

The Weekly Connection

Personal Care | March 22 — 28, 2026

Highlighted programs for the week. These activities are in addition to your regular daily activities included on your monthly calendar.

Sunday, March 22

10:00am Church Service (Fellowship Room)

Sunday Matinee

2:00pm The Perfect Setting (P)

Monday, March 23

10:00am Bingo (DR)

1:00pm Fun With Cups (P)

3:00pm Prayer Circle (FR)

Tuesday, March 24

10:00am Current Events (DR)

1:00pm Let's Race (DR)

Wednesday, March 25

3:30pm Rosary (Sunroom)

Thursday, March 26

10:45am Fun and Fitness (DR)

1:00pm Card Game (P)

2:00pm Movie Matinee —Take Me Out To The Ballgame (WL)

Friday, March 27

10:00am Easter Project (D)

1:00pm Easter Project Cont.

Saturday, March 28



“Tulips are the poets of the garden,

Whispering tales of strength

And beauty to those who listen

With their hearts”

Winter Menu



Sunday **Monday** **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday**

Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Oatmeal Scrambled Eggs Sausage Link Assorted Toast Coffee or Tea Assorted Juice, Milk	Oatmeal Fried Eggs Hash Brown Patty Assorted Toast Coffee or Tea Orange Juice, Milk	Oatmeal French Toast Warm Cinnamon Apples Bacon Coffee or Tea Orange Juice, Milk	Oatmeal Cheesy Scrambled Egg Assorted Toast Coffee or Tea Orange Juice, Milk	Oatmeal Pancakes & Syrup Bacon Assorted Toast Coffee or Tea Orange Juice, Milk	Oatmeal Cheesy Hash Brown Egg Casserole Assorted Toast Coffee or Tea Orange Juice, Milk	Oatmeal Scrambled Egg Pork Sausage Patty Assorted Toast Coffee or Tea Orange Juice, Milk
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Virginia Baked Ham Fried Fish Baked Potatoes Wedges Corn Peaches Coffee or Tea Juice, Milk	Meatloaf Baked Chicken Mashed Potato Carrots Chocolate Cake Coffee or Tea Juice, Milk	Honey Glazed Ham Lemon Herb Flounder Candid Sweet Potatoes Sautéed Cabbage Pound Cake Coffee or Tea Juice, Milk	Beef Chili BBQ Chicken Confetti Corn Cucumber Salad Corn Pudding Muffin Pears Crisp Coffee or Tea Juice, Milk	Roast Turkey Hot Roast Beef Cornbread Stuffing Steamed Green Peas Lemon Bar Coffee or Tea Juice, Milk	Beef Stroganoff Chicken Cacciatore Egg Noodles Green Beans Apple Cobbler Coffee or Tea Juice, Milk	Turkey A la King Grilled Bacon & Cheese Sandwich Wild Rice Spinach Orange Cake Coffee or Tea Juice, Milk
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Split Pea Soup w/ saltine crackers BLT Sandwich Chicken Salad Macaroni Salad Diced Pear Coffee or Tea Juice, Milk	Roasted Cauliflower Soup w/ saltine crackers Cheeseburger Ham & Cheese Sandwich Tater Tos Apple Crisp Coffee or Tea Juice, Milk	Beef & Barley Soup w/ saltine crackers Turkey & Cheese Sandwich Beef Taco Salad Coleslaw Tropical Fruit Salad Coffee or Tea Juice, Milk	Vegetable Soup w/ saltine crackers Macaroni & Cheese Turkey Club Sandwich Stewed Tomatoes Pineapple Coffee or Tea Juice, Milk	Tomato Soup w/ saltine crackers Tuna Salad Platter Grilled Cheese Sandwich Marinated Cucumber Jello Coffee or Tea Juice, Milk	Vegetable Soup w/ saltine crackers Chicken Salad Bacon Wrap Hamburger Coleslaw Diced Peaches Coffee or Tea Juice, Milk	Broccoli & Cheese Soup w/ saltine crackers Ham & Cheese Melt Braised Chicken Mixed Vegetables Mandarin Oranges Coffee or Tea Juice, Milk



It's Our Pleasure to Serve You

Milk, Tea, Coffee and Decaffeinated Beverages are Available at Each Meal



**NUTRITION
MANAGEMENT
SERVICES
COMPANY™**
Nutritious Food, Expert Management, Superior Service

Week 3

