

HC Gazette January 10th-16th

Saturday, January 10th

10:30 Rummikub	AR
1:30 Wii Bowling	PFR
6:30 Movie: <i>The Second Best Exotic Marigold Hotel</i>	TV 971

Sunday, January 11th

2:00 Chapel Service	MC/TV
6:45 Chapel Service Rebroadcast	TV 971

Monday, January 12th

10:00-11:30 Good Company Visits	RM
2:00 Making Blondie Batter Cookie Dip	AR
3:00 Manicures	RM/AR

Tuesday, January 13th

10:30 Coffee & Conversation	MDR
11:00 Left Center Right	MDR
2:30 BINGO	AR
6:30 Words in Words	AR
6:30 Movie: <i>To Kill A Mockingbird</i>	TV 971

Wednesday, January 14th

10:30 Chaplain's Gathering	AR
11:00 Group Exercise	AR
2:00 Sock Snowman Craft	AR
6:30 Giant Crossword Puzzles	AR

Thursday, January 15th

10:30 Group Exercise	AR
1:00 Acoustic Music with John Lockridge	BT
1:00 Activity Packet Cart	RM
2:00 Tissue Paper Collage	AR
6:30 Movie: <i>Lord of the Rings 2: The Two Towers</i>	TV 971

Friday, January 16th

9:30 Balloon Toss	MLR/PLR
10:30 BINGO	AR
2:00 Relay Games	AR
6:30 Bible Study with Pastor Scott Campbell	MLR

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, MDR- Magnolia Dining Room, PP— Poplar Porch, MP—Magnolia Porch, BT — Bethesda Theater, RM — Residents Rooms, T — Terrace, MC—Meredith Chapel

Blondie Batter Cookie Dip

Craving a sweet treat? We just might have the answer! On Monday, January 12th we will be making blondie batter cookie dip. This dessert mixes delicious ingredients into a dippable treat that we'll be serving up with graham crackers and vanilla wafers.

This Weeks Crafts

Join us this week in the Activity Room for two exciting craft activities!

Stop by on Wednesday to create snowmen decorations from socks and Thursday as we work together to create a colorful tissue paper collage.

We hope you join us in crafting!

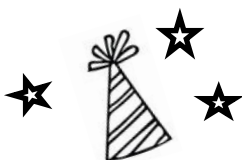


Bible Study with Pastor Scott Campbell

Pastor Scott Campbell will be stopping by for his monthly visit on Friday, January 16th at 6:30PM. Join us in the Magnolia Living Room for an evening of Bible Study. We hope to see you there!

Birthdays

11th—John Moomaw



Regular Menu

Saturday, January 10th

Breakfast	Sausage gravy, oatmeal, biscuit, applesauce
Lunch	Sliced pot roast with gravy, creamy garlic mushroom pasta, yellow squash, flatbread, warm spiced pears
Supper	White chicken chili, baked potato, corn muffin, mixed fruit cup, cookies

Sunday, January 11th

Breakfast	Cheese omelet, oatmeal, Danish, toast, grapefruit sections
Lunch	Apple cinnamon pork loin, sauerkraut, peas and onions, red potato salad, lettuce, Oreo cheesecake
Supper	Tangerine glazed chicken, white rice, beets, Caesar salad, vanilla ice cream cup

Monday, January 12th

Breakfast	Belgian waffle, bacon, oatmeal, applesauce
Lunch	Sloppy joe on bun, potato cheddar bites, broccoli, orange gelatin salad, lettuce
Supper	Fried catfish, lemon rice, key largo vegetables, pea salad, lettuce, strawberry cream pie

Tuesday, January 13th

Breakfast	Poached eggs, cheese grits, toast, peaches
Lunch	Trio salad platter, lettuce, croissant, grapes, cherry pretzel square
Supper	Vegetable lasagna, corn on the cob, fresh fruit platter, red velvet cake

Wednesday, January 14th

Breakfast	Blueberry pancakes, cream of wheat, yogurt, pears
Lunch	Fried trout, fettuccini alfredo, asparagus cuts and tips, pound cake with blueberries and topping
Supper	Chicken cordon bleu, red skin potatoes, Germany blend vegetables, peach halves with cottage cheese, lettuce

Thursday, January 15th

Breakfast	Scrambled eggs, bacon, oatmeal, cinnamon raisin toast, banana
Lunch	Grilled Rueben, chips, tomato basil soup, lettuce and tomato salad, blackberry cobbler with ice cream
Supper	Beef stew, zucchini squash, biscuit, apple Waldorf salad, lettuce, marble ice cream cup

Friday, January 16th

Breakfast	Sausage gravy, cream of wheat, biscuit, mandarin oranges
Lunch	Seafood platter, hushpuppies, collard greens, cole slaw, lettuce, sorbet
Supper	Chili, baked potato, corn bread, garden salad, apricots

Daily sandwich available at lunch and dinner.

If you have Dietary questions:

Please call 540-568-8232 for questions or to request an alternate menu offerings at least two hours prior

Menu is subject to change



Wellness Menu

Saturday, January 10th

Breakfast	Sausage patty, scrambled eggs, oatmeal, toast, applesauce
Lunch	Sliced pot roast with gravy, campanelle pasta, yellow squash, warm spiced pears
Supper	White chicken chili, baked potato, corn muffin, mixed fruit cup

Sunday, January 11th

Breakfast	Cheese omelet, oatmeal, toast, grapefruit sections
Lunch	Apple cinnamon pork loin, sauerkraut, peas and onions, red potato salad, lettuce, chocolate pudding with topping
Supper	Baked chicken with gravy, white rice, beets, Caesar salad, diet ice cream

Monday, January 12th

Breakfast	Belgian waffle, bacon, oatmeal, applesauce
Lunch	Sloppy joe on bun, boiled potatoes, broccoli, orange gelatin salad, lettuce
Supper	Steamed catfish, lemon rice, key largo vegetables, pea salad, lettuce, strawberry mousse

Tuesday, January 13th

Breakfast	Poached eggs, cheese grits, toast, peaches
Lunch	Trio salad platter, lettuce, croissant, grapes, pretzels
Supper	Veal with gravy and egg noodles, corn on the cob, fresh fruit platter

Wednesday, January 14th

Breakfast	Blueberry pancakes, cream of wheat, yogurt, pears
Lunch	Steamed flounder, fettuccini alfredo, asparagus cuts and tips, blueberries
Supper	Baked chicken with gravy, red skin potatoes, Germany blend vegetables, peach halves with cottage cheese, lettuce

Thursday, January 15th

Breakfast	Scrambled eggs, bacon, oatmeal, cinnamon raisin toast, banana
Lunch	Ham salad sandwich, sweet potatoes, tomato basil soup, lettuce and tomato salad, diet ice cream
Supper	Beef stew, zucchini squash, biscuit, apple Waldorf salad, lettuce, diet ice cream

Friday, January 16th

Breakfast	Scrambled eggs, sausage patty, cream of wheat, toast, mandarin oranges
Lunch	Steamed shrimp, kernel corn, collard greens, cole slaw, lettuce, sorbet
Supper	Chili, baked potato, corn bread, garden salad, apricots

Daily sandwich available at lunch and dinner.

If you have Dietary questions:

Please call 540-568-8232 for questions or to request an alternate menu offerings at least two hours prior

**Menu is subject to change **

Soft & Bite-Sized Menu

Saturday, January 10th

Breakfast	Oatmeal, gravy, dysphagia bread, applesauce
Lunch	Ground pot roast with gravy, creamy garlic pasta, yellow squash, Italian dysphagia bread, warm spiced pears
Supper	Chicken with gravy, great northern beans, herbed mashed potatoes, mixed fruit cup, cookies

Sunday, January 11th

Breakfast	Cheese omelet, oatmeal, flavored dysphagia bread, dried apricots
Lunch	Apple cinnamon pork loin, sauerkraut, green beans, potato salad, chocolate pudding with topping
Supper	Baked chicken with gravy, white rice, beets, pasta salad, vanilla ice cream cup

Monday, January 12th

Breakfast	Waffles, diced ham, oatmeal, applesauce
Lunch	Sloppy joe, boiled potatoes, broccoli, mandarin oranges
Supper	Steamed catfish, lemon rice, key largo vegetables, fruit cocktail, strawberry mousse

Tuesday, January 13th

Breakfast	Poached eggs, cheese grits, dysphagia bread, diced peaches
Lunch	Trio salad platter, tropical fruit, cheesecake filling
Supper	Vegetable lasagna, creamed corn, tropical fruit, red velvet cake

Wednesday, January 14th

Breakfast	Pancakes, cream of wheat, yogurt, diced pears
Lunch	Steamed flounder, radiator alfredo, zucchini & squash, pound cake and blueberry filling
Supper	Baked chicken with gravy, diced red skin potatoes, Germany blend vegetables, diced peaches with cottage cheese

Thursday, January 15th

Breakfast	Scrambled eggs, diced ham, oatmeal, cinnamon dysphagia bread, diced banana
Lunch	Ham salad sandwich, sweet potatoes, tomato basil soup, potato salad, vanilla ice cream cup
Supper	Beef stew, zucchini squash, applesauce, marble ice cream cup

Friday, January 16th

Breakfast	Sausage gravy, dysphagia bread, cream of wheat, mandarin oranges
Lunch	Steamed flounder, creamed corn, collard greens, cole slaw, sorbet
Supper	Chili, herbed mashed potatoes, egg salad, apricots

If you have Dietary questions:

Please call 540-568-8232 for questions or to request an alternate menu offerings at least two hours prior

All meals are prepared Soft and Bite-Sized

**Menu is subject to change **

Minced & Moist Menu

Saturday, January 10th

Breakfast	Sausage gravy, oatmeal, dysphagia bread, applesauce
Lunch	Ground pot roast with gravy, creamy garlic pasta, yellow squash, Italian dysphagia bread, warm spiced pears
Supper	Chicken with gravy, great northern beans, herbed mashed potatoes, mixed fruit cup, cookies

Sunday, January 11th

Breakfast	Scrambled eggs, oatmeal, flavored dysphagia bread, minced apricots
Lunch	Apple cinnamon pork chop with gravy, sauerkraut, green beans, potato salad, chocolate pudding with topping
Supper	Chicken with gravy, cream of rice, beets, pasta salad, vanilla ice cream cup

Monday, January 12th

Breakfast	Waffles, ground ham, oatmeal, applesauce
Lunch	Sloppy joe, herbed mashed potatoes, broccoli, mandarin oranges
Supper	Steamed catfish, lemon rice, key largo vegetables, fruit cocktail, strawberry mousse

Tuesday, January 13th

Breakfast	Scrambled eggs, cheese grits, dysphagia bread, minced peaches
Lunch	Trio salad platter, tropical fruit, cheesecake filling
Supper	Vegetable lasagna, creamed corn, tropical fruit, red velvet cake

Wednesday, January 14th

Breakfast	Pancakes, cream of wheat, yogurt, minced pears
Lunch	Steamed flounder, cous cous alfredo, zucchini & squash, pound cake with blueberry filling
Supper	Chicken with gravy, herbed mashed potatoes, Germany blend vegetables, diced peaches with cottage cheese

Thursday, January 15th

Breakfast	Scrambled eggs, ground ham, oatmeal, cinnamon dysphagia bread, tropical fruit
Lunch	Ham salad sandwich, sweet potatoes, tomato basil soup, potato salad, vanilla ice cream cup
Supper	Beef stew, zucchini squash, applesauce, marble ice cream cup

Friday, January 16th

Breakfast	Sausage gravy, cream of wheat, dysphagia bread, mandarin oranges
Lunch	Steamed flounder, creamed corn, collard greens, cole slaw, sorbet
Supper	Chili, herbed mashed potatoes, egg salad, apricots

Daily sandwich available at lunch and dinner.

If you have Dietary questions:

Please call 540-568-8232 for questions or to request an alternate menu offerings at least two hours prior

All meals are prepared Minced and Moist

**Menu is subject to

Puree Menu

Saturday, January 10th

Breakfast	Sausage gravy, oatmeal, eggs, dysphagia bread, applesauce
Lunch	Beef with gravy, mushroom pasta, squash, Italian dysphagia bread, spiced pears
Supper	Chicken with gravy, great northern beans, herbed mashed potatoes, fruit cup, cookies

Sunday, January 11th

Breakfast	Cheesy eggs, oatmeal, flavored dysphagia bread, apricots
Lunch	Pork chop with gravy, cabbage, peas and onions, potato salad, chocolate pudding with topping
Supper	Chicken with gravy, cream of rice, beets, pasta salad, vanilla ice cream cup

Monday, January 12th

Breakfast	Waffles, ham, oatmeal, applesauce
Lunch	Sloppy joe, herbed mashed potatoes, broccoli, oranges
Supper	Fish, cream of rice, key largo vegetables, fruit cocktail, strawberry mousse

Tuesday, January 13th

Breakfast	Eggs, cheese grits, dysphagia bread, peaches
Lunch	Chicken, pasta, tropical fruit, carrots, cheesecake filling
Supper	Veal with gravy, noodles, creamed corn, tropical fruit, red velvet cake

Wednesday, January 14th

Breakfast	Pancakes, cream of wheat, yogurt, pears
Lunch	Fish, fettuccini alfredo, asparagus, pound cake with blueberry filling
Supper	Chicken with gravy, herbed mashed potatoes, vegetables, peaches, cottage cheese

Thursday, January 15th

Breakfast	Eggs, ham, oatmeal, cinnamon dysphagia bread, tropical fruit
Lunch	Ham, sweet potatoes, soup, potato salad, vanilla ice cream cup
Supper	Beef stew, cream of rice, squash, applesauce, marble ice cream cup

Friday, January 16th

Breakfast	Sausage gravy, cream of wheat, dysphagia bread, oranges
Lunch	Fish, creamed corn, greens, cole slaw, sorbet
Supper	Chili, broccoli, herbed mashed potatoes, egg salad, apricots

If you have Dietary questions:

Please call 540-568-8232 for questions or to request an alternate menu offerings at least two hours prior

All meals are prepared pureed

**Menu is subject to change **

Hand Held Menu

Saturday, January 10th

Breakfast	Sausage patty, dry cereal, boiled egg, biscuit, sliced apples
Lunch	Sliced pot roast, campanelle pasta, roasted yellow squash, flatbread, sliced pears
Supper	Fajita chicken strips with gravy, mozzarella sticks, sweet potato tots, corn muffin, strawberries, cookies

Sunday, January 11th

Breakfast	Cheese omelet, dry cereal, Danish, toast, grapefruit sections
Lunch	Pork nuggets, Italian green beans, mad & cheese wedges, fresh orange wedges, vanilla wafers
Supper	Chicken filet, onion rings, baby carrots, apricots, ice cream novelty

Monday, January 12th

Breakfast	Belgian waffle sticks, bacon, cereal bar, whole strawberries
Lunch	Sloppy joe on bun, potato cheddar bites, roasted broccoli, mandarin oranges
Supper	Popcorn shrimp, tortellini, key largo vegetables, grape tomatoes with ranch, strawberries

Tuesday, January 13th

Breakfast	Mini frittata, dry cereal, toast, whole strawberries
Lunch	Chicken salad sandwich, macaroni and cheese bites, grapes, pretzels
Supper	Veal, spring rolls, corn on the cob, fresh fruit platter, cookies

Wednesday, January 14th

Breakfast	Mini pancakes, cereal bar, yogurt drink, pears
Lunch	Fish sticks, stuffing balls, lima beans, pound cake, blueberries
Supper	Meatballs with gravy, red skin potatoes, Germany blend vegetables, orange wedges

Thursday, January 15th

Breakfast	Breakfast burrito, bacon, dry cereal, cinnamon raisin toast, banana
Lunch	Grilled Rueben, chips, tomato basil soup in mug, cheese cubes with crackers, ice cream novelty
Supper	Pork BBQ on bun, roasted zucchini squash, sliced carrots, sliced apple, ice cream novelty

Friday, January 16th

Breakfast	Sausage patty, boiled egg, cereal bar, biscuit, mandarin oranges
Lunch	Seafood platter, hushpuppies, brussels sprouts, baby carrots with dip, banana
Supper	Meatballs, broccoli, onion rings, corn bread, cucumber slices and tomato halves with ranch, apricots

Daily sandwich available at lunch and dinner.

If you have Dietary questions:

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



Gluten Free Menu

Saturday, January 10th

Breakfast	Sausage patty, cereal, scrambled eggs, toast, applesauce
Lunch	Sliced pot roast with gravy, pasta, yellow squash, bread, warm spiced pears
Supper	White chicken chili, baked potato, bread, mixed fruit cup, cookies

Sunday, January 11th

Breakfast	Cheese omelet, cereal, muffin, toast, grapefruit sections
Lunch	Apple cinnamon pork loin, sauerkraut, peas and onions, red potato salad, GF dessert
Supper	Baked chicken with gravy, white rice, beets, Caesar salad, vanilla ice cream cup

Monday, January 12th

Breakfast	Waffle, bacon, cereal, applesauce
Lunch	Sloppy joe on GF bun, boiled potatoes, broccoli, orange gelatin salad, lettuce
Supper	Steamed catfish, lemon rice, key largo vegetables, pea salad, lettuce, strawberries

Tuesday, January 13th

Breakfast	Poached eggs, cereal, toast, peaches
Lunch	Trio salad platter, lettuce, bread, grapes, GF dessert
Supper	Veal with gravy, pasta, corn on the cob, fresh fruit platter, GF cookies

Wednesday, January 14th

Breakfast	Pancakes, cereal, scrambled eggs, yogurt, pears
Lunch	Steamed flounder, alfredo, asparagus cuts and tips, blueberries
Supper	Baked chicken with gravy, red skin potatoes, Germany blend vegetables, peach halves with cottage cheese, lettuce

Thursday, January 15th

Breakfast	Scrambled eggs, bacon, cereal, toast, banana
Lunch	Grilled Rueben, chips, soup, lettuce and tomato salad, vanilla ice cream cup
Supper	Pork BBQ on GF bun, white rice, zucchini squash, apple Waldorf salad, lettuce, vanilla ice cream cup

Friday, January 16th

Breakfast	Sausage patty, scrambled eggs, cereal, toast, mandarin oranges
Lunch	Steamed shrimp, kernel corn, collard greens, cole slaw, lettuce, sorbet
Supper	Chili, baked potato, bread, garden salad, apricots

If you have Dietary questions:

Please call 540-568-8232 for questions or to request an alternate menu offerings at least two hours prior

All meals are prepared gluten free

**Menu is subject to change **

Renal Diet Menu

Saturday, January 10th

Breakfast	Sausage gravy, biscuit, oatmeal, applesauce
Lunch	Sliced pot roast, creamy garlic mushroom pasta, yellow squash, flatbread, warm spiced pears
Supper	White chicken chili, baked potato, mixed fruit cup, corn muffin, cookies

Sunday, January 11th

Breakfast	Cheese omelet, toast, Danish, oatmeal, grapefruit
Lunch	Apple cinnamon pork loin, sauerkraut, peas and onions, red potato salad, banana cream cheese bars
Supper	Tangerine glazed chicken, white rice, beets, Caesar salad, ice cream

Monday, January 12th

Breakfast	Waffle sticks, Scrambled eggs, Oatmeal, Applesauce
Lunch	Sloppy joe on bun, Boiled potatoes, Broccoli, Mandarin oranges
Supper	Steamed catfish, Orzo, Key largo vegetables, Angel food cake, Strawberries

Tuesday, January 13th

Breakfast	Poached egg, Plain grits, White toast, Peaches
Lunch	Chicken salad, Macaroni Salad, Croissant, Tropical fruit
Supper	Roast beef, Gravy, Creamed corn, Green beans, Pineapple tidbits, Rice Krispie bar

Wednesday, January 14th

Breakfast	Blueberry pancake, Cream of wheat, Pears
Lunch	Italian chicken, Fettuccini, Asparagus cuts and tips, Pound cake, Blueberries
Supper	Meatballs, Rotini pasta, Germany blend vegetables, peach halves

Thursday, January 15th

Breakfast	Scrambled eggs, Cinnamon raisin toast, Oatmeal, Applesauce
Lunch	Boneless skinless chicken breast, Kernel corn, Zucchini, Canned fruit, Rice Krispie bar
Supper	Beef stew, White rice, Slice carrots, White bread, Canned fruit

Friday, January 16th

Breakfast	Scrambled eggs, Cream of wheat, English muffin, Mandarin oranges
Lunch	Steamed flounder, White rice, Collard greens, Sorbet
Supper	Chicken filet, Mashed potatoes, Green beans, Garden salad, Apricots

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