

**March 13-19, 2022**

**Sunday**

Asparagus Soup 3  
Roasted Turkey and Dressing 8  
Baked Ham with Pineapple-Mustard Glaze 7  
Bread Dressing, GF Balsamic Green Beans,  
GF Parisienne Carrots, GF Fried Cabbage 2.5

**Monday**

Baked Potato Soup 3  
Chicken Picatta 7  
Spaghetti and Meat Sauce 6  
Parmesan Risotto, GF Broccoli with Lemon,  
GF Peas and Mushrooms 2.5

**Tuesday**

GF Vegetable Soup 3  
Split Pea and Ham Soup 3  
Turkey Pot Pie 6  
GF Grilled Pork Ribeye with Bacon-Onion Chutney 7  
Saffron Rice, GF Roasted Beets,  
Fried Okra, GF Roasted Cauliflower 2.5

## Wednesday

Potato Leek Soup 3  
Mediterranean Baked Cod 7  
BBQ Meatballs 6  
Smoked Gouda Grits, GF Italian Green Beans,  
Succotash, GF Fennel-Apple Slaw 2.5

## Thursday

GF Vegetable Soup 3  
Brunswick Stew 3  
GF Grilled Lamb Chops 9  
GF Baked Chicken 7  
GF Roasted Potatoes, GF Ratatouille,  
GF Three Bean Salad, GF Sauteed Spinach 2.5

## Friday

Manhattan Clam Chowder 3  
GF Beef Pepper Steak 8  
Chicken Fried Chicken with Milk Gravy 7  
Brown Rice, GF Mashed Potatoes,  
GF Vegetable Medley, GF Zucchini and Tomatoes 2.5

## Saturday

Broccoli and Cheddar Soup 3  
Grouper with Spinach Cream 8  
Assorted Pizza's 2.5 per slice  
Farro Pilaf, Fried Okra, GF Asparagus,  
GF Mixed Vegetables 2.5

## **Daily Chef Specials**

**March 14 – March 18**

### **Monday**

Spicy Black Bean Burger Pepper Jack cheese, Lettuce, Tomatoes  
Served with Truffles and Parmesan Frites.

**\$12**

### **Tuesday**

**(3)** Chicken Ranchero Tacos Shredded Seasoned Chicken, Roasted Corn Salsa, Cilantro, Lime-Crema.

**\$10**

### **Wednesday**

Oyster Rockefeller (6) Oysters on the Half Shell  
Topped with Spinach, Bacon Lardons, Panko Breadcrumbs and Lemon Wedge

**\$15**

### **Thursday**

Greek Style Flat Bread Pizza Olives, Banana Peppers, Red Onion, Feta Cheese, Pesto  
Topped with Prosciutto Crumbles

**\$10**

### **Friday**

Open-Faced Sloppy Joe Sandwich  
Topped with Cheddar Cheese Served with Fries.

**\$10**

### **Weekly Salad Special**

Spinach & Apple Salad (Mixed Greens, Glazed Walnuts, Gorgonzola Cheese, Sliced Granny Smith Apples)  
Served with Apple-Cider Vinaigrette.

**\$12**



# Twenty-Six

Phone: 336.231.5237  
Lunch: 11:30 a.m. to 3 p.m.  
Monday – Saturday

## SOUPS

### SOUP DU JOUR 3

### SALEMTOWNE CHILI 5

## ENTRÉE SALADS

### COBB SALAD

Bleu Cheese, Bacon, Grilled Chicken, Boiled Egg, Avocado and Grape Tomatoes with Herb Vinaigrette **9.50**

### SALEMTOWNE TARRAGON CHICKEN SALAD

Poached Tender White Meat Chicken, Tossed with Mayo, Tarragon and Spices. Served with Fresh Fruit. (Also available as a sandwich) **8.25**

## SANDWICHES/PANINIS

### CHICKEN SANDWICH

Grilled Chicken Breast with Roasted Peppers, Lettuce, Provolone and Pesto on a Grilled Ciabatta Bun **9.50**

### REUBEN

Marbled Rye, Swiss Cheese, Thousand Island, Sauerkraut. Turkey or Corned Beef **9**

### BLACK BEAN BURGER

Black Bean Burger with Lettuce, Tomato, Red Onion and Avocado on a Gluten-free Bun. **8.25**

### TURKEY SANDWICH

Oven Gold Turkey, Brie, Sliced Granny Smith Apple, Arugula, Toasted Rye **8.25**

### “PHILLY” STEAK HOAGIE

Tender Roast Beef Tossed with Peppers and Onions. Topped with Provolone Cheese and Henry Bain Sauce **9**

### TUNA MELT

Tuna Salad, Cheddar Cheese on Toasted Whole Grain Bread **8.25**

### CAROLINA HOT DOG

Hebrew National Hot Dog with Choice of Topping **6.25**

**One side included:** Mrs. Vickie's Potato Chips or Fresh Fruit.

## WOOD-FIRED FLATBREAD PIZZA

### MARGHERITA

Basil, Buffalo Mozzarella and Red Sauce **10.25**

### PEPPERONI

Pepperoni, Mozzarella and Red Sauce **10.25**

### PIZZA DU JOUR

Gluten-free Cauliflower Crust can be Substituted for the Flatbread.



# Twenty-Six

Phone: 336.231.5237  
Breakfast: 7:30 a.m. to 9:30 a.m.  
Monday - Saturday

## BREAKFAST

### FRESH EGGS

2 Eggs Scrambled, Fried, Sunny-Side Up, Over Easy or Over Medium **2**

### OMELET

Your Choice of Cheese, Bacon, Ham, Mushrooms, Peppers, Onions and/or Spinach. Served with Toast or Biscuit **4.50**

### PANCAKES

Made to Order Buttermilk Pancakes Served with Regular or Sugar Free Syrup **2.50/3.75**

### BREAKFAST SANDWICH

Choice of Bread, Meat, Egg and Cheese **3.50**

### OATMEAL

With Cran-Raisins, Walnuts and Brown Sugar **2**

### FRESH CUT FRUIT

Pineapple, Cantaloupe, Honeydew and Grapes **2.50**

### BREAKFAST POTATOES

**2.50**

### BACON OR SAUSAGE

**1.50**

### GRITS

With or Without Cheese **.75**

## BAKERY

### PASTRIES

Cinnamon-Pecan Rolls, Cream Cheese, Apple Stars, Berries & Cream **2**

### MUFFINS

Check for today's option **.50**

## ESPRESSO

Reg. or Decaf | Hot-12 oz | Iced-16 oz

**ESPRESSO 2**

**AMERICANO 2**

**MACCHIATO 2**

**LATTE 2**

**CAPPUCCINO 2**

**CAFE MOCHA 2**



## COFFEE

**12 OZ DRIP - HOT 1**

**16 OZ DRIP - ICED 2**

### FLAVORS

Caramel, Vanilla, Cane Sugar, Coconut, Salted Caramel, Seasonal Flavors available

## BEVERAGES

### COKE PRODUCTS

Coke, Diet Coke, Sprite, Sprite Zero, Dr. Pepper, Diet Dr. Pepper, Ginger Ale **.75**

### IBC SODA

Root Beer, Black Cherry, Cream Soda, Cherry Lemonade **1.75**

### BEER

Stella Artois, Sierra Nevada Pale Ale, Corona Extra, Highland Oatmeal Porter **2.5**

### OTHER

Orange Juice 12 oz **1**  
Cranberry Juice 12 oz **1**



# **Dorcas Dining Menu**

## **Spring 2022**



Dear Salemtowne Residents,

The Culinary Services Team is proud to debut our new, seasonal, 4-week cycle menu beginning **Sunday, March 6, 2022**. Thank you so much for your continued support as we strive to serve our community with the best culinary service and food options.

Over the last few months, we have worked to adjust our food inventory that focuses on fresh local products, adapted our cooking techniques to create a healthier, simpler process with more straightforward entrees. We have appreciated your feedback and willingness to share with our team.

The new *Spring Cycle Menu* and *Always Available Menu* will feature many new items. For example, Veal Scallopini, Chicken-Mushroom Stroganoff, Mixed Seafood Ragout and Grilled Swordfish. We are also bringing back (due to popular demand) our Grilled Lamb Chops, Chicken Cacciatore, and Carved Beef Tenderloin. We believe our new menu will deliver flavorful selections of locally fresh products for everyone to enjoy.

The *Always Available Menu* will continue to have all the favorites like the Filet Mignon, Seared Salmon, Omelets to order, and the Signature Salads, as well as providing Chef's Specials throughout the week (**please check K-4 Connect for the Daily Special**). Please note, the *Always Available Menu* items are cooked to order and may require a 15 to 20 minutes wait time.

We look forward to hosting you, your family, and friends as we create those special mealtime memories. We all appreciate the honor of handling your hospitality needs.

Warmly,

*Jay Christmas and Amy Pagano*

Jay Christmas  
General Manager of Culinary Services

Amy Pagano  
Vice President of Resident Life and Administrative Services

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## **Dining Times**

### **Dorcas Dining Room**

<b>Lunch:</b>	<b>Dinner:</b>
12 p.m. – 1:30 p.m.	5:00 p.m. – 7:30 p.m.

### **Masten Assisted Living Dining Room**

<b>Breakfast:</b>	<b>Lunch:</b>	<b>Dinner:</b>
7:30 a.m. – 8:30 a.m.	12:00 p.m. – 1:00 p.m.	5:00 p.m. – 6:30 p.m.

## **The Moravian Blessing**

Reprinted from the  
Moravian Daily Text

Come, Lord Jesus, our Guest to be,  
And bless these gifts bestowed by thee.  
Bless our dear ones everywhere  
And keep them in thy loving care.

Be present at our table, Lord;  
Be here and everywhere adored;  
From thine all-bounteous hand our food  
May we receive with gratitude.

## Dining Services Phone Numbers

	<b>Phone Number</b>
<b>Amy Pagano</b> VP Resident Life/ Administrative Services	336-714-2184 336-705-2796
<b>Jay Christmas</b> GM of Culinary Services	336-714-2145 336-579-7561
<b>Ozzie Oregno</b> Assistant GM of Culinary Services	336-714-2190 336-701-7527
<b>Terri James</b> Catering Manager	336-701-7588
<b>Tim Martin</b> Executive Sous Chef	336-448-2760
<b>Jacques Moore</b> Sous Chef	336-448-2760
<b>Cameron Johnson</b> Administrative Assistant	336-714-6842
<b>Ranota Crawley</b> Dorcas Dining Room Supervisor	336-714-3141
<b>Valencia Petree-Pauling</b> Dorcas Dining Room Supervisor	336-714-3141
<b>Shea Chrismon</b> Registered Dietitian	336-231-5559
<b>Angela Alvear</b> Nutrition Care Coordinator	336-231-5238
<b>Joshua Moore</b> Nutrition Care Coordinator	336-448-2782
<b>Dorcas Dining Services</b> Reservations/Other Inquiry	336-714-3141
<b>Assisted Living Kitchen</b> Call the Concierge to be connected.	336-767-8130

## **Culinary Services Committee Members**

Bobbie Schroeder, Nancy Cotton, Jack Barrier, Sue Edmonson,  
Chip Mims, Snow Brenner, Betty Jones, Linda Lovvorn

## **Guests/Reservations**

Please make your regular day-to-day resident reservations by leaving a message with Culinary Services (**336-714-3141 or 336-767-8130 ext. 1258**) or through our online Full Count reservation system.

We only require a reservation for dinner each night in the Dorcas Dining Room and for Sunday Lunch. You do not need to make a reservation for lunch Monday through Friday, unless you plan on having a table with a party of 6 or larger.

## **Meal Delivery**

Residents may have a meal delivered by contacting Culinary Services (**336-714-3141 or 336-767-8130 ext. 1258**). Residents will be charged for delivery unless we receive a doctor's note from our clinic.

## **Menu Disclaimer**

These menus are subject to change based upon availability of products from our suppliers. Due to disruptions in the supply chain, some items may be temporarily unavailable. We will make every effort to substitute items if items are unavailable.

## **Dorcas Serving Line**

We will open the Dorcas Serving Line 30 minutes prior to each meal for walkthrough pick up orders and online take out. The Dorcas Serving Line will open at 11:30 a.m. for lunch and 4:30 p.m. for dinner.

## **Inclement Weather Plan**

In the event of an emergency at Salemtowne, Dining services will default to this process regardless of the event.

### **Residential Living**

- Breakfast will be served in Dorcas Dining for take-out only from 8 a.m. to 9 a.m.
- Dorcas Dining will serve Lunch and Dinner from the Dorcas Serving Line. Residents will walk through the line to pick up BOTH lunch and dinner between 11:30 a.m. and 1:00 p.m.
- Residents can call in or place their order through FullCount by 10 a.m. the day of. We will not offer specials or serve the Always Available Menu on these days.

### **Assisted Living**

- Assisted living will be served breakfast and lunch as usual. Dinner will be a boxed dinner.

### **Babcock Healthcare Center**

- Babcock Health Center will operate business as usual. The only difference is we may consolidate houses to execute meal production based on staffing levels.

Team Members will be served a hot meal at lunch in all levels of care and will be provided a boxed dinner for those spending the night.

Those team Members who spend the night will get breakfast the next day as well free of charge.

# **Always Available Menu**

**Featured daily during Lunch and Dinner**  
***Always Available Menu* items are cooked to order.**  
**Please allow 15 to 20 minutes to prepare.**

**SALADS and APPETIZERS:** choice of Ranch, Bleu Cheese, Raspberry Vinaigrette, Balsamic Vinaigrette, 1000 Island or Honey Mustard Dressing

**Shrimp Cocktail** – Six jumbo shrimp with cocktail sauce and fresh lemon.

**House Salad** – Lettuce, grape tomatoes, cucumbers, carrots, cheddar cheese.

**Salemtowne Signature Salad\*** – Mixed greens with candied pecans, blueberries, strawberries, and blue cheese crumbles drizzled with balsamic or raspberry vinaigrette dressing. Choice of Chicken or Salmon.

**Chef Salad\*** – Julienne ham, turkey, cheddar jack cheese, hard-boiled egg, cucumber, and tomato with choice of dressing.

**Chicken Salad\*** – Served with celery and scallions. Plate or Sandwich. Plate Served with fresh fruit.

*\*All salads can be made in smaller portions.*

**SANDWICHES:** served with choice of side

**Carolina Hot Dog (all beef)** – Served with chili, slaw, onions, mustard, and ketchup.

**Turkey Club Sandwich** – Sliced turkey, bacon, cheddar cheese, lettuce, tomato, and Dijon mayo on toasted wheat or white bread.

**Chuck Sirloin Hamburger or Cheeseburger** – 6 oz. burger grilled and served with lettuce, tomato, and mayo on a toasted bun.

**Beyond Burger** – Served with lettuce and tomato on toasted bun.

**Hot Pastrami** – Served on Rye with Swiss cheese and Dijon mustard.

**Chicken Souvlaki** – Grilled Greek marinated chicken, Tzatziki sauce, lettuce, tomato, and red onion in warm Pita.

**Griddled Ham and Cheese** – Sliced Ham, Swiss cheese, and Honey mustard on Sourdough.

**Grilled Cheese** – Traditional grilled cheese with cheddar, served with pickle chips on Sourdough bread.

**Chicken Tenders** – Served with choice of dipping sauce and side.

**ENTRÉE'S**: served a la carte

**Filet Mignon** – 5oz. hand cut tenderloin, pan seared with Port wine demi-glace, served over whipped potatoes.

**Grilled Chicken Breast** – 6 oz. boneless, skinless chicken breast.

**Seared Atlantic Salmon** – House cut 6 oz. fresh Salmon served with Remoulade.

**Residents Choice Omelet** – Build your own omelet with choice of cheese, ham, mushroom, peppers, onions, and spinach. Served with toast.

**SIDE ITEMS**:

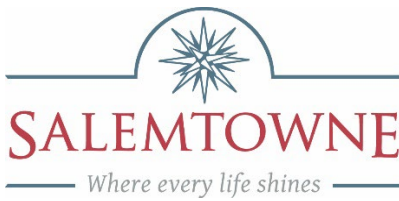
French Fries, Sweet Potato Fries, Baked Potato, Baked Sweet Potato, Coleslaw, Whipped Potatoes and Gravy, Broccoli, Fresh Cut Fruit, Peas and Carrots, Spinach, Asparagus.

## Calendar Weeks of the Seasonal Menus

MARCH 2022						
S	M	T	W	T	F	S
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

APRIL 2022						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

MAY 2022						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



## **Week 1**

### **Sunday**

**She Crab Soup 3**  
**GF Rolled Roast Beef Jus Lié 8**  
**GF Herb Roasted Salmon with Tomato Relish 9**  
**Scalloped Potatoes, GF Stewed Squash,**  
**Beluga Lentils, GF Asparagus 2.5**

### **Monday**

**French Onion Soup 3**  
**Sweet and Sour Pork 7**  
**Chicken Cordon Bleu 8**  
**GF Cabbage with Apples and Onions, Jasmine Rice,**  
**GF Glazed Carrots, GF Green Beans with Basil 2.5**

### **Tuesday**

**GF Vegetable Soup 3**  
**Black Bean Soup 3**  
**Meatloaf and Gravy 7**  
**Fried Flounder 7**  
**Mac and Cheese, Steak Fries,**  
**GF Coleslaw, GF Steamed Broccoli 2.5**



## **Wednesday**

Reuben Soup **3**  
**GF** Lemon and Rosemary Chicken Quarters **7**  
**GF** BBQ Pulled Pork **6**  
Sweet Potato Casserole, **GF** Peas and Carrots, **GF**  
Braised Collard Greens, Baked Beans **2.5**

## **Thursday**

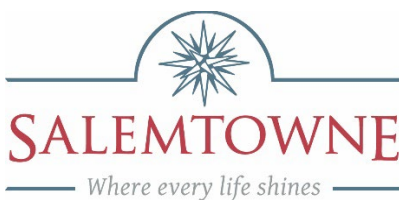
**GF** Vegetable Soup **3**  
Chicken and Rice **3**  
Beef Burgundy **8**  
Chicken Cacciatore **7**  
Rice Pilaf, **GF** Roasted Zucchini,  
Thyme Polenta, **GF** Spring Vegetable Ragout **2.5**

## **Friday**

New England Clam Chowder **3**  
**GF** Grilled Mahi Mahi with Pineapple Relish **9**  
Veal Scallopini with Port Wine Demi **9**  
Cous Cous Salad, **GF** Mashed Potatoes,  
Cauliflower Gratin, **GF** Wilted Spinach **2.5**

## **Saturday**

Turkey Noodle Soup **3**  
Chipotle-Lime Pork Loin **7**  
Chicken-Mushroom Stroganoff **7**  
Pinto Beans, Buttered Rice,  
**GF** Asparagus, Fried Squash **2.5**



## Week 2

### Sunday

Asparagus Soup **3**  
Roasted Turkey and Dressing **8**  
Baked Ham with Pineapple-Mustard Glaze **7**  
Bread Dressing, **GF** Balsamic Green Beans,  
**GF** Parisienne Carrots, **GF** Fried Cabbage **2.5**

### Monday

Baked Potato Soup **3**  
Chicken Picatta **7**  
Spaghetti and Meat Sauce **6**  
Parmesan Risotto, **GF** Broccoli with Lemon,  
**GF** Peas and Mushrooms **2.5**

### Tuesday

**GF** Vegetable Soup **3**  
Split Pea and Ham Soup **3**  
Turkey Pot Pie **6**  
**GF** Grilled Pork Ribeye with Bacon-Onion Chutney **7**  
Saffron Rice, **GF** Roasted Beets,  
Fried Okra, **GF** Roasted Cauliflower **2.5**

## Wednesday

Potato Leek Soup **3**  
Mediterranean Baked Cod **7**  
BBQ Meatballs **6**  
Smoked Gouda Grits, **GF** Italian Green Beans,  
Succotash, **GF** Fennel-Apple Slaw **2.5**

## Thursday

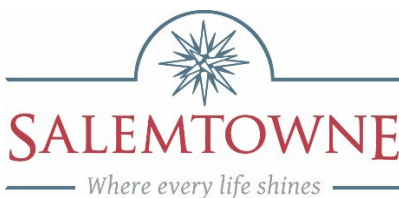
**GF** Vegetable Soup **3**  
Brunswick Stew **3**  
**GF** Grilled Lamb Chops **9**  
**GF** Baked Chicken **7**  
**GF** Roasted Potatoes, **GF** Ratatouille,  
**GF** Three Bean Salad, **GF** Sauteed Spinach **2.5**

## Friday

Manhattan Clam Chowder **3**  
**GF** Beef Pepper Steak **8**  
Chicken Fried Chicken with Milk Gravy **7**  
Brown Rice, **GF** Mashed Potatoes,  
**GF** Vegetable Medley, **GF** Zucchini and Tomatoes **2.5**

## Saturday

Broccoli and Cheddar Soup **3**  
Grouper with Spinach Cream **8**  
Assorted Pizza's **2.5 per slice**  
Farro Pilaf, Fried Okra, **GF** Asparagus,  
**GF** Mixed Vegetables **2.5**



## **Week 3**

### **Sunday**

**Shrimp Bisque 3**

**GF Prime Rib Au Jus 10**

**Mixed Seafood Ragout with Vol au Vent 9**

**Twice Baked Potatoes, GF Asparagus,**

**GF Burgundy Mushrooms, GF Peas and Pearls 2.5**

### **Monday**

**Tomato Bisque 3**

**Moravian Chicken Pie 7**

**GF Grilled Swordfish with Citrus Salsa 8**

**Buttered Rice, GF Steamed Green Beans,**

**Squash Casserole, GF Cucumber-Onion Salad 2.5**

### **Tuesday**

**GF Vegetable Soup 3**

**Black-Eyed Peas and Greens Soup 3**

**Shrimp and Grits 9**

**GF Roasted Chicken Thighs 7**

**GF Roasted Potatoes, Cheese Grits,**

**GF Broccoli and Peppers, GF Roasted Beets 2.5**

## Wednesday

Cream of Mushroom Soup **3**  
Beef Goulash **8**  
**GF** Sweet Tea Brinded Pork Loin **7**  
Potato Cakes, **GF** Baked Apples,  
Creamed Spinach, **GF** Mashed Cauliflower **2.5**

## Thursday

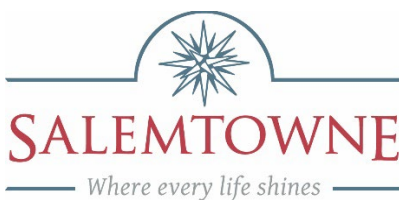
**GF** Vegetable Soup **3**  
Chicken Noodle Soup **3**  
Chicken Divan **7**  
Fried Catfish **7**  
**GF** Shredded Coleslaw, Steak Fries,  
**GF** Three Bean Salad, Scallion Spoon Bread **2.5**

## Friday

New England Clam Chowder **3**  
Beef Pot Roast **8**  
**GF** BBQ Pork Tenderloin **7**  
**GF** Parslief New Potatoes, **GF** Brussels Sprouts,  
**GF** Roasted Carrots, **GF** Greek Marinated Artichokes **2.5**

## Saturday

Mushroom-Barley Soup **3**  
Vegetable Lasagna **6**  
Fried Chicken **7**  
Mac and Cheese, Scalloped Tomatoes  
**GF** Buttered Cabbage **2.5**



## Week 4

### Sunday

**Chicken Tortilla Soup 3**  
**Carved Beef Tenderloin 10**  
**Lemon-Parsley Cod 7**  
**Scalloped Potatoes, GF Asparagus,**  
**GF Heirloom Carrots, Barley Pilaf 2.5**

### Monday

**Cauliflower, Garlic and Onion Soup 3**  
**Chicken Alice 7**  
**Grilled Pork Loin Chop 6**  
**Tortellini Marinara, GF Roasted Potatoes,**  
**GF Broccoli, GF Garlic Green Beans 2.5**

### Tuesday

**GF Vegetable Soup 3**  
**Curried Parsnip and Apple Soup 3**  
**Chicken Piperade 7**  
**GF Broiled Barramundi 9**  
**Rice Pilaf, Peas à la Française,**  
**GF Creamed Spinach 2.5**

## Wednesday

**GF** Salemtowne Chili **3**  
Country Style Steak **7**  
Fried Shrimp **8**  
Whipped Potatoes, **GF** Coleslaw,  
**GF** Country Style Green Beans **2.5**

## Thursday

**GF** Vegetable Soup **3**  
Beef Pot Pie **7**  
**GF** Baked Salmon **9**  
**GF** Parslied New Potatoes, **GF** Glazed Beets,  
**GF** Brussels Sprouts,  
**GF** Greek Marinated Mushrooms and Artichokes **2.5**

## Friday

Manhattan Clam Chowder **3**  
Italian Sausage Pasta Marinara **6**  
Trout Amandine **8**  
Bow Tie Pasta, Wild Rice,  
Candied Yams, Broccoli Casserole **2.5**

## Saturday

Seafood Chowder **3**  
Stromboli with Pizza Sauce **5**  
**GF** Chopped BBQ **6**  
Pasta Salad, Baked Beans,  
**GF** Mustard Greens, **GF** Peas and Peanut Salad **2.5**