

Masonic Home Of Virginia

regular/nsa						Week 3
MONDAY-2/18/19	TUESDAY-2/19/19	WEDNESDAY-2/20/19	THURSDAY-2/21/19	FRIDAY-2/22/19	SATURDAY-2/23/19	SUNDAY-2/24/19
<b>Breakfast</b>						
<b>SR Oatmeal Scrambled Eggs</b>  <i>Hard Fried Eggs</i>  <b>Pork Bacon</b> <i>Pork Sausage Patty</i> <i>Diced Peaches</i> <b>Cinnamon Roll</b>	<b>SR Oatmeal Scrambled Eggs</b>  <i>Hard Boiled Egg</i>  <b>Pork Bacon</b> <i>Corned Beef Hash</i> <i>Orange Wedges</i> <b>Mini Banana Muffin</b>	<b>SR Oatmeal Scrambled Eggs</b>  <i>Cinnamon French Toast</i>  <b>Pork Bacon</b> <i>Pork Sausage Patty</i> <i>Grapefruit Half</i> <b>Mini Danish</b>	<b>SR Oatmeal Scrambled Eggs</b>  <i>Hard Fried Eggs</i>  <b>Pork Bacon</b> <i>Biscuit and Sausage Gravy</i> <i>Diced Pears</i> <b>Blueberry Muffin</b>	<b>SR Oatmeal Scrambled Eggs</b>  <i>Cinnamon Applesauce</i> <i>Pancakes</i>  <b>Pork Bacon</b> <i>Pork Sausage Patty</i> <i>Pineapple Chunks</i> <b>Mini Honey Bran Muffin</b>	<b>SR Oatmeal Scrambled Eggs</b>  <i>Hard Fried Eggs</i>  <b>Pork Bacon</b> <i>Pork Sausage Patty</i> <i>Banana</i> <b>Cinnamon Roll</b>	<b>SR Oatmeal Scrambled Eggs</b>  <i>Hard Boiled Egg</i>  <b>Pork Bacon</b> <i>Creamed Chip Beef on Toast</i> <i>Banana</i> <b>Mini Cake Doughnut</b>
<b>Lunch</b>						
<b>SR Lentil and Spinach Soup</b> <b>Herbed Seasoned Chicken</b>  <i>Chicken Fried Steak</i>  <b>SR Collard Greens</b>  <i>Green Peas</i>  <b>Mashed Potatoes</b> <i>Macaroni and Cheese</i> <b>Orange Sherbet</b> <i>SF Butterscotch Pudding</i>	<b>Beef Barley Soup</b> <b>SR Baked Ziti with Meat Sauce</b>  <i>Hot Dog on Bun</i>  <b>Fresh Cauliflower</b>  <i>Curried Carrot Salad</i>  <b>Loaded Potato Salad</b> <b>Brownies</b> <i>SF Brownies</i>	<b>SR Navy Bean Soup</b> <b>FR Oven Fried Chicken</b>  <i>Ham Salad</i>  <b>Seasoned Spinach</b>  <i>SR Broccoli Salad</i>  <b>Baked Sweet Potato</b> <i>9 Grain Wheat Bread Slice</i> <b>Macadamia Nut Cookie</b> <i>SF Carrot Cake</i>	<b>SR Sweet and Sour Soup</b> <b>Braised Beef Tips with Mushrooms</b>  <i>Pimento Cheese Sandwich on Wheat</i>  <b>SR Peas and Pearl Onions</b>  <i>Glazed Beets</i>  <b>SR Egg Noodles</b>  <b>Oatmeal Raisin Cookie</b> <i>SF Oatmeal Cookies</i>	<b>SR Broccoli Cheddar Soup</b> <b>Hamburger On Bun</b>  <i>Crunch Pork Cutlet</i>  <b>Succotash</b>  <i>California Blend Vegetables</i>  <b>Fried Potato Wedges</b> <i>Basmati Rice</i> <b>Apple Pie</b> <i>SF Apple Pie</i>	<b>SR Cream of Mushroom Soup</b> <b>Sloppy Joe Sandwich</b>  <i>Chicken Salad Sandwich</i>  <i>Stewed Tomatoes</i>  <i>Carrots Vichy</i>  <b>Black-Eyed Peas</b>  <b>Chocolate Chip Cookies</b> <i>SF Blonde Brownie</i>	<b>SR Potato Leek Soup</b> <b>Fried Chicken</b>  <i>Ham with Brown Sugar Glaze</i>  <b>SR Collard Greens</b>  <i>Succotash</i>  <b>Mashed Potatoes</b> <i>Baked Sweet Potato</i> <b>Vanilla Ice Cream</b> <i>NSA Ice Cream</i>
<b>Dinner</b>						
<b>SR Lentil and Spinach Soup</b> <b>Boneless Pork Chop with Gravy</b>  <i>Tilapia w/ Herbs</i>  <b>Broccoli</b> <i>SR Roasted Parsnips</i> <b>Baked Sweet Potato</b> <i>Lemon Rice Pilaf</i> <b>Dinner Roll</b> <b>Coconut Cake</b> <i>Coconut Cream Pie</i>	<b>Beef Barley Soup</b> <b>SR Chicken and Dumplings</b>  <i>Apricot Pork Loin</i>  <b>Fresh Steamed Broccoli</b> <i>Stewed Tomatoes</i> <b>Mashed Potatoes</b> <i>Macaroni and Cheese</i> <b>Cornbread</b> <b>Lemon Meringue Pie</b> <i>SF Lemon Pudding</i>	<b>SR Navy Bean Soup</b> <b>Pancakes</b>  <i>Roast Beef with Au Jus</i>  <b>Stewed Apples</b> <i>SR Steamed Carrots</i> <b>Pork Sausage Patty</b> <i>Scalloped Potatoes</i> <b>Dinner Roll</b> <b>Pecan Pie</b> <i>SF Raisin Pecan Cheesecake</i>	<b>SR Sweet and Sour Soup</b> <b>Beef Pot Roast</b>  <i>Oven Fried Chicken Thigh</i>  <b>Baby Lima Beans</b> <i>Roasted Acorn Squash</i>  <i>Baked Potatoes</i> <b>Biscuit</b> <b>Cherry Pie</b> <i>SF Cherry Pie</i>	<b>SR Broccoli Cheddar Soup</b> <b>Fire Roasted Pork Ribs</b>  <i>Meatloaf</i>  <b>Steamed Cabbage</b> <i>Turnip Greens</i> <b>Baked Beans</b> <i>Mashed Potatoes</i> <b>Dinner Roll</b> <b>Fruits of the Forest Pie</b> <i>NSA White Cake</i>	<b>SR Cream of Mushroom Soup</b> <b>SR Roast Turkey</b>  <i>Honey Glazed Ham</i>  <b>Swiss Chard</b> <i>Roasted Turnip Wedges</i> <b>Cornbread Stuffing</b> <i>Roasted Sweet Potato</i> <b>Dinner Roll</b> <b>Apple Cobbler</b> <i>SF Apple Cobbler</i>	<b>SR Potato Leek Soup</b> <b>Garlic Herb Pork Loin</b>  <i>Chicken Pot Pie</i>  <b>Roasted Parsnips</b> <i>Carrots</i> <b>Herbed Rice Pilaf</b> <b>Biscuit</b> <b>Assorted Desserts</b> <i>NSA Assorted Desserts</i>

**Bold indicates a main item.**

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**SR= Sodium Reduced**