

HC Gazette April 18th-24th

Saturday, April 18th

10:30 Rummikub	AR
2:00 JMU Black Ties Performance	BT
6:30 Movie: <i>Wicked</i>	TV 971

Sunday, April 19th

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

Monday, April 20th

10:00-11:30 Good Company Visits	RM
2:00 Sing Along	AR
3:15 Manicures	RM

Tuesday, April 21st

10:30 BINGO	AR
2:00 Men's Group	PFR
2:30-4:00 Sunnyside Scoops	BT
6:30 Movie: <i>Wicked for Good</i>	TV 971

Wednesday, April 22nd

Earth Day

10:30 Chaplain's Gathering	AR
11:15 Group Exercise	AR
2:00 Gardening/Spring Planting	Patio

Thursday, April 23rd

10:00 Group Exercise	AR
11:00 Giant Crossword	AR
1:00 Activity Packet Cart	RM
2:00 Rock Painting	AR
2:00 News with Nancy	TV 971
6:30 Movie: <i>Dogs on the Job: Police and Military</i>	TV 971

Friday, April 24th

9:30 Balloon Toss	MLR/PLR
10:30 BINGO	AR
2:30 April Birthday Party	MDR

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, MFR — Magnolia Family Room, PP— Poplar Porch, MP—Magnolia Porch, BT — Bethesda Theater, RM — Residents Rooms, T — Terrace, MC—Meredith Chapel

Sunnyside Scoops

Craving a sweet ice cream treat? Join us for an afternoon ice cream social on Tuesday from 2:30PM to 4:00PM in the Bethesda Theater. We will have a delicious spread of ice cream flavors to choose from and good company to share them with. We hope to see you there!

Gardening/Spring Planting



Celebrate the beauty of our planet by joining us for an Earth Day gardening/planting activity on Wednesday at 2:00PM. We will be decorating the planters in our second floor patio area with colorful flowers to bring a bright springtime feel to our outdoor space.

Rock Painting

Diane, our wonderful volunteer from Independent Living, will be stopping by the Activities Room on Thursday at 2:00PM for rock painting. We hope you join us!



Birthdays

24th—Leona Webster



Regular Menu

Saturday, April 18th

Breakfast	Scrambled eggs, oatmeal, donut, toast, peaches
Lunch	Spaghetti and meatballs, yellow squash, bread stick, Italian romaine salad, tiramisu cupcake
Supper	Baked chicken with gravy, macaroni and tomatoes, green beans, apple pie

Sunday, April 19th

Breakfast	Chipped beef gravy, oatmeal, biscuit, tropical fruit
Lunch	Beef tenderloin with gravy, oven roasted parmesan potatoes, California blend vegetables, wheat roll, lime angel salad, lettuce
Supper	Ham and cheese on bun, mushroom bisque, three bean salad, cookies

Monday, April 20th

Breakfast	French toast, bacon, oatmeal, peaches
Lunch	Creamy andouille on penne pasta, sliced carrots, dill & cucumber salad, lettuce, baked coffee custard
Supper	Steak salad, loaded baked potato soup, fresh pineapple, angel food cake with strawberries and topping

Tuesday, April 21st

Breakfast	Scrambled eggs, grits, hash brown triangle, toast, pears
Lunch	Crab cake, spinach souffle, potato wedges, Hawaiian roll, asparagus and tomato salad, lettuce
Supper	Crusted chicken romano with chicken gravy, rotini with marinara, Italian green beans, lemon Italian ice cup

Wednesday, April 22nd

Breakfast	Pancakes, sausage links, cream of wheat, seasoned apples
Lunch	Smothered pork chop, sweet potato casserole, fried kale, cauliflower salad, lettuce, orange cranberry muffin
Supper	Grilled cheese sandwich, tomato soup, mango chunks, peanut butter pie

Thursday, April 23rd

Breakfast	Poached eggs, oatmeal, toast, muffin, banana
Lunch	Pulled BBQ sandwich on bun, mashed potatoes, Prince William blend vegetables, cole slaw, pickle, lettuce, chocolate éclair dessert
Supper	Stuffed sole, black beans and rice, stewed tomatoes, cherry orange delight, lettuce

Friday, April 24th

Breakfast	Scrambled eggs, Canadian bacon, cream of wheat, English muffin, mandarin oranges
Lunch	Roasted turkey with gravy, bread dressing, mixed vegetables, jellied cranberry sauce, lettuce, pumpkin pie
Supper	Pizza, roasted cauliflower, green bean salad, iced caramel brownie

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, April 18th

Breakfast	Scrambled eggs, oatmeal, toast, peaches
Lunch	Spaghetti and meatballs, yellow squash, bread stick, Italian romaine salad, diced pears
Supper	Baked chicken with gravy, macaroni and tomatoes, green beans, applesauce

Sunday, April 19th

Breakfast	Sausage patty, oatmeal, scrambled eggs, toast, tropical fruit
Lunch	Beef tenderloin with gravy, oven roasted parmesan potatoes, California blend vegetables, lime angel salad, lettuce
Supper	Ham and cheese on bun, mushroom bisque, three bean salad, apricots

Monday, April 20th

Breakfast	French toast , bacon, oatmeal, peaches
Lunch	Baked pork chop with gravy, penne pasta, sliced carrots, dill cucumber salad, lettuce, cheesecake filling
Supper	Steak salad, baked potato, fresh pineapple, angel food cake with strawberries and topping

Tuesday, April 21st

Breakfast	Scrambled eggs, grits, toast, pears
Lunch	Crab cake, spinach souffle, potato wedges, Hawaiian roll, asparagus and tomato salad,
Supper	Crusted chicken romano with chicken gravy, rotini with marinara, Italian green beans, lemon Italian ice cup

Wednesday, April 22nd

Breakfast	Pancakes, sausage patty, cream of wheat, seasoned apples
Lunch	Baked pork chop, gravy, sweet potatoes, steamed kale, cauliflower salad, lettuce, orange cranberry muffin
Supper	Pimento cheese sandwich, tomato soup, mango chunks, graham crackers with peanut butter

Thursday, April 23rd

Breakfast	Poached eggs, oatmeal, toast, banana
Lunch	Pulled BBQ sandwich on bun, mashed potatoes, Prince William blend vegetables, cole slaw, lettuce, diet chocolate ice cream cup
Supper	Stuffed sole, black beans and rice, stewed tomatoes, apricots

Friday, April 24th

Breakfast	Scrambled eggs, Canadian bacon, cream of wheat, English muffin, mandarin oranges
Lunch	Roasted turkey with gravy, bread dressing, mixed vegetables, jellied cranberry sauce, lettuce, pumpkin pie filling
Supper	Ham steak, orzo, roasted cauliflower, green bean salad

Daily sandwich available at lunch and dinner.

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Soft & Bite Sized

Saturday, April 18th

Breakfast	Scrambled eggs, oatmeal, flavored dysphagia bread, diced peaches
Lunch	Radiatori pasta with meat sauce, yellow squash, garlic dysphagia bread, diced pears, warm brownie
Supper	Baked chicken with gravy, macaroni and tomatoes, green beans, apple filling

Sunday, April 19th

Breakfast	Chipped beef gravy, oatmeal, dysphagia bread, diced tropical fruit
Lunch	Ground beef with gravy, herbed mashed potatoes, California blend vegetables, lime sherbet
Supper	Ham salad, ditalini pasta, mushroom bisque, apricots, cookies

Monday, April 20th

Breakfast	French toast, diced ham, oatmeal, diced peaches
Lunch	Sausage with gravy, ditalini pasta, sliced carrots, cottage cheese, baked coffee custard
Supper	Philly beef with gravy, applesauce, potato soup, fruit cocktail, angel food cake with strawberries

Tuesday, April 21st

Breakfast	Scrambled eggs, grits, dysphagia bread, diced pears
Lunch	Steamed cod, spinach souffle, herbed mashed potatoes, applesauce
Supper	Baked chicken filet with gravy, cous cous-with marinara, Italian green beans, lemon Italian ice cup

Wednesday, April 22nd

Breakfast	Pancakes, sausage links, cream of wheat, seasoned apples
Lunch	Smothered pork chop, smashed sweet potatoes, steamed kale, macaroni salad, muffin
Supper	Pimento cheese, herbed mashed potatoes, tomato soup, mango chunks, peanut butter pie filling

Thursday, April 23rd

Breakfast	Poached eggs, oatmeal, flavored dysphagia
Lunch	BBQ, mashed potatoes, Prince William blend vegetables, cole slaw, vanilla pudding
Supper	Stuffed sole, black beans and rice, stewed tomatoes, apricots

Friday, April 24th

Breakfast	Scrambled eggs, diced ham, cream of wheat, mandarin oranges
Lunch	Roasted turkey with gravy, bread dressing, baby carrots, jellied cranberry sauce, pumpkin pie filling
Supper	Ham steak with pineapple sauce, orzo, roasted cauliflower, strawberries, iced caramel brownie

Daily sandwich available at lunch and dinner.

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Minced & Moist Menu

<i>Saturday, April 18th</i>	
Breakfast	Scrambled eggs, oatmeal, flavored dysphagia bread, minced peaches
Lunch	Couscous with meat sauce, yellow squash, garlic dysphagia bread, minced pears, brownie
Supper	Ground chicken with gravy, macaroni and tomatoes, minced green beans, apple filling
<i>Sunday, April 19th</i>	
Breakfast	Chipped beef gravy, oatmeal, dysphagia bread, minced tropical fruit
Lunch	Ground beef with gravy, herbed mashed potatoes, California blend vegetables, lime sherbet
Supper	Ham salad, cous cous, mushroom bisque, apricots, cookies
<i>Monday, April 20th</i>	
Breakfast	French toast, ground ham, oatmeal, minced peaches
Lunch	Ground sausage with gravy, ditalini pasta, sliced carrots, cottage cheese, baked coffee custard
Supper	Ground beef with gravy, potato soup, applesauce, angel food cake with strawberries
<i>Tuesday, April 21st</i>	
Breakfast	Scrambled eggs, grits, dysphagia bread, minced pears
Lunch	Steamed cod, spinach souffle, herbed mashed potatoes, applesauce
Supper	Ground chicken with gravy, cous cous with marinara, Italian green beans, lemon Italian ice cup

<i>Wednesday, April 22nd</i>	
Breakfast	Pancakes, cream of wheat, ground sausage with pork gravy, applesauce
Lunch	Smothered pork chop, smashed sweet potatoes, steamed kale, macaroni salad, muffin
Supper	Pimento cheese, herbed mashed potatoes, tomato soup, mango chunks, peanut butter pie filling
<i>Thursday, April 23rd</i>	
Breakfast	Scrambled eggs, oatmeal, flavored dysphagia bread, minced fruit cocktail
Lunch	BBQ, mashed potatoes, Prince William blend vegetables, cole slaw, vanilla pudding
Supper	Stuffed sole, black beans and rice, stewed tomatoes, apricots
<i>Friday, April 24th</i>	
Breakfast	Scrambled eggs, ground ham, cream of wheat, mandarin oranges
Lunch	Ground turkey with gravy, bread dressing, baby carrots, jellied cranberry sauce, pumpkin pie filling
Supper	Ground ham with pineapple sauce, cous cous, roasted cauliflower, strawberries, ice caramel brownie

Daily sandwich available at lunch and dinner.

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Puree Menu

Saturday, April 18th

Breakfast	Scrambled eggs, oatmeal, flavored dyspha-
Lunch	Spaghetti with meat sauce, squash, pears, brownies
Supper	Chicken with gravy, macaroni and tomatoes, green beans, apple filling

Sunday, April 19th

Breakfast	Chipped beef gravy, oatmeal, dysphagia bread, tropical fruit
Lunch	Beef with gravy, herbed mashed potatoes, vegetable blend, lime sherbet
Supper	Ham, pasta, mushroom bisque, bean salad, cookies

Monday, April 20th

Breakfast	French toast, ham, oatmeal, peaches
Lunch	Sausage with gravy, pasta, carrots, cottage cheese, cheesecake filling
Supper	Beef with gravy, potato soup, applesauce, angel food cake with strawberries

Tuesday, April 21st

Breakfast	Scrambled eggs, grits, dysphagia bread, pears
Lunch	Fish, souffle, herbed mashed potatoes, applesauce
Supper	Chicken with gravy, rotini with marinara, green beans, lemon Italian ice cup

Wednesday, April 22nd

Breakfast	Pancakes, sausage, cream of wheat, applesauce
Lunch	Smothered pork chop with gravy, sweet potatoes, kale, macaroni salad, muffin
Supper	Pimento cheese, herbed mashed potatoes, tomato soup, mango, peanut butter pie filling

Thursday, April 23rd

Breakfast	Scrambled eggs, oatmeal, flavored dysphagia bread, fruit cocktail
Lunch	BBQ, mashed potatoes, Prince William blend vegetables, cole slaw, vanilla pudding
Supper	Fish, beans and rice, stewed tomatoes, apricots

Friday, April 24th

Breakfast	Scrambled eggs, ham, cream of wheat, oranges
Lunch	Turkey with gravy, bread dressing, mixed vegetables, jellied cranberry sauce, pumpkin pie filling
Supper	Ham with pineapple sauce, orzo, cauliflower, brownie

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All meals are prepared Pureed

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Hand Held Menu

Saturday, April 18th

Breakfast	Mini frittata, dry cereal, donut, toast, whole strawberries
Lunch	Tortellini, meatballs, roasted squash, bread stick, cucumber slices with ranch, brownie
Supper	Chicken nuggets, macaroni and cheese wedges, green beans, fresh sliced apple

Sunday, April 19th

Breakfast	Sausage patty, dry cereal, boiled egg, biscuit, tropical fruit
Lunch	Beef tenderloin with gravy, oven roasted parmesan potatoes, California blend vegetables, wheat roll, pineapple tidbits
Supper	Ham and cheese on bun, mushroom bisque in mug, apricots, cookies

Monday, April 20th

Breakfast	French toast, bacon, cereal bar, banana
Lunch	Baked pork chop with gravy, onion rings, sliced carrots, sliced cucumber & tomato halves with ranch, mini cheesecake
Supper	Beef strips with gravy, whole green beans, loaded baked potato soup in mug, fresh pineapple, angel food cake

Tuesday, April 21st

Breakfast	Breakfast burrito, dry cereal, hash brown triangle, toast, pears
Lunch	Crab cake on bun, steamed cabbage, potato wedges, applesauce
Supper	Baked chicken with gravy, ravioli, Italian green beans, ice cream novelty

Wednesday, April 22nd

Breakfast	Mini pancakes, sausage links, cereal bar, sliced apple
Lunch	Baked pork chop with gravy, sweet potato fries, brussel sprouts, cauliflower with ranch, orange cranberry muffin
Supper	Grilled cheese sandwich, tomato soup in mug, fresh orange wedges, graham crackers with peanut butter

Thursday, April 23rd

Breakfast	Boiled egg, dry cereal, muffin, banana
Lunch	Pulled BBQ sandwich on bun, roasted potatoes, Prince William blend vegetables, carrot and celery sticks with ranch, graham crackers with peanut butter
Supper	Fish sticks, spring rolls, broccoli, apricots

Friday, April 24th

Breakfast	Fried egg and Canadian bacon English muffin, cereal bar, mandarin oranges
Lunch	Turkey strips with gravy, dressing balls, baby carrots, grapes, fig newton
Supper	Pizza, roasted cauliflower, grape tomatoes, iced caramel brownie

Daily sandwich available at lunch and dinner.

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**Menu is subject to change **

Gluten Free Menu

Saturday, April 18th

Breakfast	Scrambled eggs, cereal, donut, toast, peaches
Lunch	Spaghetti with meat sauce, yellow squash, garlic bread, Italian romaine salad, GF dessert
Supper	Baked chicken with gravy, pasta, green beans, applesauce

Sunday, April 19th

Breakfast	Sausage patty, cereal, scrambled eggs, toast, tropical fruit
Lunch	Beef tenderloin with gravy, oven roasted parmesan potatoes, California blend vegetables, lettuce, lime angel salad,
Supper	Ham and cheese on bun, GF soup, three bean salad, cookies

Monday, April 20th

Breakfast	GF French toast, bacon, GF cereal, scrambled eggs, peaches
Lunch	Baked pork chop with gravy, pasta, sliced carrots, dill cucumber salad, lettuce, baked coffee custard
Supper	Steak salad, GF soup, fresh pineapple, GF dessert

Tuesday, April 21st

Breakfast	Scrambled eggs, cereal, hash brown triangle, toast, pears
Lunch	Steamed cod, steamed spinach, herbed mashed potatoes, roll, asparagus and tomato salad, lettuce
Supper	Baked chicken filet with gravy, pasta with marinara sauce, Italian green beans, lemon Italian ice cup

Wednesday, April 22nd

Breakfast	Pancakes, sausage links, cereal, seasoned apples
Lunch	Baked pork chop with gravy, sweet potatoes, fried kale, cauliflower salad, lettuce, GF dessert
Supper	Grilled cheese sandwich, GF soup, mango chunks, GF dessert

Thursday, April 23rd

Breakfast	Poached eggs, cereal, muffin, banana
Lunch	Pulled BBQ sandwich on bun, mashed potatoes, Prince William blend vegetables, cole slaw, pickle, lettuce, GF dessert
Supper	Steamed cod, black beans and rice, stewed tomatoes, cherry orange delight, lettuce

Friday, April 24th

Breakfast	Scrambled eggs, Canadian bacon, cereal, English muffin, mandarin oranges
Lunch	Roasted turkey with gravy, white rice, mixed vegetables, jellied cranberry sauce, lettuce, pumpkin pie filling
Supper	Ham steak with pineapple sauce, pasta, roasted cauliflower, green bean salad, brownie

If you have Dietary questions:

Please call 50-568-8232 for questions or to request an alternate menu offerings at least two hours prior to

All meals are prepared Gluten Free

**Menu is subject to change **

Renal Diet Menu

Saturday, April 18th

Breakfast	Mini quiches, Rice Krispie cereal, white toast, sliced strawberries
Lunch	Ham steak, pineapple sauce, yellow squash, baby carrots, pears
Supper	Baked chicken, mashed potatoes, green beans, apple pie

Sunday, April 19th

Breakfast	Scrambled eggs, oatmeal, English muffin, tropical fruit
Lunch	Beef tenderloin, gravy, rice pilaf, California blend vegetables, angel food cake, pineapple tidbits
Supper	Ham salad sandwich, chicken soup, grapes, vanilla wafers

Monday, April 20th

Breakfast	French toast, bacon, oatmeal, peaches
Lunch	Creamy andouille on penne pasta, sliced carrots, dill cucumber salad, baked coffee custard
Supper	Steak salad, loaded baked potato soup, fresh pineapple, angel food cake with strawberries

Tuesday, April 21st

Breakfast	Scrambled eggs, hash brown, grits, toast, pears
Lunch	Crab cake, spinach souffle, potato wedges, asparagus and tomato salad, Hawaiian roll
Supper	Crusted chicken Romano, rotini with marinara, Italian green beans, lemon Italian ice

Wednesday, April 22nd

Breakfast	Pancakes, sausage links, cream of wheat, seasoned apples
Lunch	Smothered pork chop, sweet potato casserole, fried kale, cauliflower salad, orange cranberry muffin
Supper	Grilled cheese, tomato soup, mango chunks, peanut butter pie

Thursday, April 23rd

Breakfast	Poached eggs, toast, muffin, oatmeal, bananas
Lunch	Pulled BBQ sandwich, mashed potatoes, prince William blend vegetables, coleslaw/pickle, chocolate éclair
Supper	Stuffed sole, black beans and rice, stew tomatoes, cherry orange delight

Friday, April 24th

Breakfast	Scrambled eggs, Canadian bacon, English muffin, cream of wheat, mandarin oranges
Lunch	Roasted turkey w/ gravy, bread dressing, mixed vegetables, jellied cranberry sauce, pumpkin pie
Supper	Pizza, roasted cauliflower, green bean salad, caramel brownie

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