

Masonic Home of Va

regular/nsa						Week 1
Monday 1/17/22	Tuesday 1/18/22	Wednesday 1/19/22	Thursday 1/20/22	Friday 1/21/22	Saturday 1/22/22	1/23/2022
Breakfast						
<i>Oatmeal Breakfast Potato</i>	<i>Oatmeal Sausage Patty</i>	<i>Oatmeal Grits</i>	<i>Oatmeal Biscuit and Sausage Gravy</i>	<i>Oatmeal</i>	<i>Oatmeal Cream of Wheat</i>	<i>Oatmeal Creamed Chip Beef on Toast</i>
Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs
Pork Bacon	Pork Bacon <i>Hashbrown Patty</i>	Pork Bacon	Pork Bacon <i>Peaches</i>	Pork Bacon <i>Mandarin Oranges</i>	Pork Bacon <i>Ham & Cheese Breakfast Casserole</i>	Pork Bacon <i>Banana</i>
Mini Danish		Apple Cinnamon Muffin		Blueberry Muffin	Cranberry Orange Muffin	
Lunch						
Chicken Noodle Soup	Lentil and Spinach Soup	Navy Bean Soup	Vegetable Soup	Cream of Tomato Soup	Potato Leek Soup	Broccoli Cheddar Soup
Spaghetti w/ Meatsauce	Chicken Cacciatore	Meatloaf w/Gravy	Lemon Pepper Chicken Thigh	BBQ Beef Brisket	Cheeseburger	Fried Chicken
<i>Tuna Salad Sandwich</i>	<i>Italian Hoagie</i>	<i>Chicken Salad</i>	<i>Broiled Pollock</i>	<i>Grilled Cheese & Tomato Sandwich</i>	<i>Chicken & Sausage Jambalaya</i>	<i>Citrus Marinated Pork</i>
Herb Garlic Zucchini & Squash	Roasted Cauliflower	Mashed Potatoes	Brown Rice	Baked Beans	French Fries	Baked Sweet Potato
<i>Corn, Peas and Red Peppers</i>	<i>Barley Pilaf</i>	<i>Collard Greens</i>	<i>Creamed Spinach</i>	<i>Steamed Carrots</i>		<i>Buttered Carrots w/ Parsley</i>
Potato Chips	Beets w/ Orange Sauce	Three Bean Salad	Broccoli	Corn with Pimentos	Okra and Tomatoes	Mashed Potatoes
	<i>Ranch Broccoli Slaw</i>	<i>Corn Bread</i>	<i>9 Grain Bread</i>		<i>Green Beans</i>	<i>Collard Greens</i>
Oatmeal Raisin Cookie	Brownies	Ice Cream Sundaes	Lemon Meringue Pie	Chocolate Tart	Sugar Cookie	Biscuit Ice Cream
<i>SF Cookie</i>	<i>SF Brownie</i>	<i>SF Ice Cream</i>	<i>SF Pie</i>	<i>SF Dessert</i>	<i>SF Dessert</i>	<i>SF Ice Cream</i>
Dinner						
Chicken Noodle Soup	Lentil and Spinach Soup	Caribbean Cuisine	Vegetable Soup	Cream of Tomato Soup	Potato Leek Soup	Broccoli Cheddar Soup
Chicken Florentine	Chicken Bowtie Alfredo	Jerk Chicken Thighs	Popcorn Shrimp	Parmesan Baked Chicken Breast	Smoked Sausage w/ Sauerkraut	Turkey Tetrazzini
<i>Eggplant Parmesan</i>	<i>Baked Fish w/Cherry Tomatoes</i>	<i>Fried Fish w/ Fruit Salsa</i>	<i>Assorted Pizza</i>	<i>New England Style Baked Cod</i>	<i>Basil Pesto Chicken Flatbread</i>	<i>Ham Salad Sandwich</i>
Roasted Broccoli	Grilled Asparagus	Roasted Sweet Potato	Turnip Greens	White Rice	Rosemary Red Potatoes	Steamed Spinach
Buttered Noodles	Rice Pilaf	Caribbean Roasted Vegetables	Tater Tots	Roasted Acorn Squash	Oven Roasted Peppers	Four Bean Salad
Fresh Green Beans	Brussel Sprouts & Pearl Onions	<i>Swiss Chard</i>	Tossed Side Salad	<i>Sauteed Green Beans</i>	<i>Cabbage</i>	
Garlic Roll	Dinner Roll	Yeast Rolls	Hushpuppies	Sourdough Bread		Bistro Chips
Peach Crumble	Chocolate Mousse	Pineapple Cake	Chocolate Cake	Vanilla Pudding	Blonde Brownie	Assorted Dessert
<i>SF Dessert</i>	<i>SF Dessert</i>	<i>SF Dessert</i>	<i>SF Cake</i>	<i>SF Pudding</i>	<i>SF Brownie</i>	<i>SF Dessert</i>

Bold indicates a main item.

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