

Masonic Home of Virginia

regular/nsa						Week 3
MONDAY-2/11/19	TUESDAY-2/12/19	WEDNESDAY-2/13/19	THURSDAY-2/14/19	FRIDAY-2/15/19	SATURDAY-2/16/19	SUNDAY-2/17/19
Breakfast						
SR Oatmeal <i>Grits</i> Scrambled Eggs <i>Hard Fried Eggs</i> Pork Bacon <i>Pork Sausage Patty</i> <i>Diced Peaches</i> Cinnamon Roll	SR Oatmeal <i>Grits</i> Scrambled Eggs <i>Hard Boiled Egg</i> Pork Bacon <i>Corned Beef Hash</i> <i>Orange Wedges</i> Mini Banana Muffin	SR Oatmeal Scrambled Eggs <i>Pancakes</i> Pork Bacon <i>Pork Sausage Patty</i> <i>Grapefruit Half</i> Mini Danish	SR Oatmeal <i>Cream of Wheat</i> Scrambled Eggs <i>Hard Fried Eggs</i> Pork Bacon <i>Biscuit and Sausage Gravy</i> <i>Diced Pears</i> Blueberry Muffin	SR Oatmeal Scrambled Eggs <i>Cinnamon French Toast</i> Pork Bacon <i>Pork Sausage Patty</i> <i>Pineapple Chunks</i> Raisin Bran Muffin	SR Oatmeal <i>Grits</i> Scrambled Eggs <i>Hard Fried Eggs</i> Pork Bacon <i>Pork Sausage Patty</i> <i>Banana</i> Cinnamon Roll	SR Oatmeal Scrambled Eggs <i>Hard Boiled Egg</i> Pork Bacon <i>Creamed Chip Beef on Toast</i> <i>Banana</i> Mini Cake Doughnut
Lunch						
Beef Noodle Soup Meatball Sub CC <i>Oven Fried Chicken Thigh</i> Turnip Greens <i>SR Steamed Carrots</i> Tater Tots <i>Mashed Potatoes</i> Vanilla Loaf with Orange Glaze <i>SF Orange Creme Cake</i>	SR Minestrone Soup Assorted Pizza <i>Hot Dog on Bun</i> Roasted Acorn Squash <i>Creamed Corn with Red</i> <i>Baked Beans</i> Carrot Cake with Cream Cheese Icing <i>SF Carrot Cake</i>	SR Navy Bean Soup Turkey Burger on Bun <i>Grilled Pork Chop</i> Capri Vegetable Blend <i>Turnip Greens</i> <i>Parmesan Roasted Potatoes</i> <i>Baby Lima Beans</i> Ice Cream Sundaes <i>NSA Vanilla Ice Cream</i>	Turkey Rice Soup Cheeseburger on Bun <i>SR Egg Salad</i> Fresh Green Beans <i>Harvard Beets</i> Sweet Potato Fries <i>9 Grain Wheat Bread Slice</i> Double Chocolate Cake <i>NSA Chocolate Banana Bread</i>	Butternut Squash Soup Baked Chicken Tenders <i>Baked Fish with Crumb</i> Broccoli <i>Chopped Country Coleslaw</i> Potato Wedges <i>Spanish Rice</i> Lemon Berry Parfait <i>NSA Lemon Pudding</i>	Chicken Noodle Soup Salisbury Steak with Onion Gravy <i>Seafood Salad on Croissant</i> Green Peas <i>Carrot Raisin Salad</i> Mashed Potatoes <i>Whole Kernel Corn</i> Chocolate Chip Cookies <i>SF Chocolate Chip Cookies</i>	Vegetable Soup Baked Ham <i>SR Roast Turkey</i> Fresh Green Beans <i>Roasted Turnip Wedges</i> Mashed Sweet Potatoes <i>Classic Bread Stuffing</i> Dinner Roll Ice Caream Bar <i>SF Vanilla Ice Cream</i>
Dinner						
Beef Noodle Soup Tilapia w/ Herbs <i>Hot Turkey Sandwich</i> Brussels Sprouts <i>Baby Lima Beans</i> Baked Sweet Potato Dinner Roll Banana Cream Pie <i>SF Banana Pudding</i>	SR Minestrone Soup Turkey Meatloaf with Gravy <i>Pulled Pork</i> Seasoned Spinach <i>Coleslaw, No Added Salt</i> Baked Potatoes <i>Baked Beans</i> <i>Wheat Hamburger Bun</i> Blueberry Crisp <i>SF Blueberry Crisp</i>	SR Navy Bean Soup Fire Roasted Pork Ribs <i>Waffle Station</i> Stewed Tomatoes <i>Stewed Apples</i> Black Eyed Peas <i>Corn Pudding</i> Biscuits Peach Cobbler <i>Peach Slices</i>	Turkey Rice Soup Open Face Hot Roast Beef <i>Garlic Herb Pork Loin</i> SR Collard Greens <i>Roasted Butternut Squash</i> Mashed Potatoes Dinner Roll Sweet Potato Pie <i>Applesauce</i>	Butternut Squash Soup Shepherds Pie <i>BBQ Chicken</i> Steamed Cabbage <i>SR Steamed Carrots</i> <i>Signature Macaroni and</i> Dinner Roll Bread Pudding <i>SF Bread Pudding</i>	Chicken Noodle Soup Country Pork Chops <i>Fried Shrimp</i> Seasoned Spinach <i>Chopped Country Coleslaw</i> Fried Potato Wedges <i>Hush Puppies</i> Dinner Roll German Chocolate Cake SF Chocolate Pudding	Vegetable Soup SR Fried Fish <i>SR Teriyaki Chicken</i> Coleslaw <i>SR Sugar Snap Peas</i> Fried Potato Wedges <i>Brown Fried Rice</i> Spoonbread Assorted Dessert <i>NSA Assorted Dessert</i>

Bold indicates a main item.

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SR= Sodium Reduced