

# 2nd - HC Gazette March 21st-27th

## Saturday, March 21st

6:30 Movie: *Von Ryan's Express* **TV 971**

## Sunday, March 22nd

2:00 Chapel Service **TV 971**

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

## Monday, March 23rd

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

2:30 Skyline Duo Performance **TV 971**

## Tuesday, March 24th

10:30 BINGO **AR**

2:00 Coffee & Conversation **MDR**

3:00 Balloon Toss **MLR**

6:30 Movie: *Teacher's Pet* **TV 971**

## Wednesday, March 25th

10:00 Chaplain's Gathering **AR**

10:45 Group Exercise **AR**

2:00 Words in Words **AR**

## Thursday, March 26th

10:00 Corn Hole **AR**

11:00 Group Exercise **AR**

1:00 Activity Packet Cart **RM**

2:00 Manicures **RM**

6:30 Movie: *Dogs with Jobs: Wolves Become Dogs* **TV 971**

## Friday, March 27th

9:30 Balloon Toss **MLR**

10:30 Giant Crossword **AR**

2:00 BINGO **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, MDR- Magnolia Dining Room, PP— Poplar Porch, MP—Magnolia Porch, BT — Bethesda Theater, RM — Residents Rooms, T — Terrace, MC—Meredith Chapel

# 3rd - HC Gazette March 21st-27th

## Saturday, March 21st

6:30 Movie: *Von Ryan's Express* **TV 971**

## Sunday, March 22nd

2:00 Chapel Service **TV 971**

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

## Monday, March 23rd

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

2:30 Skyline Duo Performance **TV 971**

## Tuesday, March 24th

10:00 Coffee & Conversation **PDR**

11:00 Balloon Toss **PLR**

2:30 BINGO **PDR**

6:30 Movie: *Teacher's Pet* **TV 971**

## Wednesday, March 25th

10:00 Group Exercise **PFR**

10:45 Chaplain's Gathering **PFR**

2:00 Giant Crossword **PFR**

## Thursday, March 26th

10:00 Group Exercise **PFR**

11:00 Corn Hole **PLR**

1:00 Activity Packet Cart **RM**

2:00 Manicures **RM**

6:30 Movie: *Dogs with Jobs: Wolves Become Dogs* **TV 971**

## Friday, March 27th

9:30 Balloon Toss **PLR**

10:30 BINGO **PDR**

2:00 Words in Words **PFR**

## 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



## **Resuming Activities: Split-Floor Activities**

Beginning Monday, March 23rd, we will resume group activities on each respective floor. Please be patient with the life enrichment staff as we try to balance simultaneous activities between the two floors.



### *Birthdays*

22nd—Phyllis Arbogast

27th—Pauline Patteson



# Regular Menu

## Saturday, March 21st

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

## Sunday, March 22nd

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

## Monday, March 23rd

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

## Tuesday, March 24th

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

## Wednesday, March 25th

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

## Thursday, March 26th

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

## Friday, March 27th

<b>Breakfast</b>	Sausage gravy, cream of wheat, biscuit, mandarin oranges
<b>Lunch</b>	Seafood platter, hushpuppies, collard greens, cole slaw, lettuce, sorbet
<b>Supper</b>	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

<i>Saturday, March 21st</i>	
<b>Breakfast</b>	Sausage patty, scrambled eggs, oatmeal, toast, applesauce
<b>Lunch</b>	Sliced pot roast with gravy, campanelle pasta, yellow squash, warm spiced pears
<b>Supper</b>	White chicken chili, baked potato, corn muffin, mixed fruit cup
<i>Sunday, March 22nd</i>	
<b>Breakfast</b>	Cheese omelet, oatmeal, toast, grapefruit sections
<b>Lunch</b>	Apple cinnamon pork loin, sauerkraut, peas and onions, red potato salad, lettuce, chocolate pudding with topping
<b>Supper</b>	Baked chicken with gravy, white rice, beets, Caesar salad, diet ice cream
<i>Monday, March 23rd</i>	
<b>Breakfast</b>	Belgian waffle, bacon, oatmeal, applesauce
<b>Lunch</b>	Sloppy joe on bun, boiled potatoes, broccoli, orange gelatin salad, lettuce
<b>Supper</b>	Steamed catfish, lemon rice, key largo vegetables, pea salad, lettuce, strawberry mousse
<i>Tuesday, March 24th</i>	
<b>Breakfast</b>	Poached eggs, cheese grits, toast, peaches
<b>Lunch</b>	Trio salad platter, lettuce, croissant, grapes, pretzels
<b>Supper</b>	Veal with gravy and egg noodles, corn on the cob, fresh fruit platter

<i>Wednesday, March 25th</i>	
<b>Breakfast</b>	Blueberry pancakes, cream of wheat, yogurt, pears
<b>Lunch</b>	Steamed flounder, fettuccini alfredo, asparagus cuts and tips, blueberries
<b>Supper</b>	Baked chicken with gravy, red skin potatoes, Germany blend vegetables, peach halves with cottage cheese, lettuce
<i>Thursday, March 26th</i>	
<b>Breakfast</b>	Scrambled eggs, bacon, oatmeal, cinnamon raisin toast, banana
<b>Lunch</b>	Ham salad sandwich, sweet potatoes, tomato basil soup, lettuce and tomato salad, diet ice cream
<b>Supper</b>	Beef stew, zucchini squash, biscuit, apple Waldorf salad, lettuce, diet ice cream
<i>Friday, March 27th</i>	
<b>Breakfast</b>	Scrambled eggs, sausage patty, cream of wheat, toast, mandarin oranges
<b>Lunch</b>	Steamed shrimp, kernel corn, collard greens, cole slaw, lettuce, sorbet
<b>Supper</b>	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, March 21st

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

## Sunday, March 22nd

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

## Monday, March 23rd

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

## Tuesday, March 24th

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

## Wednesday, March 25th

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

## Thursday, March 26th

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

## Friday, March 27th

<b>Breakfast</b>	Sausage gravy, dysphagia bread, cream of wheat, mandarin oranges
<b>Lunch</b>	Steamed flounder, creamed corn, collard greens, cole slaw, sorbet
<b>Supper</b>	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, March 21st

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

## Sunday, March 22nd

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

## Monday, March 23rd

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

## Tuesday, March 24th

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

## Wednesday, March 25th

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

## Thursday, March 26th

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

## Friday, March 27th

<b>Breakfast</b>	Sausage gravy, cream of wheat, dysphagia bread, mandarin oranges
<b>Lunch</b>	Steamed flounder, creamed corn, collard greens, cole slaw, sorbet
<b>Supper</b>	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, March 21st

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

## Sunday, March 22nd

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

## Monday, March 23rd

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

## Tuesday, March 24th

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

## Wednesday, March 25th

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

## Thursday, March 26th

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

## Friday, March 27th

<b>Breakfast</b>	Sausage gravy, cream of wheat, dysphagia bread, oranges
<b>Lunch</b>	Fish, creamed corn, greens, cole slaw, sorbet
<b>Supper</b>	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, March 21st

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

## Sunday, March 22nd

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

## Monday, March 23rd

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

## Tuesday, March 24th

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

## Wednesday, March 25th

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

## Thursday, March 26th

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

## Friday, March 27th

<b>Breakfast</b>	Sausage patty, boiled egg, cereal bar, biscuit, mandarin oranges
<b>Lunch</b>	Seafood platter, hushpuppies, brussels sprouts, baby carrots with dip, banana
<b>Supper</b>	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:

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

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

# Gluten Free Menu

## Saturday, March 21st

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

## Sunday, March 22nd

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

## Monday, March 23rd

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

## Tuesday, March 24th

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

## Wednesday, March 25th

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

## Thursday, March 26th

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

## Friday, March 27th

<b>Breakfast</b>	Sausage patty, scrambled eggs, cereal, toast, mandarin oranges
<b>Lunch</b>	Steamed shrimp, kernel corn, collard greens, cole slaw, lettuce, sorbet
<b>Supper</b>	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, March 21st

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

## Sunday, March 22nd

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

## Monday, March 23rd

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

## Tuesday, March 24th

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

## Wednesday, March 25th

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

## Thursday, March 26th

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

## Friday, March 27th

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

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