

Masonic Home of VA

regular/nsa						Week 4
Monday 5/27/19	Tuesday 5/28/19	Wednesday 5/29/19	Thursday 5/30/19	Friday 5/31/19	Saturday 6/1/19	Sunday 6/2/19
Breakfast						
SR Oatmeal Grits Scrambled Eggs Hard Fried Eggs Pork Bacon Pork Sausage Patty Diced Peaches Mini Cinnamon Swirl Danish	SR Oatmeal Grits Scrambled Eggs Hard Boiled Egg Pork Bacon Corned Beef Hash Orange Wedges Mini Banana Muffin	SR Oatmeal Scrambled Eggs Cinnamon French Toast Pork Bacon Pork Sausage Patty Grapefruit Half Mini Danish	SR Oatmeal Cream of Wheat Scrambled Eggs Hard Fried Eggs Pork Bacon Biscuit and Sausage Gravy Diced Pears Chocolate Muffin	SR Oatmeal Scrambled Eggs Cinnamon Applesauce Pancakes Pork Bacon Pork Sausage Patty Pineapple Chunks Mini Honey Bran Muffin	SR Oatmeal Grits Scrambled Eggs Hard Fried Eggs Pork Bacon Pork Sausage Patty Banana Banana Bread	SR Oatmeal Scrambled Eggs Hard Boiled Egg Pork Bacon Creamed Chip Beef on Toast Banana Mini Cake Doughnut
Lunch						
SR Lentil and Spinach Soup Pork BBQ Sandwich Hot Dog on the Bun Corn on the Cob Coleslaw Potato Salad Watermelon Ice Cream Sanwiches SF Ice Cream	Beef Barley Soup SR Baked Ziti with Meat Turkey Salad Fresh Cauliflower Petite Wedge Salad Garlic Bread Brownies SF Brownies	SR Navy Bean Soup FR Oven Fried Chicken Ham Salad Seasoned Spinach Two Bean Salad Baked Sweet Potato 9 Grain Wheat Bread Slice Macadamia Nut Cookie SF Blonde Brownie	Cream of Chicken with Rice Soup SR Chopped Steak with Pimento Cheese Sandwich SR Peas and Pearl Onions Beet Salad Mushroom Barley Risotto Oatmeal Raisin Cookie SF Oatmeal Cookies	SR Broccoli Cheddar Soup Beef Stroganoff Chicken Fried Steak Asparagus California Blend Vegetables Buttered Egg Noodles Whole Kernel Corn Apple Pie SF Apple Pie	SR Cream of Mushroom Soup Sloppy Joe Sandwich Chicken Salad Sandwich Stewed Tomatoes Cucumber Salad Black-Eyed Peas Multigrain Bread Chocolate Chip Cookies SF Chocolate Chip Cookies	Vegetable Soup Ham with Brown Sugar Glaze Roast Turkey with Gravy Green Bean Casserole Glazed Beets Couscous w Parsley Classic Bread Stuffing Dinner Roll Ice Cream SF Ice Cream
Dinner						
SR Lentil and Spinach Soup Boneless Pork Chop with Gravy Tilapia w/ Herbs Broccoli Okra and Tomatoes Baked Sweet Potato Lemon Rice Pilaf Dinner Roll Coconut Cake Coconut Cream Pie	Beef Barley Soup SR Chicken and Dumplings Apricot Pork Loin Fresh Steamed Broccoli Roasted Tomatoes Macaroni and Cheese Dinner Roll Lemon Meringue Pie SF Lemon Cookie	SR Navy Bean Soup Pancakes Roast Beef with Au Jus Stewed Apples SR Steamed Carrots Pork Sausage Patty Creamy Polenta Pecan Pie SF Raisin Pecan Cheesecake	Cream of Chicken with Rice Soup Beef Pot Roast Chicken Caesar Pasta Salad Baby Lima Beans Braised Red Cabbages Rosemary Roasted Red Potatoes Biscuit Cherry Pie SF Cherry Pie	SR Broccoli Cheddar Soup Fire Roasted Pork Ribs Meatloaf Steamed Cabbage Turnip Greens Baked Beans Mashed Potatoes Dinner Roll Orange Creamsicle Gelatin SF Fruited Gelatin	SR Cream of Mushroom Soup Cajun Chicken Honey Glazed Ham Swiss Chard Fried Okra Cornbread Stuffing Roasted Sweet Potato Apple Cobbler SF Apple Cobbler	Vegetable Soup SR Fried Fish SR Teriyaki Chicken Coleslaw SR Sugar Snap Peas Fried Potato Wedges Brown Fried Rice Spoonbread Assorted Dessert SF Dessert

Bold indicates a main item.

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SR= Sodium Reduced