

# HC Gazette May 23rd-29th

## Saturday, May 23rd

10:30 Rummikub **AR**

2:00 Music with Mark Shifflett & Friends **MFR**

6:30 Movie: *The Wedding Date* **TV 971**

## Sunday, May 24th

2:00 Chapel Service **MC/TV**

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

## Monday, May 25th

### Memorial Day

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

2:00 Memorial Day Service **AR**

3:15 Manicures **RM**

6:30 Movie: *Bridge of Spies* **TV 971**

## Tuesday, May 26th

10:30 BINGO **AR**

2:00 Scenic Bus Ride & Outing to Kline's **Outside**

6:30 Movie: *Somewhere in Time* **TV 971**

## Wednesday, May 27th

10:30 Hymn Sing **AR**

11:15 Group Exercise **AR**

2:00 Resident Council **MFR**

## Thursday, May 28th

10:30 Alice's Closet Pop-Up Shop **AR**

1:00 Activity Packet Cart **RM**

2:00 Mosaic Coaster Craft **AR**

6:30 Movie: *Lucy: Queen of Comedy* **TV 971**

## Friday, May 29th

9:30 Balloon Toss **MLR/PLR**

10:30 BINGO **AR**

2:30 May Birthday Party **MDR**

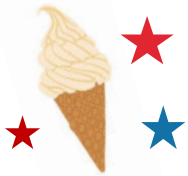
### Magnolia Spring (2nd Floor)

### 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

## Scenic Bus Ride & Outing to Kline's

The Life Enrichment team will be hosting a scenic bus ride and outing for delicious Kline's ice cream on Tuesday at 2:00PM. If you are interested in joining us, please make sure to speak with a Life Enrichment team member to sign up!



## Alice's Closet Pop-Up Shop

Alice's Closet will be setting up a pop-up shop in the Activities Room on Thursday starting at 10:30AM. Alice's will be bringing a variety of clothing items and accessories to choose from. We hope to see you there and browse together!

## Mosaic Coaster Craft

Join us in the Activities Room on Thursday at 2:00PM for a mosaic coaster craft. Choose from a variety of shapes and tile designs to create your own unique coaster. We hope you join us!



# Regular Menu

## Saturday, May 23rd

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

## Sunday, May 24th

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

## Monday, May 25th

<b>Breakfast</b>	French toast, bacon, oatmeal, peaches
<b>Lunch</b>	Creamy andouille on penne pasta, sliced carrots, dill & cucumber salad, lettuce, cherry pie
<b>Supper</b>	Steak salad, loaded baked potato soup, fresh pineapple, ice cream cup

## Tuesday, May 26th

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

## Wednesday, May 27th

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

## Thursday, May 28th

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

## Friday, May 29th

<b>Breakfast</b>	Scrambled eggs, Canadian bacon, cream of wheat, English muffin, mandarin oranges
<b>Lunch</b>	Roasted turkey with gravy, bread dressing, mixed vegetables, jellied cranberry sauce, lettuce, pumpkin pie
<b>Supper</b>	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, May 23rd

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

## Sunday, May 24th

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

## Monday, May 25th

<b>Breakfast</b>	French toast , bacon, oatmeal, peaches
<b>Lunch</b>	Baked pork chop with gravy, penne pasta, sliced carrots, dill cucumber salad, lettuce, cherry pie
<b>Supper</b>	Steak salad, baked potato, fresh pineapple, ice cream cup

## Tuesday, May 26th

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

## Wednesday, May 27th

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

## Thursday, May 28th

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

## Friday, May 29th

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

Daily sandwich available at lunch and dinner.

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# Soft & Bite Sized

## Saturday, May 23rd

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

## Sunday, May 24th

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

## Monday, May 25th

<b>Breakfast</b>	French toast, diced ham, oatmeal, diced peaches
<b>Lunch</b>	Sausage with gravy, cous cous, sliced carrots, cottage cheese, cherry pie filling
<b>Supper</b>	Philly beef with gravy, applesauce, beets, potato soup, ice cream cup

## Tuesday, May 26th

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

## Wednesday, May 27th

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

## Thursday, May 28th

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

## Friday, May 29th

<b>Breakfast</b>	Scrambled eggs, diced ham, cream of wheat, mandarin oranges
<b>Lunch</b>	Roasted turkey with gravy, bread dressing, baby carrots, jellied cranberry sauce, pumpkin pie filling
<b>Supper</b>	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

## Saturday, May 23rd

<b>Breakfast</b>	Scrambled eggs, oatmeal, flavored dysphagia bread, minced peaches
<b>Lunch</b>	Couscous with meat sauce, yellow squash, garlic dysphagia bread, minced pears, brownie
<b>Supper</b>	Ground chicken with gravy, macaroni and tomatoes, minced green beans, apple filling

## Sunday, May 24th

<b>Breakfast</b>	Chipped beef gravy, oatmeal, dysphagia bread, minced tropical fruit
<b>Lunch</b>	Ground beef with gravy, herbed mashed potatoes, California blend vegetables, lime sherbet
<b>Supper</b>	Ham salad, cous cous, mushroom bisque, apricots, cookies

## Monday, May 25th

<b>Breakfast</b>	French toast, ground ham, oatmeal, minced peaches
<b>Lunch</b>	Ground sausage with gravy, cous cous, sliced carrots, cottage cheese, cherry pie filling
<b>Supper</b>	Ground beef with gravy, beets, potato soup, applesauce, ice cream cup

## Tuesday, May 26th

<b>Breakfast</b>	Scrambled eggs, grits, dysphagia bread, minced pears
<b>Lunch</b>	Steamed cod, spinach souffle, herbed mashed potatoes, applesauce
<b>Supper</b>	Ground chicken with gravy, cous cous with marinara, Italian green beans, lemon Italian ice cup

## Wednesday, May 27th

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

## Thursday, May 28th

<b>Breakfast</b>	Scrambled eggs, oatmeal, flavored dysphagia bread, minced fruit cocktail
<b>Lunch</b>	BBQ, mashed potatoes, Prince William blend vegetables, cole slaw, vanilla pudding
<b>Supper</b>	Stuffed sole, black beans and rice, stewed tomatoes, apricots

## Friday, May 29th

<b>Breakfast</b>	Scrambled eggs, ground ham, cream of wheat, mandarin oranges
<b>Lunch</b>	Ground turkey with gravy, bread dressing, baby carrots, jellied cranberry sauce, pumpkin pie filling
<b>Supper</b>	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, May 23rd

<b>Breakfast</b>	Scrambled eggs, oatmeal, flavored dysphagia bread, peaches
<b>Lunch</b>	Spaghetti with meat sauce, squash, pears, brownies
<b>Supper</b>	Chicken with gravy, macaroni and tomatoes, green beans, apple filling

## Sunday, May 24th

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

## Monday, May 25th

<b>Breakfast</b>	French toast, ham, oatmeal, peaches
<b>Lunch</b>	Sausage with gravy, pasta, carrots, cottage cheese, cherry pie filling
<b>Supper</b>	Beef with gravy, beets, potato soup, applesauce, ice cream cup

## Tuesday, May 26th

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

## Wednesday, May 27th

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

## Thursday, May 28th

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

## Friday, May 29th

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

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# Hand Held Menu

## Saturday, May 23rd

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

## Sunday, May 24th

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

## Monday, May 25th

<b>Breakfast</b>	French toast, bacon, cereal bar, banana
<b>Lunch</b>	Baked pork chop with gravy, onion rings, sliced carrots, cottage cheese, fresh apple slices
<b>Supper</b>	Beef strips with gravy, whole green beans, loaded baked potato soup in mug, fresh pineapple, ice cream novelty

## Tuesday, May 26th

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

## Wednesday, May 27th

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

## Thursday, May 28th

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

## Friday, May 29th

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

**Daily sandwich available at lunch and dinner.**

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# Gluten Free Menu

## Saturday, May 23rd

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

## Sunday, May 24th

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

## Monday, May 25th

<b>Breakfast</b>	GF French toast, bacon, GF cereal, scrambled eggs, peaches
<b>Lunch</b>	Baked pork chop with gravy, pasta, sliced carrots, dill cucumber salad, lettuce, fresh apple slices
<b>Supper</b>	Steak salad, GF soup, fresh pineapple, ice cream cup

## Tuesday, May 26th

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

## Wednesday, May 27th

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

## Thursday, May 28th

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

## Friday, May 29th

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

### If you have Dietary questions:

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# Renal Diet Menu

## Saturday, May 23rd

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

## Sunday, May 24th

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

## Monday, May 25th

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

## Tuesday, May 26th

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

## Wednesday, May 27th

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

## Thursday, May 28th

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

## Friday, May 29th

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

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