

Masonic Home of Virginia

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

Bold indicates a main item.

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SR= Sodium Reduced