oatmeal ~or~ Cinnamon White Bread Sides: Scrambled Egg • Sausage Patty • Fresh Strawberries
Lunch	Entrée: Baked Chicken ~or~ BBQ Beef Sides: Italian Pasta Salad • Mashed Potatoes • Steamed Summer Squash • Glazed Baby Carrots • Strawberries
Supper	Entrée: Tilapia Masala ~or~ Hot Dog Sides: Soft Macaroni Salad • Baby Lima Beans • Seasoned Broccoli Florets • Chilled Mandarin Oranges

Sunday, August 16th

Breakfast	Entrée: Oatmeal ~or~ Cheese Omelet Sides: Scrambled Egg • Mashed Potatoes • Chilled Pears • Cinnamon White Bread
Lunch	Entrée: Roast Turkey & Gravy ~or~ Baked Pollock Sides: Mashed Potatoes • Seasoned Spinach • Seasoned Beets • Hot Spiced Apples
Supper	Entrée: Penne Pasta w/Meat Sauce ~or~ Smothered Chicken Sides: White & Wild Rice Blend • Pacific Blend Vegetables • Spinach • Chilled Peaches

Monday, August 17th

Breakfast	Entrée: Oatmeal ~or~ Egg Round Sides: Scrambled Egg • Sausage Patty • Hot Cinnamon Apples • White Bread
Lunch	Entrée: Corned Beef ~or~ Chicken Salad Sides: Roasted Red Potatoes • Orange Glazed Carrots • Vanilla Frosted White Cake
Supper	Entrée: Stuffed Turkey & Dressing ~or~ Soft Egg Salad Fruit Plate Sides: Seasoned Green Beans • Seasoned Kale • Strawberry Applesauce

Tuesday, August 18th

Breakfast	Entrée: Oatmeal ~or~ Scrambled Egg Sides: White Toast • Sausage Patty • Chilled Peaches • White Bread
Lunch	Entrée: Italian Chicken Breast ~or~ Baked Swai Fish Sides: Herb Seasoned Orzo Pasta • Seasoned Green Beans • Chilled Apricots
Supper	Entrée: Chicken & Rice ~or~ Roast Beef Sides: Mashed Potatoes • Broccoli Spears • Banana Half

Wednesday, August 19th

Breakfast	Entrée: Oatmeal ~or~ Scrambled Eggs & Ham Sides: Scrambled Egg • Chilled Mandarin Oranges • Banana Muffin
Lunch	Entrée: White Bean Turkey Chili ~or~ Spaghetti & Marinara Sauce Sides: Steamed Spinach • Capri Vegetable Blend • Garlic Breadstick • Blueberry Buckle
Supper	Entrée: Fish & Rice ~or~ Soft Chicken Salad Sides: Green Beans • Wheat Bread • Minted Pears

Thursday, August 20th

Breakfast	Entrée: Oatmeal ~or~ Pancakes Sides: Scrambled Egg • Sausage Link • Unsweetened Applesauce
Lunch	Entrée: Egg Salad ~or~ Swedish Meatballs Sides: Seasoned Egg Noodles • Parslied Carrots • Spiced Peaches
Supper	Entrée: Greek Chicken Gyro ~or~ Herb Roasted Salmon Sides: Herbed Couscous • Bow Tie Pasta • Marinated Carrots • Turnip Greens • Oranges in Whipped Top

Friday, August 21st

Breakfast	Entrée: Oatmeal ~or~ Cheese Omelet Sides: Scrambled Egg • Chilled Applesauce • White Bread
Lunch	Entrée: Italian Chicken Breast ~or~ Fish Flounder Provencale Sides: Fluffy Rice • O'Brien Potatoes • Prince Edward Vegetable Blend • Snickerdoodle Cookies
Supper	Entrée: BBQ Meatloaf ~or~ Tarragon Roast Chicken Sides: Sweet Potato Fries • Peas & Carrots • Strawberries • Chilled Mandarin Oranges

Always Available to Request

- Garden Salad
- Fresh Fruit
- Tuna Salad / Sandwich
- Chicken Salad / Sandwich
- Peanut Butter and Jelly Sandwich
- Boiled Eggs
- Dry Cereal, Yogurt
- Cottage Cheese
- Tomato Soup
- Chicken Noodle Soup
- Fresh Fruit Platter with Fruit with Yogurt, a Protein Salad, or Cottage Cheese

MINCED & MOIST MENU

Menu is Subject to Change

Daily Entrée choices are shown in bold

**FOR QUESTIONS
CALL: 540-568-8232**

Saturday, August 15th

Breakfast	Entrée: Oatmeal ~or~ Cinnamon White Bread Sides: Scrambled Egg • Sausage Link • Fresh Strawberries
Lunch	Entrée: Baked Chicken Breast ~or~ BBQ Beef Sides: Italian Pasta Salad • Mashed Potatoes • Steamed Summer Squash • Glazed Baby Carrots • Strawberries
Supper	Entrée: Tilapia Masala ~or~ Beef Hot Dog Sides: Soft Macaroni Salad • Baby Lima Beans • Seasoned Broccoli Florets • Chilled Mandarin Oranges

Sunday, August 16th

Breakfast	Entrée: Oatmeal ~or~ Cheese Omelet Sides: Scrambled Egg • Mashed Potatoes • Chilled Pears • Cinnamon White Bread
Lunch	Entrée: Turkey & Gravy ~or~ Baked Pollock Sides: Mashed Potatoes • Seasoned Spinach • Seasoned Beets • Hot Spiced Apples
Supper	Entrée: Penne Pasta w/Meat Sauce ~or~ Smothered Chicken Sides: White & Wild Rice Blend • Pacific Blend Vegetables • Spinach • Chilled Peaches

Monday, August 17th

Breakfast	Entrée: Oatmeal ~or~ Egg Round Sides: Scrambled Egg • Sausage Patty • Hot Cinnamon Apples • White Bread
Lunch	Entrée: Corned Beef ~or~ Chicken Salad Sides: Roasted Red Potatoes • Orange Glazed Carrots • Vanilla Frosted White Cake
Supper	Entrée: Stuffed Turkey & Dressing ~or~ Soft Egg Salad Fruit Plate Sides: Seasoned Green Beans • Seasoned Kale • Strawberry Applesauce

Tuesday, August 18th

Breakfast	Entrée: Oatmeal ~or~ Scrambled Egg Sides: White Toast • Sausage Link • Chilled Peaches • White Bread
Lunch	Entrée: Italian Chicken ~or~ Baked Swai Fish Sides: Herb Seasoned Orzo Pasta • Seasoned Green Beans • Chilled Apricots
Supper	Entrée: Chicken & Rice ~or~ Roast Beef Sides: Mashed Potatoes • Broccoli Spears • Banana Half

Wednesday, August 19th

Breakfast	Entrée: Oatmeal ~or~ Scrambled Eggs & Ham Sides: Scrambled Egg • Chilled Mandarin Oranges • Banana Muffin
Lunch	Entrée: White Bean Turkey Chili ~or~ Spaghetti & Marinara Sauce Sides: Steamed Spinach • Capri Blend Vegetables • Garlic Breadstick • Blueberry Buckle
Supper	Entrée: Baked Fish & Rice ~or~ Chicken Salad Sides: Green Beans • Wheat Bread • Minted Pears

Thursday, August 20th

Breakfast	Entrée: Oatmeal ~or~ Pancakes Sides: Scrambled Egg • Sausage Link • Unsweetened Applesauce
Lunch	Entrée: Egg Salad ~or~ Swedish Meatballs Sides: Seasoned Egg Noodles • Parslied Carrots • Spiced Peaches
Supper	Entrée: Greek Chicken Gyro ~or~ Herb Roasted Salmon Sides: Herbed Couscous • Bow Tie Pasta • Marinated Carrots • Turnip Greens • Oranges w/Whip Topping

Friday, August 21st

Breakfast	Entrée: Oatmeal ~or~ Cheese Omelet Sides: Scrambled Egg • Chilled Applesauce • White Bread
Lunch	Entrée: Italian Chicken ~or~ Fish Flounder Provencale Sides: Fluffy Rice • O'Brien Potatoes • Prince Edward Vegetables • Snickerdoodle Cookies
Supper	Entrée: BBQ Meatloaf ~or~ Tarragon Roast Chicken Sides: Sweet Potato Fries • Peas & Carrots • Strawberries • Chilled Mandarin Oranges

Always Available to Request

- Garden Salad
- Fresh Fruit
- Tuna Salad / Sandwich
- Chicken Salad / Sandwich
- Peanut Butter and Jelly Sandwich
- Boiled Eggs
- Dry Cereal, Yogurt
- Cottage Cheese
- Tomato Soup
- Chicken Noodle Soup
- Fresh Fruit Platter with Fruit with Yogurt, a Protein Salad, or Cottage Cheese

PUREE MENU

Menu is Subject to Change

Daily Entrée choices are shown in bold

**FOR QUESTIONS
CALL: 540-568-8232**

Saturday, August 15th

Breakfast	Entrée: Oatmeal ~or~ Apple French Toast Bake Sides: Scrambled Eggs • Sausage Patty • Fresh Strawberries
Lunch	Entrée: Baked Chicken Breast ~or~ BBQ Beef Sides: Italian Pasta Salad • Mashed Potatoes • Steamed Summer Squash • Glazed Baby Carrots • Strawberries
Supper	Entrée: Tilapia Masala ~or~ Hot Dog Sides: Soft Macaroni Salad • Baby Lima Beans • Seasoned Broccoli Florets • Chilled Mandarin Oranges

Sunday, August 16th

Breakfast	Entrée: Oatmeal ~or~ Cheese Omelet Sides: Scrambled Eggs • Mashed Potatoes • Chilled Pears • Apple Danish
Lunch	Entrée: Roast Turkey & Gravy ~or~ Baked Pollock Sides: Mashed Potatoes • Seasoned Spinach • Seasoned Beets • Apple Apricot Cobbler
Supper	Entrée: Penne Pasta w/Meat Sauce ~or~ Smothered Chicken Sides: White & Wild Rice Blend • Pacific Blend Vegetables • Seasoned Spinach • Chilled Peaches

Monday, August 17th

Breakfast	Entrée: Oatmeal ~or~ Scrambled Eggs Sides: Sausage Patty • Hot Spiced Apples • English Muffin
Lunch	Entrée: Corned Beef ~or~ Soft Chicken Salad Sides: Roasted Red Potatoes Peeled • Orange Glaze Carrots • Frosted White Cake
Supper	Entrée: Stuffed Turkey & Dressing ~or~ Soft Egg Salad Fruit Plate Sides: Seasoned Green Beans • Seasoned Kale • Strawberry Applesauce

Tuesday, August 18th

Breakfast	Entrée: Oatmeal ~or~ Scrambled Eggs Sides: White Toast • Sausage Patty • Chilled Peaches • Cinnamon Toast
Lunch	Entrée: Italian Baked Chicken ~or~ Baked Swai Fish Sides: Seasoned Orzo Pasta • Seasoned Green Beans • Chilled Apricots
Supper	Entrée: Chicken Tamale Pie ~or~ Roast Beef Sides: Mashed Potatoes • Broccoli Spears • Banana Half

Wednesday, August 19th

Breakfast	Entrée: Oatmeal ~or~ Egg & Ham Bake Sides: Scrambled Eggs • Chilled Mandarin Oranges • Banana Muffin
Lunch	Entrée: White Bean Turkey Chili ~or~ Spaghetti & Marinara Sauce Sides: Steamed Spinach • Capri Blend Vegetables • Garlic Breadstick • Blueberry Buckle
Supper	Entrée: Baked Fish & Rice ~or~ Soft Chicken Salad Sides: Green Beans • Wheat Roll • Minted Pears

Thursday, August 20th

Breakfast	Entrée: Oatmeal ~or~ Blueberry Pancakes Sides: Scrambled Eggs • Sausage Link • Unsweetened Applesauce
Lunch	Entrée: Soft Egg Salad ~or~ Swedish Meatballs Sides: Seasoned Egg Noodles • Parslied Carrots • Peach Tart
Supper	Entrée: Greek Chicken Gyro Wrap ~or~ Herb Roasted Salmon Sides: Herbed Couscous • BowTie Pasta • Soft Marinated Carrots • Turnip Greens • Oranges In Whip Topping

Friday, August 21st

Breakfast	Entrée: Oatmeal ~or~ Cheese Omelet Sides: Scrambled Eggs • Chilled Applesauce • White Bread
Lunch	Entrée: Caprese Chicken ~or~ Fish Flounder Provencale Sides: Fluffy Rice • O'Brien Potatoes • Prince Edward Vegetables • Snickerdoodle Cookies
Supper	Entrée: BBQ Meatloaf ~or~ Tarragon Roast Chicken Sides: Sweet Potato Fries • Peas & Carrots • Cherry Berry Salad • Chilled Mandarin Oranges

Always Available to Request

- Garden Salad
- Fresh Fruit
- Tuna Salad / Sandwich
- Chicken Salad / Sandwich
- Peanut Butter and Jelly Sandwich
- Boiled Eggs
- Dry Cereal, Yogurt
- Cottage Cheese
- Tomato Soup
- Chicken Noodle Soup
- Fresh Fruit Platter with Fruit with Yogurt, a Protein Salad, or Cottage Cheese

HAND HELD MENU

Menu is Subject to Change

Daily Entrée choices are shown in bold

**FOR QUESTIONS
CALL: 540-568-8232**

Saturday, August 15th

Breakfast	Entrée: Mug of Oatmeal ~or~ Cinnamon French Toast Sides: Hard Boiled Egg • Bacon • Fresh Strawberries
Lunch	Entrée: Herb Baked Chicken ~or~ BBQ Beef Sides: Tri-Color Rotini • French Fried Potatoes • Italian Vegetable Blend • Dilled Baby Carrots • Strawberries
Supper	Entrée: Baked Tilapia ~or~ Hot Dog on Bun Sides: Macaroni Pasta with Parsley • Baby Lima Beans • Seasoned Broccoli Florets • Fresh Watermelon Cubes

Sunday, August 16th

Breakfast	Entrée: Mug of Oatmeal ~or~ Hard Boiled Egg Sides: Hash Brown Patty • Chilled Sliced Pears • Apple Danish
Lunch	Entrée: Roasted Turkey & Bowl Gravy ~or~ Fish & Chips Sides: Potato Wedges • Lemon Asparagus • Dilled Baby Carrots • Chilled Apple Slices
Supper	Entrée: Meatballs ~or~ Herb Baked Chicken Sides: Rice Patty • Pacific Blend Vegetables • Zucchini with Oregano • Cherry Berry Salad

Monday, August 17th

Breakfast	Entrée: Mug of Oatmeal ~or~ Egg Round Sides: Hard Boiled Egg • Sausage Patty • Hot Spiced Apples • English Muffin
Lunch	Entrée: Corned Beef ~or~ Chicken Salad Sandwich on Wheat Sides: Buttered Red Potatoes • Parslied Carrots • Coconut Cake
Supper	Entrée: Roasted Turkey and Pasta ~or~ Egg Salad Sandwich on White Sides: Seasoned Snap Peas • Green Beans with Thyme • Chilled Apple Slices

Tuesday, August 18th

Breakfast	Entrée: Mug of Oatmeal ~or~ Hard Boiled Egg Sides: Home Fries • Bacon • Chilled Sliced Peaches • Buttered Raisin Toast
Lunch	Entrée: Italian Chicken Breast ~or~ Baked Swai Fish Sides: Bow Tie Pasta • Seasoned Green Beans • Chilled Apricots
Supper	Entrée: Chicken & Rice Patty ~or~ Roast Beef Sides: Curly Fries • Broccoli Spears • Banana

Wednesday, August 19th

Breakfast	Entrée: Mug of Oatmeal ~or~ Hard Boiled Egg Sides: Fresh Cantaloupe • Banana Muffin
Lunch	Entrée: Mug White Bean Turkey Chili ~or~ Cauliflower Pasta Sides: Seasoned Green Beans • Capri Blend Vegetables • Garlic Breadstick • Blueberry Buckle
Supper	Entrée: Fish & Rice Patty ~or~ Chicken Salad Sandwich on Wheat Sides: Green Beans • Wheat Dinner Roll • Chilled Pear Halves

Thursday, August 20th

Breakfast	Entrée: Mug of Oatmeal ~or~ Blueberry Pancakes Sides: Hard Boiled Egg • Sausage Link • Fresh Watermelon Cubes
Lunch	Entrée: Egg Salad on Croissant ~or~ Meatballs & Bowl Of Sauce Sides: Seasoned Egg Noodles • Baked Potato Chip • Parslied Carrots • Peach Tart w/Topping
Supper	Entrée: Greek Chicken Gyro Wrap ~or~ Herb Roasted Salmon Sides: Potato Chips • Bow Tie Pasta • Carrot Sticks • Herbed Green Beans • Chilled Mandarin Oranges

Friday, August 21st

Breakfast	Entrée: Mug of Oatmeal ~or~ Veggie Gratin Frittata Sides: Hard Boiled Egg • Chilled Apple Slices • Plain Bagel
Lunch	Entrée: Italian Chicken ~or~ Fried Flounder Sides: Rice Patty • Boiled Potatoes • Prince Edward Vegetable Blend • Crispy Rice Bar
Supper	Entrée: Meatloaf ~or~ Tarragon Roast Chicken Sides: Sweet Potato Fries • Peas & Carrots • Cherry Berry Salad • Fresh Watermelon Cubes

Always Available to Request

- Garden Salad
- Fresh Fruit
- Tuna Salad / Sandwich
- Chicken Salad / Sandwich
- Peanut Butter and Jelly Sandwich
- Boiled Eggs
- Dry Cereal, Yogurt
- Cottage Cheese
- Tomato Soup
- Chicken Noodle Soup
- Fresh Fruit Platter with Fruit with Yogurt, a Protein Salad, or Cottage Cheese