

Masonic Home of Virginia

regular/nsa						Week 4
Monday 10/18/21	Tuesday 10/19/21	Wednesday 10/20/21	Thursday 10/21/21	Friday 10/22/21	Saturday 10/23/21	Sunday 10/24/21
<b>Breakfast</b>						
Oatmeal <b>Scrambled Eggs</b>  Pork Bacon   Blueberry Muffin	Oatmeal Peaches <b>Scrambled Eggs</b>  Corned Beef Hash   	Oatmeal Hash Browns <b>Scrambled Eggs</b>  Grilled Ham   Mini Danish	Oatmeal Mandarin Orange <b>Scrambled Eggs</b>  Buttermilk Pancakes   	Oatmeal Breakfast Potatoes <b>Scrambled Eggs</b>  Pork Bacon   Chocolate Muffin	Oatmeal Peaches <b>Scrambled Eggs</b>  Pork Bacon   Mini Cake Doughnut	Oatmeal Banana <b>Scrambled Eggs</b>  Creamed Chipped Beef   
<b>Lunch</b>						
Pepper Pot Soup  <b>Pimento Cheese Sandwich</b> <i>Fried Chicken Sandwich</i>  <b>Sweet Potato Puffs</b>  <i>Steamed Broccoli</i>  <b>Seasoned Spinach</b>   <b>Ice Cream Sandwich</b>  <i>SF Ice Cream</i>	Vegetable Soup  <b>Spaghetti with Meat Sauce</b> <i>Black Bean Burger</i>  <b>Baked Potato</b>  <i>Corn, Red Pepper, and Peas</i>  <b>Mushrooms and Leeks</b>   <b>Strawberry Shortcake Cookie</b>  <i>SF Dessert</i>	Navy Bean Soup  <b>Beef Tacos</b>  <i>Turkey Club Wrap</i>  <b>Pinto Beans</b>  <i>Mexican Rice</i>  <b>Green Beans</b>   <b>Chocolate Bread Pudding</b>  <i>SF Dessert</i>	Sweet and Sour Soup  <b>Philly Cheese Steak</b>  <i>Pepperoni Flatbread</i>  <b>Steak Fries</b>  <i>Succotash</i>  <b>Broccoli, Carrots, &amp; Cauliflower</b>   <b>Chocolate Chip Cookie</b>  <i>SF Dessert</i>	Cream of Chicken Soup  <b>Fish and Chips</b>  <i>Open Face Roast Beef Sandwich</i>  <b>Buttered Corn</b>  <i>Broccoli Slaw</i>  <b>Roasted Brussel Sprouts</b>   <b>Carrot Cake</b>  <i>SF Dessert</i>	Roasted Corn Soup  <b>Hamburger</b>  <i>Chicken and Sausage Jambalaya</i>  <b>Roasted Red Potatoes</b>  <i>Steamed Carrots w/ Parsley</i>  <b>Okra and Tomatoes</b>   <b>Tapioca Pudding</b>  <i>SF Dessert</i>	Broccoli Cheddar Soup  <b>Country Fried Steak</b>  <i>Ham w/ Brown Sugar Glaze</i>  <b>Mashed Potatoes</b>  <i>Baked Beans</i>  <b>Green Beans</b>  <i>Carrots Biscuit Ice Cream</i>  <i>Ice Cream, NSA</i>
<b>Dinner</b>						
Pepper Pot Soup  <b>Teriyaki Chicken</b> <i>Pork Chop w/ Gravy</i>  <b>Jasmine Rice</b>  <i>Vegetable Stir Fry</i>  <b>Green Peas</b>    <b>Dinner Roll</b> <b>Black Forest Cake</b>  <i>SF Dessert</i>	Vegetable Soup  <b>Honey Glazed Pork</b> <i>Tilapia Vera Cruz</i>  <b>Herb Roasted Potatoes</b>  <i>Braised Red Cabbage</i>  <b>Carmelized Carrots</b>    <b>Dinner Roll</b> <b>Red Velvet Cake</b>  <i>SF Dessert</i>	Navy Bean Soup  <b>Chicken Kiev</b> <i>Lasagna</i>  <b>Wheat Bulgur Pilaf</b>  <i>Seasoned Spinach</i>  <b>Harvard Beets</b>   <b>Garlic Toast</b> <b>Pear Butterscotch Crisp</b>  <i>SF Dessert</i>	Sweet and Sour Soup  <b>Fish Florentine</b> <i>Italian Sausage w/ Green Peppers</i>  <b>Potato Pancakes</b>  <i>Steamed Cabbage</i>  <b>Mixed Vegetable Blend</b>   <b>Cornbread</b> <b>Pineapple Upside Down Cake</b>  <i>SF Dessert</i>	Cream of Chicken Soup  <b>Beef Pot Pie</b> <i>Orange Chicken</i>  <b>Basmati Rice</b>  <i>Sugar Snap Peas</i>  <b>Roasted Turnips</b>   <b>Dinner Roll</b> <b>Cranberry Orange Bars</b>  <i>SF Dessert</i>	Roasted Corn Soup  <b>Fried Chicken</b> <i>Seafood Salad w/Croissant</i>  <b>Garlic Mashed Potatoes</b>  <i>Collard Greens</i>  <b>Green Beans</b>   <b>Apple Pie</b>  <i>SF Dessert</i>	Broccoli Cheddar Soup  <b>Hot Dog</b> <i>Cheese Ravioli w/ Marinara</i>  <b>Bistro Chips</b>  <i>Roasted Asparagus</i>  <b>Steamed Cauliflower</b>   <b>Breadstick</b> <b>Assorted Dessert</b>  <i>SF Dessert</i>

**Bold indicates a main item.**