

# HC Gazette April 4th-10th

## Saturday, April 4th

10:30 Rummikub	<b>AR</b>
2:00 Pleasant Valley Mennonite Youth Group Performance	<b>BT</b>
6:30 Movie: A League of Their Own	<b>TV 971</b>

## Sunday, April 5th

### Easter

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

## Monday, April 6th

10:00-11:30 Good Company Visits	<b>RM</b>
2:00 Easter Bunny Craft	<b>AR</b>
3:15 Manicures	<b>RM</b>

## Tuesday, April 7th

10:00 Group Exercise	<b>AR</b>
11:00 Dominoes	<b>AR</b>
2:30 BINGO	<b>AR</b>
6:30 Movie: <i>The 2nd Best Marigold Hotel</i>	<b>TV 971</b>

## Wednesday, April 8th

10:30 Chaplain's Gathering	<b>AR</b>
11:15 Group Exercise	<b>AR</b>
2:00 Resident Council	<b>MFR</b>

## Thursday, April 9th

10:00 Group Exercise	<b>AR</b>
11:00 Giant Darts	<b>RM</b>
1:00 Activity Packet Cart	<b>RM</b>
1:00 Music with John Lockridge	<b>BT</b>
6:30 Movie: <i>Dogs on the Job: Herding and Mushing</i>	<b>TV 971</b>

## Friday, April 10th

9:30 Balloon Toss	<b>MLR/PLR</b>
10:30 BINGO	<b>AR</b>
2:00 Native Bee Program by Nat Kirkland	<b>BT</b>

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

## Easter Bunny Craft

Celebrate Springtime and the Easter season with an adorable Easter bunny craft. Stop by the Activity Room on Monday at 2:00PM to create your own!



## Music With John Lockridge

John Lockridge will be stopping by the Bethesda Theater on Thursday at 1:00PM for an afternoon of acoustic tunes. We hope you'll join us!

## Native Bee Program

Join Nat Kirkland on Friday at 2:00PM in the Bethesda Theater to learn about our native bee neighbors. Nat will be acquainting us with the native bee population, their interesting habits, and their connections to the flowers we admire in our everyday environments. We hope to see you there and learn together!



## Birthdays

5th—Barbara Vought

# Regular Menu

## Saturday, April 4th

<b>Breakfast</b>	Scrambled eggs, oatmeal, apple donut bite, toast, pineapple tidbits
<b>Lunch</b>	Shrimp and cheese grits, green beans, romaine lettuce salad, key lime pie
<b>Supper</b>	Turkey divan, white rice, mango chunks, cranberry mousse gelatin

## Sunday, April 5th

<b>Breakfast</b>	Scrambled eggs, oatmeal, English muffin, orange sections
<b>Lunch</b>	Filet mignon, au gratin potatoes, zucchini squash, wheat roll, cobb salad, cherry pie
<b>Supper</b>	Chicken Caesar salad sandwich, vegetable beef and barley soup, tortellini pasta salad, lettuce, marble ice cream cup

## Monday, April 6th

<b>Breakfast</b>	Chipped beef gravy, oatmeal, biscuit, peaches
<b>Lunch</b>	Roasted ham, baked sweet potato, fried apples, orange trifle
<b>Supper</b>	Breaded flounder, pinto beans, mustard greens, corn bread, pecan pie

## Tuesday, April 7th

<b>Breakfast</b>	Scrambled eggs, cream of wheat, scone, toast, warm applesauce
<b>Lunch</b>	Turkey cranberry sandwich, butternut squash soup, potato salad, lettuce, pumpkin delight
<b>Supper</b>	Texas BBQ chicken, cheddar potato bake, Scandinavian blend vegetables, cole slaw, lettuce, blondie bar

## Wednesday, April 8th

<b>Breakfast</b>	Blueberry pancakes, bacon, oatmeal, apricots
<b>Lunch</b>	Cheese tortellini with pesto, stewed tomatoes, grapes, cookies
<b>Supper</b>	Sweet and sour meatballs, white rice, broccoli florets, fresh pineapple, angel food cake with chocolate sauce and topping

## Thursday, April 9th

<b>Breakfast</b>	Poached eggs, cream of wheat, breakfast potatoes, toast, sliced strawberries
<b>Lunch</b>	Swiss steak, mashed potatoes, capri blend vegetables, garden salad, greenbrier peach half, lettuce
<b>Supper</b>	Dijon roasted pork, acorn squash, white cheddar macaroni & cheese, mousse with topping

## Friday, April 10th

<b>Breakfast</b>	Sausage biscuit, cheese grits, yogurt, banana
<b>Lunch</b>	Waldorf chicken salad platter with fresh fruit, croissant, minestrone soup, lemon poke cake
<b>Supper</b>	Pot roast with gravy, boiled potatoes, asparagus spears, chocolate meringue pie

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 4th

<b>Breakfast</b>	Scrambled eggs, oatmeal, toast, pineapple tidbits
<b>Lunch</b>	Shrimp and cheese grits, green beans, romaine lettuce salad, lime sherbet
<b>Supper</b>	Turkey strips with gravy, broccoli cuts, white rice, mango chunks, cranberry mousse

## Sunday, April 5th

<b>Breakfast</b>	Scrambled eggs, oatmeal, English muffin, orange sections
<b>Lunch</b>	Filet mignon, au gratin potatoes, zucchini squash, cobb salad, cherry pie filling
<b>Supper</b>	Italian chicken with gravy, vegetable beef and barley soup, tortellini pasta salad, lettuce, diet ice cream

## Monday, April 6th

<b>Breakfast</b>	Scrambled eggs, sausage patty, oatmeal, toast, peaches
<b>Lunch</b>	Roasted ham, baked sweet potato, fried apples, orange trifle
<b>Supper</b>	Steamed flounder, pinto beans, mustard greens, corn bread, vanilla pudding

## Tuesday, April 7th

<b>Breakfast</b>	Scrambled eggs, cream of wheat, toast, warm applesauce
<b>Lunch</b>	Turkey cranberry sandwich, butternut squash soup, potato salad, lettuce, pumpkin pie filling
<b>Supper</b>	Texas BBQ chicken, baked potato, Scandinavian blend vegetables, cole slaw, lettuce, tropical fruit

## Wednesday, April 8th

<b>Breakfast</b>	Blueberry pancakes, bacon, oatmeal, apricots
<b>Lunch</b>	Cheese tortellini with pesto, stewed tomatoes, grapes, vanilla mousse
<b>Supper</b>	Sweet and sour meatballs, white rice, broccoli florets, fresh pineapple

## Thursday, April 9th

<b>Breakfast</b>	Poached eggs, cream of wheat, breakfast potatoes, toast, sliced strawberries
<b>Lunch</b>	Swiss steak, mashed potatoes, capri blend vegetables, garden salad, peach half with cottage cheese, lettuce
<b>Supper</b>	Dijon roasted pork, acorn squash, seasoned macaroni, mousse with topping

## Friday, April 10th

<b>Breakfast</b>	Sausage patty, scrambled eggs, cheese grits, toast, yogurt, banana
<b>Lunch</b>	Waldorf chicken salad platter with fresh fruit, croissant, minestrone soup, lemon pudding
<b>Supper</b>	Pot roast with gravy, boiled potatoes, asparagus spears, diet chocolate ice cream

Daily sandwich available at lunch and dinner.

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# Soft & Bite-Sized

## Saturday, April 4th

<b>Breakfast</b>	Scrambled eggs, oatmeal, apple bread, applesauce
<b>Lunch</b>	Steamed flounder, cheese grits, green beans, potato salad, lime sherbet
<b>Supper</b>	Turkey divan, white rice with turkey gravy, mango chunks, cranberry mousse

## Sunday, April 5th

<b>Breakfast</b>	Scrambled eggs, oatmeal, bread, mandarin oranges
<b>Lunch</b>	Ground beef with gravy, au gratin potatoes, lima beans, zucchini squash, diced pears, cherry pie filling
<b>Supper</b>	Italian chicken with gravy, soup, pasta salad, marble ice cream cup

## Monday, April 6th

<b>Breakfast</b>	Oatmeal, dysphagia bread, gravy, diced peaches
<b>Lunch</b>	Roasted ham with pineapple sauce, sweet potatoes, fried apples, mandarin oranges
<b>Supper</b>	Steamed flounder, pinto beans, mustard greens, vanilla pudding

## Tuesday, April 7th

<b>Breakfast</b>	Scrambled eggs, cream of wheat, flavored dysphagia bread, warm applesauce
<b>Lunch</b>	Turkey salad, butternut squash soup, potato salad, pumpkin pie filling
<b>Supper</b>	Texas BBQ chicken, cheddar potato bake, Scandinavian blend vegetables, cole slaw, warm brownie

## Wednesday, April 8th

<b>Breakfast</b>	Pancakes, diced ham, oatmeal, diced apricots
<b>Lunch</b>	Cheese tortellini with pesto, stewed tomatoes, diced mangos, cookies
<b>Supper</b>	Sweet and sour meatballs, white rice with gravy, broccoli florets, diced pears, angel food cake with chocolate drizzle

## Thursday, April 9th

<b>Breakfast</b>	Poached eggs, cream of wheat, dysphagia bread, diced strawberries
<b>Lunch</b>	Swiss steak, mashed potatoes, capri blend vegetables, garden salad, peaches with cottage cheese, lettuce
<b>Supper</b>	Dijon roasted pork with gravy, acorn squash, white cheddar macaroni & cheese, mousse with topping

## Friday, April 10th

<b>Breakfast</b>	Sausage patty, scrambled eggs, cheese grits, yogurt, diced banana
<b>Lunch</b>	Chicken salad platter, minestrone soup, lemon pudding
<b>Supper</b>	Pot roast with gravy, boiled potatoes, zucchini, chocolate ice cream cup

Daily sandwich available at lunch and dinner.

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# Minced & Moist Menu

<i>Saturday, April 4th</i>	
<b>Breakfast</b>	Scrambled eggs, oatmeal, apple bread, applesauce
<b>Lunch</b>	Steamed flounder, cheese grits, green beans, potato salad, lime sherbet
<b>Supper</b>	Turkey divan, white rice with turkey gravy, mango chunks, cranberry mousse
<i>Sunday, April 5th</i>	
<b>Breakfast</b>	Scrambled eggs, oatmeal, bread, mandarin oranges
<b>Lunch</b>	Ground beef with gravy, au gratin potatoes, lima beans, zucchini, pears, cherry pie filling
<b>Supper</b>	Italian chicken with gravy, soup, pasta salad, marble ice cream cup
<i>Monday, April 6th</i>	
<b>Breakfast</b>	Oatmeal, gravy, dysphagia bread, peaches
<b>Lunch</b>	Ham with pineapple sauce, sweet potatoes, apples, oranges
<b>Supper</b>	Steamed flounder, pinto beans, mustard greens, vanilla pudding
<i>Tuesday, April 7th</i>	
<b>Breakfast</b>	Scrambled eggs, cream of wheat, flavored dysphagia bread, warm applesauce
<b>Lunch</b>	Turkey salad, butternut squash soup, potato salad, pumpkin pie filling
<b>Supper</b>	Ground chicken with BBQ sauce, potato bake, Scandinavian blend vegetables, cole slaw, pureed brownie

<i>Wednesday, April 8th</i>	
<b>Breakfast</b>	Pancakes, ground ham, oatmeal, apricots
<b>Lunch</b>	Cheese tortellini, stewed tomatoes, minced mango, cookies
<b>Supper</b>	Sweet and sour meatballs, white rice with gravy, broccoli florets, diced pears, angel food cake with chocolate drizzle
<i>Thursday, April 9th</i>	
<b>Breakfast</b>	Scrambled eggs, cream of wheat, dysphagia bread, strawberries
<b>Lunch</b>	Swiss steak with gravy, mashed potatoes, capri blend vegetables, peaches with cottage cheese
<b>Supper</b>	Dijon pork with gravy, minced acorn squash, white cheddar macaroni & cheese, mousse with topping
<i>Friday, April 10th</i>	
<b>Breakfast</b>	Sausage with gravy, scrambled eggs, cheese grits, yogurt, minced peaches
<b>Lunch</b>	Chicken salad platter, minestrone soup, lemon pudding
<b>Supper</b>	Pot roast with gravy, herb mashed potatoes, zucchini, chocolate ice cream 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**

\*All meals are prepared Minced and Moist\*

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

# Puree Menu

## Saturday, April 4th

<b>Breakfast</b>	Scrambled eggs, oatmeal, apple bread,
<b>Lunch</b>	Fish, cheese grits, green beans, potato salad, lime sherbet
<b>Supper</b>	Turkey with gravy, broccoli, cream of rice, mango, cranberry mousse

## Sunday, April 5th

<b>Breakfast</b>	Scrambled eggs, oatmeal, bread, oranges
<b>Lunch</b>	Beef with gravy, au gratin potatoes, squash, pears, cherry pie filling
<b>Supper</b>	Italian chicken with gravy, soup, pasta salad, marble ice cream cup

## Monday, April 6th

<b>Breakfast</b>	Gravy, oatmeal, dysphagia bread, peaches
<b>Lunch</b>	Ham with pineapple sauce, sweet potatoes, apples, orange trifle
<b>Supper</b>	Flounder, pinto beans, mustard greens, vanilla pudding

## Tuesday, April 7th

<b>Breakfast</b>	Scrambled eggs, cream of wheat, flavored dysphagia bread, warm applesauce
<b>Lunch</b>	Turkey with gravy, butternut squash soup, potato salad, pumpkin pie filling
<b>Supper</b>	Chicken with BBQ sauce, potato bake, Scandinavian blend vegetables, cole slaw, brownie

## Wednesday, April 8th

<b>Breakfast</b>	Pancakes, ham, oatmeal, apricots
<b>Lunch</b>	Tortellini, veal with gravy, stewed tomatoes, cherries, cookies
<b>Supper</b>	Sweet and sour meatballs, cream of rice, broccoli, pineapple, angel food cake with chocolate drizzle

## Thursday, April 9th

<b>Breakfast</b>	Scrambled eggs, cream of wheat, dysphagia bread, strawberries
<b>Lunch</b>	Swiss steak, gravy, mashed potatoes, capri blend vegetables, peaches, cottage cheese
<b>Supper</b>	Dijon pork with gravy, yellow squash, macaroni and cheese, mousse with topping

## Friday, April 10th

<b>Breakfast</b>	Sausage, eggs, cheese grits, yogurt, peaches
<b>Lunch</b>	Chicken, fruit, minestrone soup, lemon
<b>Supper</b>	Pot roast with gravy, herb mashed potatoes, asparagus, chocolate ice cream cup

### 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, April 4th

<b>Breakfast</b>	Mini frittata, dry cereal, apple donut bite, toast, pineapple tidbits
<b>Lunch</b>	Shrimp, mozzarella sticks, green beans, grape tomato halves, cookies
<b>Supper</b>	Turkey strips with gravy, broccoli cuts, onion rings, grapes, cookies

## Sunday, April 5th

<b>Breakfast</b>	Breakfast burrito, cereal bar, English muffin, orange sections
<b>Lunch</b>	Filet mignon with beef gravy, potato bites, roasted zucchini squash, wheat roll, hard boiled egg quarters, cherries
<b>Supper</b>	Chicken Caesar sandwich, vegetable beef and barley soup in mug, broccoli florets with ranch, ice cream novelty

## Monday, April 6th

<b>Breakfast</b>	Sausage patty, cereal bar, boiled egg, biscuit, strawberries
<b>Lunch</b>	Roasted ham with pineapple sauce, sweet potato tots, roasted zucchini, orange cake
<b>Supper</b>	Breaded flounder, potato wedges, broccoli florets, corn bread, fig newton

## Tuesday, April 7th

<b>Breakfast</b>	Mini frittata, dry cereal, scone, toast, sliced apple
<b>Lunch</b>	Turkey cranberry sandwich, butternut squash soup in mug, carrot and celery sticks with ranch, vanilla wafers
<b>Supper</b>	Texas BBQ chicken, cheddar potato bites, brussels sprouts, Brussel sprouts, blondie bar

## Wednesday, April 8th

<b>Breakfast</b>	Mini pancakes, bacon, cereal bar, apricots
<b>Lunch</b>	Tortellini, chicken patty on bun, onion rings, grapes, cookies
<b>Supper</b>	Meatballs with gravy, sweet potato cubes, roasted broccoli florets, pineapple, angel food cake with chocolate syrup and topping

## Thursday, April 9th

<b>Breakfast</b>	Boiled egg, dry cereal, breakfast potatoes, toast, strawberries
<b>Lunch</b>	Beef steak with gravy, roasted potatoes, capri blend vegetables, tomatoes & cucumbers with ranch, orange wedges
<b>Supper</b>	Dijon roasted pork with gravy, breaded squash bites, mac & cheese bites, graham crackers with peanut butter

## Friday, April 10th

<b>Breakfast</b>	Sausage biscuit, cereal bar, yogurt, banana
<b>Lunch</b>	Chicken salad sandwich, fresh fruit, minestrone soup in mug, rice crispy treat
<b>Supper</b>	Pot roast with gravy, roasted potatoes, asparagus spears, fudge round cookie

**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, April 4th

<b>Breakfast</b>	Scrambled eggs, cereal, donut, pineapple tidbits
<b>Lunch</b>	Shrimp and cheese grits, green beans, romaine lettuce salad, lime sherbet
<b>Supper</b>	Turkey strips with gravy, broccoli cuts, white rice, mango chunks, cranberry mousse gelatin

## Sunday, April 5th

<b>Breakfast</b>	Scrambled eggs, cereal, English muffin, orange sections
<b>Lunch</b>	Filet mignon, herbed mashed potatoes, zucchini squash, cobb salad, cherries
<b>Supper</b>	Pork chop with gravy, soup, broccoli florets with ranch, vanilla ice cream

## Monday, April 6th

<b>Breakfast</b>	Sausage patty, cereal, scrambled eggs, toast, peaches
<b>Lunch</b>	Roasted ham, baked sweet potato, fried apples, mandarin oranges
<b>Supper</b>	Steamed flounder, pinto beans, mustard greens, GF dessert

## Tuesday, April 7th

<b>Breakfast</b>	Scrambled eggs, cereal, muffin, toast, warm applesauce
<b>Lunch</b>	Turkey cranberry sandwich, soup, potato salad, lettuce, pumpkin pie filling
<b>Supper</b>	Baked chicken with BBQ sauce, baked potato, Scandinavian blend vegetables, cole slaw, lettuce, tropical fruit

## Wednesday, April 8th

<b>Breakfast</b>	Pancakes, bacon, cereal, apricots
<b>Lunch</b>	Pasta, veal with gravy, stewed tomatoes, grapes, GF cookies
<b>Supper</b>	Beef steak with gravy, white rice, broccoli florets, fresh pineapple, GF dessert

## Thursday, April 9th

<b>Breakfast</b>	Poached eggs, cereal, breakfast potatoes, toast, sliced strawberries
<b>Lunch</b>	Beef steak with gravy, mashed potatoes, capri blend vegetables, garden salad, greenbrier peach half, lettuce
<b>Supper</b>	Dijon roasted pork, acorn squash, pasta, GF dessert

## Friday, April 10th

<b>Breakfast</b>	Sausage patty, scrambled eggs, cereal, toast, yogurt, banana
<b>Lunch</b>	Waldorf chicken salad platter with fresh fruit, soup, GF dessert
<b>Supper</b>	Pot roast with gravy, boiled potatoes, asparagus spears, GF dessert

### If you have Dietary questions:

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\*All meals are prepared gluten free\*

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

# Renal Diet Menu

## Saturday, April 4th

<b>Breakfast</b>	Scrambled eggs, Rice Krispies, white toast, pineapple tidbits
<b>Lunch</b>	Steamed cod, kernel corn, yellow squash, sliced apples
<b>Supper</b>	Boneless skinless BBQ chicken breast, white rice, Italian green beans, grapes, vanilla wafers

## Sunday, April 5th

<b>Breakfast</b>	Scrambled eggs, oatmeal, English muffin, applesauce
<b>Lunch</b>	Filet mignon, mashed potatoes, zucchini, dinner roll, angel food cake with cherries
<b>Supper</b>	Pork chop, orzo, baby carrots, canned fruit, Rice Krispie bar

## Monday, April 6th

<b>Breakfast</b>	Hard boiled egg, oatmeal, white toast, peaches
<b>Lunch</b>	Roasted ham with pineapple sauce, sliced zucchini, seasoned apples, mandarin orange
<b>Supper</b>	Baked seasoned flounder, white rice, broccoli florets, Rice Krispie bar

## Tuesday, April 7th

<b>Breakfast</b>	Scrambled eggs, cream of wheat, white toast, applesauce
<b>Lunch</b>	Turkey cranberry sandwich, soup, carrot and celery sticks, vanilla wafers
<b>Supper</b>	Baked chicken breast, egg noodles, Scandinavian blend vegetables, tropical fruit

## Wednesday, April 8th

<b>Breakfast</b>	Blueberry pancake, oatmeal, strawberries
<b>Lunch</b>	Veal cutlet, buttered noodles, green beans, grapes, vanilla mousse
<b>Supper</b>	Beef steak, white rice, broccoli, fresh pineapple, angel food cake

## Thursday, April 9th

<b>Breakfast</b>	Poached egg, cream of wheat, white toast, applesauce
<b>Lunch</b>	Boneless skinless chicken breast, mashed potatoes, Capri blend vegetables, garden salad, Greenbrier peach half
<b>Supper</b>	Dijon roasted pork, buttered macaroni, yellow squash, vanilla wafers

## Friday, April 10th

<b>Breakfast</b>	Hard boiled egg, grits, English muffin, cranberry juice
<b>Lunch</b>	Waldorf chicken salad, fresh fruit, croissant, angel food cake
<b>Supper</b>	Pot roast and gravy, boiled potatoes, sliced carrots, applesauce

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