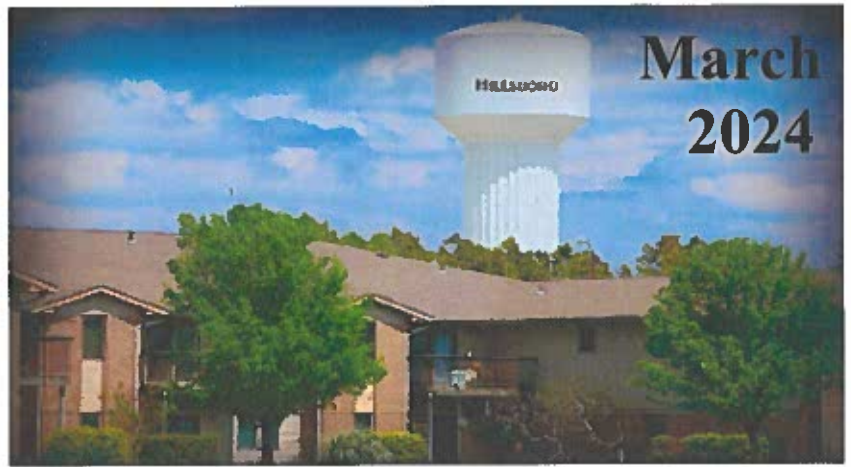


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The Parkside Post

Health Focus

Escape Room Challenge: Respiratory System



Therapy has found Escape Rooms are a fun way to improve many different functions for residents. In February, the focus was Respiratory System Support.

Supplies used:

A cheerful, can-do attitude 4 fun games 4 tables Fun props

Four tables were set up with respiratory-system game stations. At the beginning of each station a question would need to be answered correctly to play each game. After all stations were successfully completed certificates were awarded for the achievement.

Skills tested and used:

Aerobic tolerance, dynamic standing balance training stability, balance, trunk control, core strengthening, problem-solving, cognitive function

Increasing difficulty:

Once the residents were breathing well after the warm-up stations, they progressed to applying learned concepts of respiratory motor control towards more advanced self-selected meaningful functional activities of daily living (ADLs), working towards safe breathing autonomously. Another challenge was to complete the games standing instead of sitting. This helps postural stability while completing dynamic movements and with maintaining neutral spine if they need help reducing pain in the trunk and shoulders.



Get to know the Staff: Ashley Sassi, DON

Ashley started as our Director of Nursing in January. We are so glad she's here!

Ashley grew up in South Jersey, but moved to Kansas when she was still young. She has lives in Halstead and has three kiddos. My oldest is 18 and my youngest is 9. My oldest just got her C N A license. My middle boy enjoys soccer and video games, and my youngest used to participate in competitive dance but now mainly track

She has always enjoyed working with seniors and has always found herself returning to it. Ashley began working in long term care when she was 20. She has the compassion and patience that is needed and joyfully helps others.

Away from work she makes soap and candles. She is a huge animal person, owning 3 dogs, 2 cats, a tortoise and a ball python.



Here is Ashley with her 3 kids, her Fiancé and his 2 kids.

Coming Soon

Lifelong Learning Sessions are coming to The Parkside Apartments.

Open to Residents and everyone in the greater Hillsboro Community.

MONTHLY DINING OUT

Every month residents are invited to join Health Care residents at a local eatery for lunch.

We will be going to The Hub in Moundridge on March 22.

Right: Family joins in the fun at Highway 56 Family Restaurant in Galva.



Resident Council for all of Park Village

In effort to feel more like one community everyone in the Duplexes and the Apartments are invited to a Joint Resident Council meeting, Tuesday, March 26, at 1:30PM at The Apartments.

The meeting will begin together, then the two groups will separate for their own separate meetings. This will be the first meeting for a Duplex Resident Council. Everyone should attend. A chair will be decided and future meeting times.



Learn to Know your Neighbor

We are going to start highlighting residents of the Parkside Community each month.

Irene Seibel, one of our oldest (and sharpest) is in our spotlight in March. She recently celebrated her 101st birthday!

Irene was born on a farm southeast of Hillsboro,

to GW and Anna (Loewen) Suderman, in 1922. She married CH 'Bud' Seibel in 1942. They had 6 children that are spread from Hillsboro to Kansas City to Atlanta. She has 21 grandchildren, 40+ great grandchildren and even 1 great-great grandchild.

She raised the children on the farm while Bud grew a real estate and auction business. Milking cows and any other chore was a part of her day. Bud and Irene opened the Peabody Sausage House and when the children were older Irene worked there often.

When asked what her favorite part of living at Parkside Apartments, she is quick to say the wonderful staff. She appreciates the way staff care for her and others. They are always there when needed.

SUMMIT THERAPY is available to everyone in the Parkside and Hillsboro Community.

If you or someone you know could benefit from physical, occupational, or speech therapy services please reach out by calling our office, (620)947-2301 and leaving a message at the front desk for Nick Sharp, Director of Rehabilitation Services. Or you can email: parksidehomes@summitcare.net. Finally, you can send a text or leave a voicemail on Nick's phone: (434)942-6955.



Above: The Entire Group at Highway 56 Family Restaurant in Galva for February's Dining Out Eats Tour.

The APARTMENTS

What is that big building on the inside, at the north end, of the Park Avenue Circle? In 1996 it was built for independent living and named THE CONGREGATE. As the name implies, built for congregating—community. Then as the area community needs changed, it evolved to ASSISTED LIVING in 2000. And now, even another transformation to THE APARTMENTS. Again, this change is to meet current needs of seniors in our community. A truly 'age in place' opportunity. Residents can be completely independent or receive several levels of care according to their needs. So there is no need to downsize and then move again as you might need more help.

There is 24 hour certified staff in the building and security system. Included in the monthly fee is lunch (our biggest meal) every day, all utilities, cable & phone and help with daily medication (up to 10 no charge). And there is absolutely no maintenance to worry about and pay for.

There are a lot of activities and opportunity for community. You can remain in your apartment as much as you like, whatever your preference.

If you or anyone in your family would like to receive *The Parkside Post* via email, please call LeAnn in the office, 947-2301.

Or email Krista Heinrichs, kheinrichs@parksideks.org.

Parkside exists to enrich all we serve with Christ-like compassion, respect, excellence and integrity.

**Parkside Homes 200 Willow Road Hillsboro, KS 67063
(620) 947-2301**

March 2024

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

<p>3 Local Church Service Online</p>	<p>4 10:30am-Devotion 1:30pm-Bingo @ H5</p>	<p>5 10:30am-Exercise @ H4 1:00pm-Shamrock Shakes @ MB 1:30pm-Bingo @ MB</p>	<p>6 10:00am-Shirley & Gerald @ MB 10:30am-Bible Study in H5 1pm-Bible Study in MB Sharon-Haircuts</p>	<p>7 National Cereal Day 10:30am-Devotion 1:30pm-Bingo @ H4 2:30pm-Make Cereal Treats @ H4</p>	<p>8 10:30am-Country Cruise 1:00pm-Armchair Travel & Popcorn 2:00pm-Root Beer Floats</p>	<p>9 2pm-Heroes of Faith Drama @ MB Independent Leisure</p>
<p>10 Local Church Service Online</p>	<p>11 10:00am-Arts and craft 10:30am-Devotion 1:30pm-Bingo @ H5</p>	<p>12 1:00pm-Pet Therapy 1:30pm-Bingo @ MB 2:30pm-Penners</p>	<p>13 10:30am-Bible Study in H5 1pm-Bible Study in MB Sharon-Haircuts</p>	<p>14 10:00am-Jeremy Matlock @MB 1:30pm-Bingo @ H4</p>	<p>15 10:00am-Shopping Trip 1:00pm-Armchair Travel 1:30pm-American Legion Visits @ H4 2:00pm-Root Beer Floats</p>	<p>16 Independent Leisure</p>
<p>17 Local Church Service Online</p>	<p>18 10:30am-Devotion 1:30pm-Bingo @ H5</p>	<p>19 Spring Begins 10:00am-Exercise @ H5 10:30am-Gardening in H5 1:30pm-Bingo @ MB</p>	<p>20 10:30am-Bible Study in H5 1pm-Bible Study in MB Sharon-Haircuts</p>	<p>21 10:30am-Devotion 1:30pm-Bingo @ H4 2:30pm-Resident Council</p>	<p>22 10:30am-The Hub In Moundridge Eats Tour 1:00pm-Armchair Travel & Popcorn 2:00pm-Root Beer Floats</p>	<p>23 Independent Leisure</p>
<p>24 Local Church Service Online</p>	<p>25 International Waffle Day 10:30am-Devotion 1:30pm-Bingo @ H5</p>	<p>26 10:30am-Exercise @ MB 1:30pm-Bingo @ MB 2:30pm-Penners</p>	<p>27 10:30am-Bible Study in H5 1pm-Bible Study in MB 3:00pm-Piano with Jan Sharon-Haircuts</p>	<p>28 10:30am-Devotion 1:30pm-Bingo @ H4 3:00pm-Escape Room Challenge</p>	<p>29 Good Friday 10:30am-Birthday Party 2:00pm-Easter Egg Hunt</p>	<p>30 Independent Leisure</p>
<p>31 Local Church Service Online</p>	<p>Activities subject to change</p>					<p>Contact: (620) 947-2301</p>

Parkside Homes Life Enrichment 200 Willow Rd, Hillsboro KS 67063



MARCH

2024

Park Village Activities



Staff Birthdays

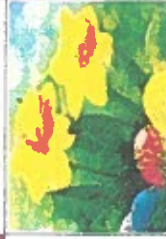
Lois Ensz-March 7

Sun Mon Tue Wed Thu Fri Sat

<p>3 :00 Coffee</p>	<p>4 10:00 Coffee 3:00 Bernie's Choice 7:00 Game Night</p>	<p>5 7:00 Dollar General 10:00 Men's Bible Study 10:00 Coffee 2:00 Recycle Pick Up</p>	<p>6 8:00 Dale's Shopping 10:00 Coffee 3:00 Bible Study</p>	<p>7 10:00 Coffee 7:00 Game Night</p>	<p>8 10:00 Coffee 2:00 BINGO</p>
<p>10 3:00 Coffee</p>	<p>11 10:00 Coffee 3:00 Bernie's Choice 7:00 Game Night</p>	<p>12 7:00 Dollar General 10:00 Men's Bible Study 10:00 Coffee 2:00 Recycle Pick Up</p>	<p>13 8:00 Dale's Shopping 10:00 Coffee 3:00 Bible Study</p>	<p>14 10:00 Coffee 7:00 Game Night</p>	<p>15 10:00 Coffee 2:00 BINGO</p>
<p>17 3:00 Coffee</p>	<p>18 10:00 Coffee 3:00 Bernie's Choice 7:00 Game Night</p>	<p>19 7:00 Dollar General 10:00 Men's Bible Study 10:00 Coffee</p>	<p>20 8:00 Dale's Shopping 10:00 Coffee 3:00 Bible Study</p>	<p>21 10:00 Coffee 7:00 Game Night</p>	<p>22 10:00 Coffee 2:00 BINGO</p>
<p>24 3:00 Coffee</p>	<p>25 10:00 Coffee 3:00 Bernie's Choice 7:00 Game Night</p>	<p>26 7:00 Dollar General 10:00 Men's Bible Study 10:00 Coffee 1:30 Resident Council</p>	<p>27 8:00 Dale's Shopping 10:00 Coffee 2:00 Jan Larson Duet 3:00 Bible Study</p>	<p>28 10:00 Coffee 7:00 Game Night</p>	<p>29 10:00 Coffee</p>
<p>31 3:00 Coffee</p>	<p>30 10:00 Coffee 2:00 Movie & Popcorn</p>	<p>31 3:00 Coffee</p>	<p>32 10:00 Coffee 2:00 Movie & Popcorn</p>	<p>33 10:00 Coffee 2:00 Movie & Popcorn</p>	<p>34 10:00 Coffee 2:00 Movie & Popcorn</p>



He has Risen!



March 2024

Sunday February 25	Monday Feb 26	Tuesday Feb 27	Wednesday Feb 28	Thursday Feb 29	Friday March 1	Saturday March 2
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
					Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage Biscuit Sausage Gravy (RG7) Margarine/Jelly Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage Breakfast Muffin (RG7) Margarine/Jelly Milk/Beverage
					Lunch	Lunch
					Soup of the Day Garlic Butter Cod Scalloped Potatoes Broccoli (A) (RG7) Bread Stick Mixed Fruit Cup with Whipped Topping (RG7) Caramel Glazed Bread Pudding	Soup of the Day Italian Meat Sauce Over Spaghetti Noodles Green Peas with Sautéed Onions (RG7) Garlic Toast (RG7) Fresh Apple Iced Banana Bar
					Supper	Supper
					Soup of the Day Harvest Turkey Salad Honey Butter Dinner Roll Sliced Oranges Iced Oatmeal Cake	Soup of the Day Potato & Onion Quiche 2 Strips Bacon 2 sl Toast Green Beans (RG7) Spiced Peaches with Ice Cream

March 2024

Sunday Mar 3	Monday Mar 4	Tuesday Mar 5	Wednesday Mar 6	Thursday Mar 7	Friday Mar 8	Saturday Mar 9
Breakfast Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage Parkside Cinnamon Roll Margarine/Jelly Milk/Beverage	Breakfast Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage 2 sl Toast Margarine/Jelly Milk/Beverage	Breakfast Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage 2 sl Toast Margarine/Jelly Milk/Beverage	Breakfast Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage 2 sl Toast Margarine/Jelly Milk/Beverage	Breakfast Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage Sausage Gravy (RG7) Biscuit Margarine/Jelly Milk/Beverage	Breakfast Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage Sausage Gravy (RG7) Biscuit Margarine/Jelly Milk/Beverage	Breakfast Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage Assorted Muffins Margarine/Jelly Milk/Beverage
Lunch SOUP OF THE DAY (RG7) Fried Chicken Mashed Potatoes (RG7) Chicken Gravy Five Way Mixed Vegetables Dinner Roll/Margarine (RG7) Sunday Fruit Salad Apple Pie	Lunch SOUP OF THE DAY (RG7) Parkside Homemade Lasagna Italian Blend Vegetables (A) (RG7) Bread Stick Tropical Fruit Fruit Cobbler (FR) (RG7)	Lunch SOUP OF THE DAY (RG7) BBQ Chicken Fried Potatoes Creamed Peas Cornbread/Margarine (RG7) Apple Salad Lush	Lunch SOUP OF THE DAY (RG7) Ham Steak Cheesy Hashbrown Casserole (RG7) Cauliflower Biscuit Fresh Orange Pear Spice Upside Down Cake	Lunch Turkey Roast Dressing Turkey Gravy Green Beans Casserole Dinner Roll Cranberry Fluff Pumpkin Pie/ Pecan Pie	Lunch SOUP OF THE DAY (RG7) Salisbury Steak (RG7) Mashed Potatoes & Gravy (RG7) Zucchini Parmesan Strawberries & Peaches Bread Pudding with Vanilla Sauce	Lunch SOUP OF THE DAY (RG7) Autumn Apple Pork Loin Cornbread Stuffing Carrots (A) Pears Cranberry Crumble (FR)
Supper Soup of the Day Dill Meat & Cheese Sandwich (RG7) Mayonnaise/Mustard Broccoli Salad (A) Fresh Grapes Sugar Cookies	Supper Soup of the Day Chicken Teriyaki (RG7) Lo Mein Noodles Oriental Vegetables (A) (RG7) Egg Roll Apricots (A) Banana Pudding (FR) (RG7)	Supper Soup of the Day BBQ Pulled Pork on Bun Potato Chips (RG7) Creamy Cucumber & Onion Salad Crushed Pineapple (RG7) Too Much Chocolate Cake	Supper Soup of the Day Fiesta Spiced Chicken Mexican Rice Eloté Corn Banana Half Snickerdoodle Cookies	Supper Soup of the Day Roast Beef & Swiss Sandwich Tossed Salad/Dressing (RG7) Gelatin with Whipped Topping	Supper Soup of the Day Fish & Cheese Sandwich (RG7) Tartar Sauce Crispy Tater Tots Coleslaw Rosy Applesauce Ice Cream	Supper Soup of the Day Cheesy Beef & Macaroni Casserole Fried Pickles Bread & Margarine (RG7) Warm Spiced Fruit

March 2024

Sunday Mar 10	Monday Mar 11	Tuesday Mar 12	Wednesday Mar 13	Thursday Mar 14	Friday Mar 15	Saturday Mar 16
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage Parkside Cinnamon Roll Margarine/Jelly Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage 2 sl Toast Margarine/Jelly Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage 2 sl Toast Margarine/Jelly Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage 2 sl Toast Margarine/Jelly Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage 2 sl Toast Margarine/Jelly Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage Biscuit Sausage Gravy (RG7) Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage Breakfast Muffin Margarine/Jelly Milk/Beverage
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Soup of the Day Fried Chicken Mashed Potatoes (RG7) Chicken Gravy Country Green Beans with Bacon & Onion (RG7) Cheddar Biscuit Fruit Salad Strawberry Rhubarb Pie	Soup of the Day Parkside Blerocks Brown Gravy Baby Bakers (RG7) Five Way Mixed Vegetables Pineapple Jell-O Cake w/Whipped Topping	Soup of the Day Breaded Pork Chop with Onions Baked Fresh Sweet Potato Sauteed Cabbage (RG7) Dinner Roll/Margarine (RG7) Sliced Pears (RG7) Chocolate Chip Cake	Soup of the Day Chicken Tetrazzini Buttered Carrots (A) (RG7) Dinner Roll/Margarine (RG7) Strawberries & Bananas Pumpkin Cake (A) with Whipped Topping	Soup of the Day Brown Sugar Glazed Ham Cheesy Hashbrown Casserole Green Beans (RG7) Cinnamon Baked Apples Sweet Potato Pie	Soup of the Day Beef & Broccoli Stir Fry Buttered Rice Sauteed Mushrooms Egg Roll Mandarin Oranges Parkside Honeybun cakes	Soup of the Day Chicken Breast Supreme Scalloped Potatoes Roasted Vegetables Waldorf Salad Chocolate Cream Pie (RG7)
Supper	Supper	Supper	Supper	Supper	Supper	Supper
Soup of the Day Ham Pasta Salad Cheese Puffs Pickled Beets Fruit Cup (RG7) Pumpkin Bar	Soup of the Day Crab Cake Curly Fries Broccoli & Raisin Salad Peaches with Whipped Topping Brownie	Soup of the Day Beefy Tater Tot Casserole Stewed Tomatoes Fresh Orange New Year Cookies (RG7)	Soup of the Day Turkey Club on Croissant Potato Chips (RG7) Pickle Spear Fruit Cocktail Cinnamon Apple Gelatin (FR) Caramel Peach Crisp (FR)	Soup of the Day Mushroom Swiss Burger on Bun Relish Plate Onion Petals (RG7) Classic Macaroni Salad Ambrosia (FR) (RG7) Creamy Rice Pudding (RG7)	Soup of the Day Crispy Chicken Tenders Tater Tots (RG7) Green Pea Salad (RG7) Tropical Fruit Cup Chocolate Eclair Cake	Soup of the Day Tortellini in Alfredo Sauce w/Peas & Mushrooms Italian Tossed Salad (RG7) Garlic Toast (RG7) Rosy Pineapple Apple Caramel Cheesecake

March 2024

Sunday March 17	Monday Mar 18	Tuesday Mar 19	Wednesday Mar 20	Thursday Mar 21	Friday Mar 22	Saturday Mar 23
Breakfast Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage 2 sl Toast Margarine/Jelly Milk/Beverage	Breakfast Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage 2 sl Toast Margarine/Jelly Milk/Beverage	Breakfast Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage 2 sl Toast Margarine/Jelly Milk/Beverage	Breakfast Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage 2 sl Toast Margarine/Jelly Milk/Beverage	Breakfast Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage 2 sl Toast Margarine/Jelly Milk/Beverage	Breakfast Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage Sausage Gravy (RG7) Biscuit Margarine/Jelly Milk/Beverage	Breakfast Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage Donut (RG7) Margarine/Jelly Milk/Beverage
Lunch SOUP OF THE DAY (RG7) Fried Chicken Mashed Potatoes (RG7) Cream Gravy (RG7) Corn Dinner Roll Citrus Fruit Cup (RG7) Cherry Pie	Lunch SOUP OF THE DAY (RG7) Hillsboro Sausage Baked Macaroni & Cheese Zucchini Dinner Roll/Margarine Mixed Fruit Cup (RG7) Angel Food Lush Cake	Lunch SOUP OF THE DAY (RG7) Open Faced Roast Beef Sandwich Homemade Mashed Potatoes Brown Gravy Buttered Peas (RG7) Peaches & Bananas Iced Oatmeal Cake	Lunch SOUP OF THE DAY (RG7) Chicken Parmesan Buttered Spaghetti Garlic Bread Stick (RG7) Broccoli Cauliflower Blend (A) (RG7) Mandarin Oranges Texas Sheet Cake	Lunch SOUP OF THE DAY (RG7) Roast Turkey Cornbread Dressing Turkey Gravy Green Bean Dinner Roll Pineapple Pumpkin Pie	Lunch SOUP OF THE DAY (RG7) Fried Shrimp Cheese Grits Brussel Sprouts with Bacon Dinner Roll/Margarine (RG7) Tropical Fruit Cherry Moos	Lunch SOUP OF THE DAY (RG7) Salisbury Steak Fried Potatoes (RG7) Mixed Vegetables Dinner Roll/Margarine Waldorf Salad Blonde Brownie
Supper Turkey & Swiss Cheese Sandwich (RG7) Cheese Puffs Kidney Bean Salad Fruit Cocktail Pumpkin Cake (A) with Whipped Topping	Supper Chicken Cordon Bleu (RG7) Spinach & Bacon Salad (A) (RG7) Sweet Potato Fries Hot Applesauce Caramel Apple Pie Bars	Supper Tuna Salad Sandwich Potato Chips (RG7) Beet & Onion Salad Fruit of the Day Black Forest Parfait	Supper Grilled Cheese Sandwich (RG7) French Fries (RG7) Copper Penny Salad (A) Pears Chocolate Chip Cookies (RG7)	Supper Beef Enchilada Casserole Fiesta Corn Salad Fruit Salad Apple Brown Betty (FR)	Supper BLT & Cheese Sandwich Ranch Potato Wedges Mixed Berries Tapioca Pudding	Supper Chicken Club Sandwich (RG7) Macaroni Salad Marinated Slaw (RG7) Ambrosia (FR) (RG7) Apple Turnover

February 2024

Sunday Mar 24	Monday Mar 25	Tuesday Mar 26	Wednesday Mar 27	Thursday Mar 28	Friday Mar 29	Saturday Mar 30
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage Parkside Cinnamon Roll Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage 2 sl Toast Margarine/Jelly Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage 2 sl Toast Margarine/Jelly Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage 2 sl Toast Margarine/Jelly Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage 2 sl Toast Margarine/Jelly Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg Scrambled Egg 2 strips Bacon or Sausage Sausage Gravy (RG7) Biscuit Margarine/Jelly	Assorted Juice Choice of Hot or Cold Cereal (RG7) Choice of Egg 2 strips Bacon or Sausage Banana Bread Margarine/Jelly Milk/Beverage
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Soup of the Day Fried Chicken Mashed Potatoes & Gravy (RG7) Green Beans (RG7) Biscuit Creamy Fruit Salad (FR) Peach Pie	Soup of the Day House Meatloaf Homemade Mashed Potatoes Brown Gravy Five Way Mixed Vegetables Dinner Roll/Margarine (RG7) Tropical Fruit Cup Carrot Cake w/ Cream Cheese Frosting (RG7)	Soup of the Day Chicken Broccoli Rice Bake Biscuit Peaches Mississippi Mud Cake	Soup of the Day Baked Honey Glazed Ham Sweet Potato Casserole Buttered Corn (RG7) Dinner Roll Caramel Apple Dump Cake	Soup of the Day Beef Pepper Steak Au Gratin Potatoes Steamed Carrots (A) Dinner Roll/Margarine (RG7) Fruit Shortcake (FR)	Soup of the Day Swedish Meatballs with Sauce Buttered Egg Noodles (RG7) Squash Medley Bread & Margarine (RG7) Emerald Pears Frosted Cake	Soup of the Day Squash Medley Bread & Margarine (RG7) Emerald Pears Frosted Cake
Supper	Supper	Supper	Supper	Supper	Supper	Supper
Soup of the Day Philly Cheesesteak Sweet Potato Fries Stewed Tomatoes Fruit Cocktail No Bake Cookies	Soup of the Day Polish Sausage on Bun Sauerkraut Macaroni & Cheese (RG7) Spiced Apples Sugar Cookies	Soup of the Day Bacon Cheeseburger Sloppy Joe Tater Tots (RG7) Ranch Vegetable Salad (A) (RG7) Warm Fruit Compote (FR)	Soup of the Day Popcorn Shrimp Hush Puppies French Fries (RG7) Coleslaw Fruit Pizza Dessert (RG7)	Soup of the Day Chicken Bacon Classic Onion Petals (RG7) Creamy Potato Salad Lime Cottage Cheese Salad	Soup of the Day Shepherd's Pie Creamed Spinach Irish Soda Bread Lemon Cheesecake Bar	Soup of the Day Shepherd's Pie Creamed Spinach Irish Soda Bread Lemon Cheesecake Bar

March 2024

Sunday March 31							
Breakfast							
Assorted Juice							
Choice of Hot or Cold Cereal (RG7)							
Choice of Egg							
2 strips Bacon or Sausage							
Cinnamon Roll (RG7)							
Margarine/Jelly							
Milk/Beverage							
Lunch							
Soup of the Day							
Fried Chicken							
Mashed Potatoes (RG7)							
Chicken Gravy							
Corn							
Dinner Roll							
Fruit Yogurt Salad							
Strawberry Rhubarb Pie							
Supper							
Soup of the Day							
Chili Mac							
Tossed Salad/Dressing (RG7)							
Combread/Margarine							
Cranberry Apples							
Tapioca Pudding							