

HC Gazette February 21st-27th

Saturday, February 21st

10:30 Rummikub	AR
1:30 Wii Bowling	PFR
6:30 Movie: <i>Downton Abbey: The Motion Picture</i>	TV 971

Sunday, February 22nd

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

Monday, February 23rd

10:00-11:30 Good Company Visits	RM
2:00 Puzzle Hour	AR
3:00 Manicures	RM

Tuesday, February 24th

10:30 Group Exercise	AR
11:00 Spintopia	AR
2:30 BINGO	AR
6:30 Words in Words	AR
6:30 Movie: <i>Downton Abbey: A New Era</i>	TV 971

Wednesday, February 25th

10:30 Chaplain's Gathering	AR
11:15 Group Exercise	AR
2:30 February Birthday Party	MDR
6:30 Aqua Painting	AR
6:30 Movie: <i>Downton Abbey: The Grand Finale</i>	TV 971

Thursday, February 26th

10:00 Wii Bowling	PFR
11:00 Group Exercise	AR
1:00 Activity Packet Cart	RM
2:00 News with Nancy	TV 971
6:30 Movie: <i>Alaska Animal Rescue (Ep. 1)</i>	TV 971

Friday, February 27th

9:30 Cat Visits with Queso	RM
10:30 BINGO	AR
2:00 Deion's Dance Performance	BT

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

February Birthday Party

Celebrate the amazing folks with February birthdays on Wednesday at 2:30PM! Stop by the Magnolia Dining Room for snacks, drinks, and to socialize with friends and neighbors.



Cat Visits with Queso

In the mood for a visit from a furry friend? Queso will be coming around for visits on Friday at 9:30AM. Keep an eye out as he makes his rounds!



Deion's Dance Performance

Enjoy a lively dance performance from Deion on Friday at 2:00PM in the Bethesda Theater. We hope to see you there!

Birthdays

21st – Betty Fravel

23rd—Margaret Smith

24th—Harry Lee



Regular Menu

Saturday, February 21st

Breakfast	Cheesy scrambled eggs, oatmeal, toast, sliced strawberries
Lunch	Chicken pot pie, sliced beets, broccoli slaw, lettuce, sweet potato pie
Supper	Tuna noodle casserole, lima beans, sliced carrots, fresh fruit, apple crisp

Sunday, February 22nd

Breakfast	Scrambled eggs, oatmeal, toast, banana bread, fruit cocktail
Lunch	Smothered steak, scalloped potatoes, whole green beans, white roll, peach pie
Supper	BLT sandwich, chips, tropical fruit, caramel cheesecake bars

Monday, February 23rd

Breakfast	French toast, bacon, oatmeal, peaches
Lunch	Baked ravioli with meat sauce, spinach, garlic bread, garden salad, chocolate ice cream cup
Supper	Roasted pork tenderloin with gravy, roasted apples, parmesan brussels sprouts, cupcake

Tuesday, February 24th

Breakfast	Scrambled eggs, cream of wheat, potato cakes, toast, applesauce
Lunch	Baked Dijon salmon filet, seasoned orzo, asparagus spears, cheddar cheese biscuit peach upside down cake
Supper	Roast beef with gravy, braised red potatoes, California blend vegetables, deviled eggs, lettuce, cookies

Wednesday, February 25th

Breakfast	Pancakes, sausage links, oatmeal, apricots
Lunch	Pineapple chicken, stir fry vegetables, fried rice, spring roll, spring oat bar
Supper	Beef cottage pie, peas and carrots, marinated peaches and pears, brownie

Thursday, February 26th

Breakfast	Cheese omelet, grits, muffin, toast, mandarin oranges
Lunch	Battered tilapia, baked macaroni and cheese, turnip greens, Boston cream pie
Supper	Mushroom pork chops, sweet potatoes, whole green beans, sherbet

Friday, February 27th

Breakfast	Sausage gravy, cream of wheat, biscuit, banana
Lunch	Cheeseburger on bun, crinkle cut fries, honey glazed carrots, relish plate, chocolate Oreo pudding
Supper	Grilled chicken strips, tomato pasta, broccoli, fresh fruit cup

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 to meal service

Menu is subject to change



Wellness Menu

Saturday, February 21st

Breakfast	Cheesy scrambled eggs, oatmeal, toast, sliced strawberries
Lunch	Chicken pot pie, sliced beets, broccoli slaw, lettuce
Supper	Tuna noodle casserole, lima beans, sliced carrots, fresh fruit, apple nutri-grain bar

Sunday, February 22nd

Breakfast	Scrambled eggs, oatmeal, toast, fruit cocktail
Lunch	Baked cubed steak with gravy, scalloped potatoes, whole green beans, peach pie
Supper	BLT sandwich, zucchini, tropical fruit, cheesecake filling

Monday, February 23rd

Breakfast	French toast, bacon, oatmeal, peaches
Lunch	Baked ravioli with meat sauce, spinach, garden salad, diet ice cream
Supper	Roasted pork tenderloin with gravy, roasted apples, parmesan brussels sprouts, vanilla pudding

Tuesday, February 24th

Breakfast	Scrambled eggs, cream of wheat, toast, applesauce
Lunch	Baked Dijon salmon filet, seasoned orzo, asparagus spears, cheddar cheese biscuit, sliced peaches
Supper	Roast beef with gravy, braised red potatoes, California blend vegetables, lettuce, deviled eggs

Wednesday, February 25th

Breakfast	Pancakes, sausage patty, oatmeal, apricots
Lunch	Pineapple chicken, stir fry vegetables, white rice, spring roll, spring oat bar
Supper	Beef cottage pie, peas and carrots, marinated peaches and pears, yogurt

Thursday, February 26th

Breakfast	Cheese omelet, grits, toast, mandarin oranges
Lunch	Steamed tilapia, baked macaroni and cheese, turnip greens, chocolate mousse
Supper	Mushroom pork chops, sweet potatoes, whole green beans, sherbet

Friday, February 27th

Breakfast	Cream of wheat, sausage patty, scrambled eggs, toast, banana
Lunch	Cheeseburger on bun, relish plate, baked crinkle cut fries, carrots, chocolate pudding with topping
Supper	Grilled chicken strips, tomato pasta, broccoli, fresh fruit cup

Daily sandwich available at lunch and dinner.

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Soft & Bite-Sized Menu

Saturday, February 21st

Breakfast	Cheesy scrambled eggs, oatmeal, dysphagia bread, diced strawberries
Lunch	Chicken with gravy, white rice with chicken gravy, sliced beets, yogurt, pumpkin pie filling
Supper	Tuna salad, lima beans, sliced carrots, canned fruit, pureed apple crisp

Sunday, February 22nd

Breakfast	Scrambled eggs, oatmeal, banana dysphagia bread, applesauce
Lunch	Baked cube steak with gravy, scalloped potatoes, green beans, peach pie filling
Supper	Pimento cheese, zucchini, tropical fruit, cheesecake filling

Monday, February 23rd

Breakfast	French toast, ham, oatmeal, diced peaches
Lunch	Baked ravioli with meat sauce, spinach, garlic dysphagia bread, diced pears, chocolate ice cream cup
Supper	Roasted pork tenderloin with gravy, roasted apples, steamed cabbage, vanilla pudding

Tuesday, February 24th

Breakfast	Scrambled eggs, cream of wheat, dysphagia bread, applesauce
Lunch	Baked Dijon salmon filet, seasoned orzo, broccoli florets, peach cake
Supper	Roast beef with gravy, braised red potatoes, California blend vegetables, egg salad, cookies

Wednesday, February 25th

Breakfast	Pancakes, sausage links, oatmeal, apricots
Lunch	Chicken breast, pineapple sauce, stir fry vegetables, white rice with gravy, spring oat bar
Supper	Ground beef and gravy, herbed mashed potatoes, peas, marinated peaches and pears, brownie

Thursday, February 26th

Breakfast	Cheese omelet, grits, flavored dysphagia bread, mandarin oranges
Lunch	Steamed tilapia, baked macaroni and cheese, turnip greens, chocolate mousse
Supper	Mushroom pork chops, sweet potatoes, green beans, sherbet

Friday, February 27th

Breakfast	Sausage gravy, cream of wheat, dysphagia bread, diced banana
Lunch	Diced burger with cheese sauce, herb mashed potatoes, honey glazed carrots, cole slaw, chocolate pudding with topping
Supper	Diced chicken strips with gravy, cous cous with tomato sauce, broccoli, diced strawberries

Daily sandwich available at lunch and dinner.

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Menu is subject to change

Minced & Moist Menu

<i>Saturday, February 21st</i>	
Breakfast	Cheesy scrambled eggs, oatmeal, dysphagia bread, minced strawberries
Lunch	Chicken and gravy, white rice with chicken gravy, sliced beets, yogurt, pumpkin pie filling
Supper	Tuna salad, lima beans, sliced carrots, canned fruit, pureed apple crisp
<i>Sunday, February 22nd</i>	
Breakfast	Scrambled eggs, oatmeal, banana dysphagia bread, applesauce
Lunch	Beef steak with gravy, scalloped potatoes, green beans, peach pie filling
Supper	Pimento cheese, zucchini, tropical fruit, cheesecake filling
<i>Monday, February 23rd</i>	
Breakfast	French toast, ground ham, oatmeal, peaches
Lunch	Baked ravioli with meat sauce, spinach, garlic dysphagia bread, diced pears, chocolate ice cream cup
Supper	Pork with gravy, minced apples, steamed cabbage, vanilla pudding
<i>Tuesday, February 24th</i>	
Breakfast	Scrambled eggs, cream of wheat, dysphagia bread, applesauce
Lunch	Dijon salmon filet, cous cous, broccoli florets, peach cake
Supper	Ground beef with gravy, herb mashed potatoes, California blend vegetables, egg salad, cookies

<i>Wednesday, February 25th</i>	
Breakfast	Pancakes, sausage gravy, oatmeal, apricots
Lunch	Ground chicken with pineapple sauce, stir fry vegetables, white rice with gravy, oat bar
Supper	Ground beef and gravy, herbed mashed potatoes, peas, marinated peaches and pears, brownie
<i>Thursday, February 26th</i>	
Breakfast	Scrambled eggs, grits, flavored dysphagia bread, mandarin oranges
Lunch	Steamed tilapia, baked macaroni and cheese, turnip greens, chocolate mousse
Supper	Mushroom pork chop, mashed sweet potatoes, minced green beans, sherbet
<i>Friday, February 27th</i>	
Breakfast	Sausage gravy, cream of wheat, dysphagia bread, applesauce
Lunch	Ground beef with cheese sauce, herb mashed potatoes, minced glazed carrots, cole slaw, chocolate pudding with topping
Supper	Ground chicken strips with gravy, orzo with tomato sauce, broccoli, strawberries

Daily sandwich available at lunch and dinner.

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Puree Menu

Saturday, February 21st

Breakfast	Cheesy eggs, oatmeal, dysphagia bread, strawberries
Lunch	Chicken pot pie, cream of rice, beets, yogurt, pumpkin pie filling
Supper	Tuna, lima beans, carrots, canned fruit, apple crisp

Sunday, February 22nd

Breakfast	Scrambled eggs, oatmeal, banana dysphagia bread, fruit cocktail
Lunch	Beef steak with gravy, scalloped potatoes, green beans, peach pie filling
Supper	Ham, cream of rice, zucchini, tropical fruit, cheesecake filling

Monday, February 23rd

Breakfast	French toast, ham, oatmeal, peaches
Lunch	Ravioli with meat sauce, spinach, pears, chocolate ice cream cup
Supper	Pork with gravy, apples, cabbage, vanilla pudding

Tuesday, February 24th

Breakfast	Scrambled eggs, cream of wheat, dysphagia bread, applesauce
Lunch	Salmon, orzo, asparagus, peach cake
Supper	Beef with gravy, herbed mashed potatoes, California blend vegetables, egg salad, cookies

Wednesday, February 25th

Breakfast	Pancakes, sausage, oatmeal, apricots
Lunch	Chicken with pineapple sauce, stir fry vegetables, cream of rice, spring oat bar
Supper	Beef, herbed mashed potatoes, peas and carrots, peaches and pears, brownie

Thursday, February 26th

Breakfast	Cheesy scrambled eggs, grits, flavored dysphagia bread, oranges
Lunch	Fish, macaroni and cheese, turnip greens, chocolate mousse
Supper	Mushroom pork chop, sweet potatoes, green beans, sherbet

Friday, February 27th

Breakfast	Sausage gravy, cream of wheat, dysphagia bread, applesauce
Lunch	Beef with cheese sauce, mashed potatoes, carrots, cole slaw, chocolate pudding with topping
Supper	Chicken strips with gravy, tomato pasta, broccoli, strawberries

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All meals are prepared pureed

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Hand Held Menu

Saturday, February 21st

Breakfast	Breakfast burrito, dry cereal, yogurt drink, strawberries
Lunch	Chicken and gravy, tortellini, Brussel sprouts, celery sticks and ranch, fig - newton
Supper	Tuna salad sandwich, French fries, sliced carrots, fresh fruit, apple nutri- grain bar

Sunday, February 22nd

Breakfast	Boiled egg, dry cereal, toast, banana bread, strawberries
Lunch	Baked cubed steak with gravy, tater tots, green beans, white roll, Rice Crispy treat
Supper	BLT sandwich, chips, tropical fruit, mini cheesecakes

Monday, February 23rd

Breakfast	French toast, bacon, cereal bar, strawberries
Lunch	Baked ravioli, beef steak, sliced carrots, garlic bread, sliced cucumbers, ice cream novelty
Supper	Roasted pork tenderloin with gravy, sliced apples, parmesan brussels sprouts, cupcake

Tuesday, February 24th

Breakfast	Breakfast burrito, dry cereal, potato cakes, toast, banana
Lunch	Pork BBQ on bun, tortellini, asparagus spears, cheddar cheese biscuit, peach upside down cake
Supper	Meatballs with gravy, braised red potatoes, California blend vegetables, deviled eggs, lettuce, cookies

Wednesday, February 25th

Breakfast	Mini pancakes, sausage links, cereal bar, apricots
Lunch	Popcorn chicken, fried green tomatoes, spring roll, spring oat bar
Supper	Beef fajita strips, potato wedges, waxed beans, pears, brownie

Thursday, February 26th

Breakfast	Cheese omelet, dry cereal, muffin, toast, mandarin oranges
Lunch	Battered tilapia, mac and cheese wedges, cauliflower, fudge round cookie
Supper	Pork chop with gravy, sweet potato fries, green beans, novelty ice cream

Friday, February 27th

Breakfast	Sausage patty, cereal bar, boiled egg, biscuit, banana
Lunch	Cheeseburger on bun, baked crinkle cut fries, relish plate, carrots, Oreos
Supper	Grilled chicken strips with gravy, penne pasta, broccoli, fresh fruit cup

Daily sandwich available at lunch and dinner.

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Gluten Free Menu

Saturday, February 21st

Breakfast	Cheesy scrambled eggs, cereal, toast, sliced strawberries
Lunch	Chicken and gravy, white rice, beets, broccoli slaw, lettuce, GF dessert
Supper	Tuna salad sandwich, lima beans, sliced carrots, fresh fruit, GF dessert

Sunday, February 22nd

Breakfast	Scrambled eggs, cereal, toast, muffin, fruit cocktail
Lunch	Baked cubed steak with gravy, herbed mashed potatoes, whole green beans, roll, peach pie filling
Supper	BLT sandwich, chips, tropical fruit, GF dessert

Monday, February 23rd

Breakfast	French toast, bacon, cereal, peaches
Lunch	Beef steak with gravy, spinach, garlic bread, garden salad, chocolate ice cream cup
Supper	Roasted pork tenderloin with gravy, roasted apples, parmesan brussels sprouts, GF dessert

Tuesday, February 24th

Breakfast	Scrambled eggs, cereal, tater tots, toast, applesauce
Lunch	Baked salmon, pasta, asparagus spears, sliced peaches
Supper	Roast beef with gravy, braised red potatoes, California blend vegetables, deviled eggs, lettuce, GF cookies

Wednesday, February 25th

Breakfast	Pancakes, sausage links, cereal, apricots
Lunch	Chicken with pineapple sauce, stir fry vegetables, white rice, GF dessert
Supper	Beef cottage pie, peas and carrots, marinated peaches and pears, GF dessert

Thursday, February 26th

Breakfast	Cheese omelet, cereal, muffin, toast, mandarin oranges
Lunch	Steamed tilapia, GF pasta with cheese sauce, turnip greens, GF dessert
Supper	Pork chop with gravy, sweet potatoes, whole green beans, sherbet

Friday, February 27th

Breakfast	Sausage patty, cereal, scrambled eggs, toast, banana
Lunch	Cheeseburger on bun, crinkle cut fries, honey glazed carrots, relish plate, GF dessert
Supper	Chicken with gravy, pasta, broccoli, fresh fruit cup

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All meals are prepared Gluten Free

**Menu is subject to change **

Renal Diet Menu

Saturday, February 21st

Breakfast	Cheesy scrambled eggs, oatmeal, white toast, sliced strawberries
Lunch	Chicken pot pie, beets, broccoli slaw, sweet potato pie
Supper	Tuna noodle casserole, lima beans, peas, fresh fruit, apple crisp

Sunday, February 22nd

Breakfast	Scrambled eggs, oatmeal, toast, banana bread, fruit cocktail
Lunch	Smothered steak, scalloped potatoes, whole green beans, white roll, peach pie
Supper	BLT sandwich, chips, tropical fruit, caramel cheesecake bars

Monday, February 23rd

Breakfast	French toast, oatmeal, peaches
Lunch	Italian chicken breast, white rice, sliced carrots, garden salad, Rice Krispie bar
Supper	Roasted pork tenderloin, roasted apples, green beans, white bread

Tuesday, February 24th

Breakfast	Scrambled eggs, cream of wheat, white toast, applesauce
Lunch	Baked Dijon salmon filet, seasoned orzo, mixed vegetables, sliced peaches
Supper	Turkey, gravy, bread stuffing, California blend vegetables, lettuce salad, vanilla wafers

Wednesday, February 25th

Breakfast	Hard boiled egg, pancake, oatmeal, applesauce
Lunch	Boneless skinless chicken filet, white rice, stir fry vegetables, applesauce, Rice Krispie bar
Supper	Ham steak, herbed mashed potatoes, peas and carrots, marinated peaches and pears

Thursday, February 26th

Breakfast	Cheese omelet, grits, white toast, mandarin oranges
Lunch	Seasoned tilapia, rice pilaf, broccoli florets, angel food cake, strawberries
Supper	Lemon pepper chicken, orzo, green beans, applesauce

Friday, February 27th

Breakfast	Hardboiled egg, cream of wheat, English muffin, canned fruit
Lunch	Hamburger on bun, honey glazed carrots, coleslaw, sherbet
Supper	Veal cutlet, buttered pasta, broccoli, fresh fruit cup

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