

Masonic Home of VA

<i>Monday</i> 3-Dec-18	<i>Tuesday</i> 4-Dec-18	<i>Wednesday</i> 5-Dec-18	<i>Thursday</i> 6-Dec-18	<i>Friday</i> 7-Dec-18	<i>Saturday</i> 8-Dec-18	<i>Sunday</i> 9-Dec-18
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Oatmeal/Grits Scrambled Egg Bacon	Oatmeal/Grits Scrambled Egg Bacon	Oatmeal Scrambled Egg Bacon	Oatmeal/Cream of Wheat Scrambled Egg Bacon	Oatmeal Scrambled Egg Bacon	Oatmeal/Grits Scrambled Egg Bacon	Oatmeal Scrambled Egg Bacon
Cinnamon Roll Peaches/Prunes Milk Coffee/Tea	Pecan Spin Orange Wedges/Prunes Milk Coffee/Tea	Danish Grapefruit/Prunes Milk Coffee/Tea	Chocolate Muffin Pears/Prunes Milk Coffee/Tea	Cranberry Orange Muffin Pineapple/Prunes Milk Coffee/Tea	Honey Buns Prunes Milk Coffee/Tea	Mini Cake Doughnut Banana/Prunes Milk Coffee/Tea
Fried Eggs	Sausage Link	Pancakes	Alternatives Fried Eggs Biscuits and Gravy	Boiled Egg Corned Beef Hash	Fried Egg Sausage Patty	Boiled Egg Chipped Beef
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Vegetable Soup	Potato Soup	Navy Bean Soup	Split Pea w/ Ham Soup	French Onion Soup	Corn Chowder	Red Pepper Bisque
Fried Bologna Sandwich Tater Tots Zucchini & Squash	Pastrami Panini Steak fries Carrots Garlic Bread Oatmeal Cookie	Baked Chicken Sandwich French Fries Yellow Squash	Hamburger Baked Beans Corn On The Cob	Teriyaki Chicken Thighs Jasmine Rice Fresh Broccoli	Cheese Burger French Fries Cauliflower	Fried Chicken Macaroni & Cheese Lima Beans Roll Ice Cream
Orange Sherbet	NSA Dessert	Banana Pudding	Ice Cream Novelties	Chocolate Pudding	Sugar Cookie	NSA Ice Cream
Vanilla Ice Cream, NSA	Pimento Cheese Sandwich	NSA Dessert	Alternatives Hot Dog Chips Sautéed Mushrooms	NSA Dessert	NSA Dessert	NSA Ice Cream
Club Sandwich	Cauliflower	Chef salad	Fish Sandwich	Baby Carrots	Chicken Salad on a Croissant	Baked Ham
Corn Nuggets	Roasted Tomatoes	Carrots	Green Beans	Green Beans	Green Beans	Green Beans
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Vegetable Soup	Potato Soup	Navy Bean Soup	Split Pea w/ Ham Soup	French Onion Soup Fruited Gelatin	Corn Chowder	Red Pepper Bisque
Beef Liver and Onions Mashed Potatoes Fresh Broccoli Dinner Roll Peanut Butter Cream Pie	Salmon Cake Squash Casserole Coleslaw Hush Puppies Rice Pudding	Braised Beef Tips Egg Noodles Fresh Green Beans Dinner Roll Chocolate Cake	Chicken Cordon Bleu Baked Potato Succotash Cornbread Pumpkin Pie	Salisbury Steak Mashed Potatoes Green Peas Dinner Roll Strawberry Shortcake	Smothered Pork Chop Au Gratin Potatoes Corn Cornbread Apple Pie	Hot Dog French Fries Green Peas
NSA Dessert	NSA Dessert	NSA Dessert	NSA Dessert	NSA Dessert	NSA Dessert	Assorted Desserts
Baked Bbq Chicken	Chicken Pot Pie	Baked Tilipia	Alternatives Linguine w/Meatballs	Roasted Chicken	Fried Catfish Coleslaw Collard Greens	NSA Desserts
Carrots	Steamed Cabbage	Baby Carrots	Fresh Corn on the Cob	Roasted Vegetables	Trio Salad Platter	Vegetable Medley

Heart = Heart Healthy