

# BEATITUDES CAMPUS Roadrunner

HISTORICAL WEEKLY NEWSLETTER OF BEATITUDES CAMPUS, SINCE 1965

## State of the Campus

Dear Beatitudes Community,  
Even with the rapidly spreading Delta variant of COVID-19, we, at Beatitudes Campus, are able to reclaim our lives on campus – with the protection of masks and vaccinations. Because we know how to be safe and how to keep our community safe, we have been able to continue with our group meetings like the Studio, Sundaes with Dave and Town Hall. We are enjoying our bridge groups, book clubs and music gatherings. We are planning for the future, because we know that we can be safe by using the two most important tools of prevention – being vaccinated and wearing masks indoors when we are with other people.

We will continue to require universal masking of residents and staff, whether fully vaccinated or not. This guidance comes from the Centers for Disease Control and Prevention (CDC), which states that masks

Michelle Just,  
President & CEO



should be worn indoors with groups of people in communities with high COVID-19 positivity rates. Maricopa County has a 15% positivity rate, which puts us in the “high” range. We are continuing to test all staff whether vaccinated or not on a weekly basis. Staff working in our licensed areas (Assisted Living and the Health Care Center) will be tested twice a week, according to Centers for Medicare and Medicaid Services (CMS). Without having a crystal ball to know when the pandemic will end, Beatitudes Campus will continue to remain nimble and cope with the Delta variant by following recommendations and guidance from the experts.

We continue to see 98% of residents vaccinated and 73.15% of staff vaccinated. Since last Friday’s letter, two fully vaccinated Patio Home residents (living together) have tested positive for COVID-19 and one fully vaccinated staff (support

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## HAPPY BIRTHDAY!

- 6th Joe Haught  
Bob Morgan  
Audrey Epstein
- 8th Mary Lou Phillips
- 9th Lidia Runge  
BJ Prewitt
- 10th Shirley Dawson
- 11th Laura Thompson  
Dona Mae Beardslee
- 12th Sharon Dunn  
Rob Jones

## NOTEWORTHY EVENTS

**This week's events you should know about...**

- ➔ Tuesday @ 9:15AM (OC) Casino Trip
- ➔ Wednesday @ 2:00PM (LC) Residents Council Meeting
- ➔ Thursday @ 9:00AM (AGR) The Studio
- ➔ Friday @ 9:30AM (LC) LLL Film Festival
- ➔ Saturday @ 9:30AM (LC) LLL Film Festival Continues

## Out of Care and Compassion: Behind Every Mask

It was out of pure **care and compassion** that Beatitudes Campus was created. Our founder, Rev. Dr. Culver H. Nelson, was visiting a parishioner in a “nursing home” and his eyes could not believe what he was witnessing. He knew that there had to be a better way of living. Upon telling his wife about the deplorable conditions one of their own church members was facing, she responded with, “Why don’t you do something about it?” And the rest is our history.

Over fifty years later, there has **never been a more important call to care and compassion than what we now face.** Care and compassion are literally in our stated mission and the foundation of who we are as a community. The Covid pandemic has placed us all face to face with care and compassion. How do we keep each

Rev. David W. Ragan, Sr. VP of Resident Services



other safe? How do we keep each other alive?

By any definition, we are a vulnerable community and one that calls us to live safely, with dignity and an opportunity

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## Wonderfully Made

There is nothing like turning to the Psalms to find eloquent, beautiful verse. Psalm 139 is one of my favorites and the line that always rises above the rest is where the Psalmist says: You created my inmost being; you knit me together in my mother’s womb. I praise you, for I am fearfully and wonderfully made. (Psalm 139:14) Do you know that you are fearfully and wonderfully made? Do you know the profound worth of your soul and that there is an astounding splendor in you? Our world is populated by people of every race, status, and age, all yearning to feel worth and value. Whether an orphaned, poverty-stricken child in Africa, a prostitute in Thailand, a military officer in Russia, or an executive on Wall Street – every soul searches for true significance. Often times, however, our search leads us to all the wrong places. We try to find our worth in economic status, acceptance by peers, or a sense of special accomplishment. Inevitably we discover that net worth does not produce self-worth. Acceptance by friends does not equate to well-being within. Comparing

Rev. Peggy Roberts, VP of Spiritual Life



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## We Remember

BARBARA LEVY  
September 13, 1927

—  
July 30, 2021  
Central Park North

CAROL LAMOND-  
WALKER  
May 23, 1936

—  
July 30, 2021  
Plaza North

JO MARIANI  
February 14, 1933

—  
August 2, 2021  
Central Park North

ELDIENE RUNYAN  
August 17, 1920

—  
August 5, 2021  
Plaza View

JUDITH MAWHINNEY  
July 9, 1939

—  
August 5, 2021  
Central Park South



# WEEKLY AGENDA FOR AUGUST 8 — 14

SUNDAY, AUGUST 8	MONDAY, AUGUST 9	TUESDAY, AUGUST 10	WEDNESDAY, AUGUST 11	THURSDAY, AUGUST 12	FRIDAY, AUGUST 13	SATURDAY, AUGUST 14
<p><b>9:00AM: DEPART TO OUR SAVIOR'S LUTHERAN CHURCH (OC)</b> Pick Up 10:45AM. Please call transportation at X12905 to reserve your seat.</p> <p><b>9:00AM: CATHOLIC MASS (LC)</b> All services are open to residents and family/ guests and limited to 75 people. Masks are required for family/ guests.</p> <p><b>10:00AM: DEPART TO CHURCH OF THE BEATITUDES (OC)</b> Pick up 11:45AM. Please call Transportation at X12905 to reserve your seat.</p> <p><b>10:30AM: UU ZOOM WORSHIP SERVICE (PC)</b> Join the members of UU for a live stream Sunday service in the Plaza Club.</p> <p><b>3:00PM: SUNDAY WORSHIP SERVICE (LC)</b> All services open to residents and family/ guests. Masks are required for family/ guests unvaccinated.</p> <p><b>6:00PM: MOVIE WATCHERS - THE BIRDCAGE [1996, R, 1H59M] (RC)</b> Longtime lovers Armand and Albert own a Miami drag club, but when Armand's son announces his intent to marry the daughter of a stuffy U.S. senator, the gay couple feels compelled to pass themselves off as a "normal" family in this wild farce.</p>	<p><b>7:00AM—6:45PM WEEKDAYS—Around-the-Block On-Campus Transport:</b> Please call x15007 for a ride (or 602-544-5007). Check map for pickup locations.</p> <p><b>7:00AM: INDOOR WALKING (LC)</b> Masks are required.</p> <p><b>9:00AM: MORNING MOTIONS WITH MIKE (PVL)</b> Come join us for an easy level fitness class from a chair. Mobility and flexibility exercises only. Must wear a mask during this class.</p> <p><b>9:00AM: SIT &amp; BE FIT (RC)</b> Come down and join us! Easy level fitness class lead by a resident. Certified fitness instructor not present.</p> <p><b>10:00AM: CHAIR ZUMBA (EMS)</b> start your week moving with easy routines set to energizing music.</p> <p><b>10:00AM: COSTCO (OC)</b> Call in advance to reserve your seat on the bus at x12905.</p> <p><b>10:00AM: ROSARY (PVL)</b></p> <p><b>1:00PM: MENTAL HEALTH PEER SUPPORT GROUP (PVL)</b> Do you have anxiety, depression, bipolar disorder, PTSD, or other mental health conditions? You're not alone.</p> <p><b>1:00PM: STRENGTH &amp; BALANCE WITH MIKE (RC)</b> Level 2 fitness class.</p> <p><b>2:00PM: BASKETBALL BOUNCE (RC)</b></p> <p><b>2:00PM: POKER (PC)</b></p> <p><b>3:30PM: BETTER BREATHERS (RC)</b> Monthly lung health peer support group sponsored by the American Lung Association.</p> <p><b>6:30PM: IRENE B'S BIBLE STUDY (RC)</b></p>	<p><b>9:00AM: WATER AEROBICS (PL)</b> Join us for our weekly water exercises!</p> <p><b>9:00AM: GIFT SHOP OPEN (GS)</b></p> <p><b>9:15AM: CASINO TRIP: WILD HORSE CASINO (OC)</b> For additional information and to reserve your spot please call x12905. Tickets are available at Welcome Center.</p> <p><b>10:00AM: WII BOWLING (PVL)</b> Players mimic all the motions of bowling on the big screen TV. Try it!</p> <p><b>10:45AM: CHAIR YOGA (RC)</b> Easy (Level 1) chair yoga class! Walk-ins welcome.</p> <p><b>1:00PM: STRENGTH &amp; BALANCE WITH MIKE (RC)</b> Level 2 Fitness Class.</p> <p><b>2:00PM: BINGO (PVL)</b> Free Bingo-limit 2 cards. Join us! Mask required.</p> <p><b>2:00PM: DARTS (RC)</b> Join us in a few games! If you need additional information, call Donna Ellis at x15564.</p>	<p><b>8:00AM: FRY'S SHOPPING (OC)</b> Get your grocery shopping done! Call x12905 for a seat.</p> <p><b>8:00AM: MORNING WAKE UP WITH DIDI AND ANTHONY (CPM)</b> Join us for a morning of pastries, good company and great weather. All are welcome to attend.</p> <p><b>9:00AM: MORNING MOTIONS WITH MIKE (PVL)</b> Come join us for an easy level fitness class from a chair. Mobility and flexibility exercises only. Must wear a mask during this class.</p> <p><b>9:00AM: SIT &amp; BE FIT (RC)</b></p> <p><b>9:00AM: GIFT SHOP OPEN (GS)</b></p> <p><b>10:00AM: BIBLE STUDY (BR)</b> Join the Chaplains as we study and discuss the Bible together.</p> <p><b>10:45AM: CHAIR YOGA (RC)</b> Easy (Level 1) Chair yoga class! Walk-ins welcome</p> <p><b>10:45AM: SAFEWAY (OC)</b> Please call in advance to reserve your seat on the bus at x12905.</p> <p><b>2:00PM: VIRTUAL BINGO (PVL)</b></p> <p><b>1:00PM: DEMENTIA CAREPARTNER SUPPORT GROUP (BR)</b> Peer support group for those who care for loved ones with cognitive impairment</p> <p><b>1:00PM: STRENGTH &amp; BALANCE WITH MIKE (RC)</b> Level 2 fitness class. Mild to moderate strength training. Also includes standing balance exercises performed an arm's length from a chair.</p> <p><b>2:00PM: COMMUNITY WEDNESDAYS RESIDENTS COUNCIL MEETING (LC)</b> Hear a report from various Residents Council Committees and be informed! All residents are welcome to attend.</p>	<p><b>9:00AM: THE STUDIO (AGR)</b> Join us for an interesting conversation on topics to drive Beatitudes towards the future. We have special guests at each meeting and all residents are welcome.</p> <p><b>9:00AM: WATER AEROBICS (PL)</b> Join us for our weekly water exercises!</p> <p><b>9:00AM: GIFT SHOP OPEN (GS)</b></p> <p><b>10:00AM: WORSHIP SERVICE (PVL)</b> Join one of the Chaplains for worship and communion. Plaza View AND Independent living residents are welcome!</p> <p><b>11:00AM: TAI CHI WITH CAROL-ANN (RC)</b> Easy (Level 1) exercise class walk-ins welcome!!!</p> <p><b>11:30AM: MIDDAY MEALTIME WITH MIKE (BG)</b> Group wellness and "brain games" over lunch! Crossword puzzles, word matching, word scramble, multiple choice questions. All are welcome for some fun thinking! Masks required, please.</p> <p><b>1:00PM: Phoenix art museum presents: Docent CHats (Virtual)</b> The Docent chat is titled "Apostles of Ugliness." Please call x18473 for the link and more information.</p> <p><b>1:00PM: SING ALONG (PVL)</b> Join in on the singing fun, masks are required at this time.</p> <p><b>1:00PM: STRENGTH &amp; BALANCE WITH MIKE (RC)</b> Level 2 fitness class.</p> <p><b>4:00PM: ON THE ROCKS (PC)</b> Join Beatitudes musicians and friends as they entertain you with music from the 50's through the 90's.</p> <p><b>6:00PM: MOVIE WATCHERS - MILITARY WIVES [2020, PG-13, 1H52M] (RC)</b> Faced with their loved ones' absences, a group of women from different backgrounds who's partners are away serving in Afghanistan, come together to form the very first military wives' choir. Helping each other through some of life's most difficult moments, and quickly finding themselves on an international stage.</p>	<p><b>8:00AM: SAFEWAY (OC)</b> Please call in advance to reserve your seat on the bus at x12905.</p> <p><b>9:00AM: MORNING MOTIONS WITH MIKE (PVL)</b> Come join us for an easy level fitness class from a chair. Mobility and flexibility exercises only. Must wear a mask during this class.</p> <p><b>9:30AM: LLL FILM FESTIVAL (LC)</b> Join us Friday for two films with lunch in between. Two more films on Saturday, August 14th. Free popcorn. There is a charge only if you eat lunch.</p> <p><b>1:00PM: STRENGTH &amp; BALANCE WITH MIKE (RC)</b> Level 2 fitness class.</p> <p><b>2:00PM: BINGO! (PVL)</b> Everyone is welcome, .30 cents a card - 4 card limit.</p> <p><b>2:00PM: DARTS (RC)</b> Join us in a few games! If you need additional information, call Donna Ellis at x15564.</p> <p><b>4:00PM: ON THE ROCKS (PC)</b> Join Beatitudes musicians and friends as they entertain you with music from the 50's through the 90's.</p>	<p><b>9:00AM: SIT &amp; BE FIT (RC)</b></p> <p><b>9:30AM: FILM FESTIVAL CONTINUES (LC)</b> Join us again on Saturday for two more films with lunch in between. Free popcorn. There is a charge only if you eat lunch.</p> <p><b>10:00AM: LIFE DRAWING WITH TISH (PVL)</b> Tish will instruct attendants on life drawings.</p> <p><b>4:00PM: HAPPY HOUR MUSIC (PB)</b> Join us every Saturday at 4 for a musical happy hour in the big room.</p> <p><b>6:00PM: MOVIE WATCHERS - LEAN ON ME [1989, PG-13, 1H49M] (RC)</b> When tough-talking principal Joe Clark (Morgan Freeman) takes over decaying Eastside High School, he's faced with graffiti-covered walls and students wearing gang colors. But he's determined to do anything in his power to turn the school around. He begins by expelling drug dealers and padlocking the doors to keep the riffraff out. But he also demands maximum effort from the students and staff inside in this uplifting drama based on a true story.</p>
<b>UPCOMING EVENTS</b>						<p><b>AUGUST 10TH @ 9:15AM (OC) Casino Trip to Wild Horse Casino:</b> For additional information and to reserve your spot please call x12905.</p>
<b>AUDIO AGENDA LISTING</b>						<p>Listen to the daily <i>Roadrunner</i> agenda through an audio recorded messaging system. You may simply call x19756 or 602.246.9756.</p>

## INFO YOU SHOULD KNOW...

### COMMUNITY GARDEN

Now is the time every gardener in the Beatitudes Community Garden waits for. Vegetables and fruits are ripening and need picking and distribution. We need pickers from each of the Campus buildings. It means going to the Garden every other day with a basket and picking ripe vegetables and bringing them back to the lobby of your residence building. If you need help identifying such veggies, a phone call to experienced gardeners listed below will help you. You will also find guides to picking posted in the Garden. If you are interested, please call Mike Gilman x17438 or Melissa Frey x18115.

### RESIDENT ASSISTANCE FUND

The Resident Assistance Fund provides scholarships to Beatitudes Campus residents who have outlined their resources and need assistance meeting the full cost of their housing and healthcare. For more information, please contact Barbara Wood, Director of Development at (x16136).



### BACKSTREET BOUTIQUE CLOSED

**The Backstreet will be closed to shoppers August 1st thru September 2nd.** During this time, call x18463 for donation pickup. We will check messages Tuesday and Friday mornings to arrange pickup. See you in September!

### IT WAS A VERY-GOOD DAY!

*I awakened early, had a cup of coffee, and headed down for my morning swim. As always, CHRIS from Maintenance had been there much earlier to sweep the pool and deck and to empty the debris baskets. The pool was a sparkling blue and, thanks to Chris' monitoring, a perfect temperature. Later I joined friends for lunch in the Bistro. AMANDA, our server, brought our food quickly. It was exactly what each of us had ordered. She checked back several times. While we visited, SARA arrived to remove our dirty dishes and to see if we wanted anything else. After lunch I had a quick visit with JESSICA*

*in Success Matters. I'd been concerned about a neighbor. Jessica promised to visit before the end of the day, and past experience told me I could rely on her.*

*Returning to my apartment, I discovered a note from KAT in Housekeeping. My home had been cleaned to perfection! There wasn't cat hair to be found on the floors (not easy with a long-haired cat in residence). Every chrome surface and mirror gleamed.*

*As Igor and I enjoyed dinner at home and a quiet evening, I paused to think about all those various employees had done just this one day to keep me comfortable and happy.*

*I hope each resident will be conscious of all that's*

*done for him or her and will contribute as much as is feasible to the Employee Appreciation Committee.*  
—Barbara Glenn

### WHAT IS ENS?!

ENS stands for **Emergency Notification System** and it's a system Beatitudes Campus uses to alert your family about emergency situations here at the campus related to you. **It is extremely important to keep your contact info up to date.** How? Easy! Forms for ENS updates are available at the Welcome Center. Please ask for one at your convenience!





## LOCATIONS LEGEND:

☞ —Recurring

♥ —Fitness/Wellness

★ —Special Events

(AC) Admin. Conf. Room

(AD) Welcome Center/Nelson Administration

(AG#) Agelink Room #

(AGR) Agelink Great Room

(BG) Buckwald's AZ Grille

(BR/BE/BW) Boardrooms/East/West

(CC) Creative Corner

(CM) Central Park Mall

(EF) Elaine's Fine Dining

(EMS) Piper Residences

(EP) Elaine's Patio;

(FC) Fitness Center;

(GS) Gift Shop;

(HC#) Health Care Center #th Floor

(LC) Life Center

(OC) Off-Campus

(PB) Plaza Bistro

(PC) Plaza Club

(PL) Pool

(PVL) Plaza View Lounge

(RC) Recreation Center

(TS) Backstreet Boutique Resale

## State of the Campus—Cont.

staff in the Health Care Center) has tested positive, bringing our total active cases this week to six people, (3 residents and 3 staff) with two people recovered. I want to reassure you that none of the COVID-19 cases are related to exposure at Beatitudes Campus – all of them were exposed to family members or community members outside of the campus. This knowledge further substantiates that what we are doing at the campus – vaccinations, mask wearing and testing – is keeping us safe.

Please continue to stay healthy and safe – physically and mentally.

My best,

Michelle Just, President and CEO



## Out of Care and Compassion—Cont.

to be loved and cherished. The pandemic has proven how interdependent we are for our community's survival. We thought, for a brief time, that the pandemic was in our past. However, the infection rate is increasing, and our own residents and staff are again infected. As I write today, we are in masks once again.

**For us, there is no greater sign of care and compassion than wearing a mask in a time of renewed outbreak.** It is not a political issue at Beatitudes Campus. We know that even though we are vaccinated and feel safe from the effects of Covid, that our neighbors who are immunosuppressed, struggling with heart issues, suffering from breathing problems and battling other health challenges, are not. For them,

regardless of vaccination status, contracting Covid could mean serious illness and death.

I cannot imagine anyone in our community not willing to save the life of another resident. That is what makes Beatitudes Campus the embodiment of care and compassion. **We wear our masks because we love our friends and neighbors.**

Beatitudes Campus was created out of care and compassion and today our actions are proof of this fact. You are giving a beautiful gift in recognizing the health vulnerabilities, visible or not, that put your neighbors at risk. You are saving lives and preventing suffering through the simple act of wearing a mask today. Thank you for this.

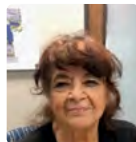
PRAYER REQUESTS,  
X15186  
DIAL-A-PRAYER,  
X15187

## LARGE PRINT

### Visual

**impairments? Grab a LARGE PRINT version, stop by the Welcome Center desk to pick one up! If they are out, please call x10430.**

## WELCOME NEW RESIDENTS!



**AUGUST 3**  
Carmelita  
Kempfer, S229

## Wonderfully Made—Cont.

favorably with others does not produce peace with ourselves.

St. Augustine said, "Men go abroad to wonder at the height of mountains, at the huge waves of the sea, at the long courses of the rivers, at the vast compass of the ocean, at the circular motion of the stars; and they pass by themselves without wondering." Isn't it incredible that of the 7.9 billion people in the world, not one of us is exactly like any other?! Some are tall. Some are short. Some are wide. Some

are narrow. Some have thick hair. Some have thin hair. Some have light skin. Some have dark skin. Like snowflakes, all are unique and have been fearfully and wonderfully made by God. Unfortunately, there is a lot of money spent on changing what God has fearfully and wonderfully made. Even amid the Covid-19 pandemic, in 2020 Americans spent 9 billion dollars on cosmetic surgery. American pop singer Lada Gaga says, "Baby, you were born this way."

Each and every one of us was born fearfully and wonderfully made. You carry within you something ineffable, something that Christianity names being made in the image of God, and which Buddhism names the potential Buddha-nature of all people and which is expressed in the Hindu greeting, Namaste—that which is divine in me honors what is divine in you. Know your profound worth and recognize the divine spark in each other.

## Curtain Going Up!

Joe Kane, Beatitude's culinary wizard, together with his wonderfully solicitous servers, will ensure your dining pleasure. Here's a history "snippet" of significance. More than four years ago **Nancy Campbell** shared her dream of creating a Film Festival to alleviate August's perennial tedium. Since then, Nancy has created all the unique touches that yearly have made this event so special—beginning with the moment you set your foot down on the red carpet. A warm "thank you" to Nancy! On a cooler note, we

recommend bringing a sweater or a jacket to the Life Center. Mittens and nose warmers are not be needed! Doors open no earlier than 9:00AM for those who want to come early to secure a great seat.



A publication from  
**BEATITUDES CAMPUS**  
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**Content Submissions:**  
www.bcampus.org/rr

Beatitudes Campus is a  
Life Plan Community and  
a not-for-profit ministry  
founded by Church of the  
Beatitudes



Find the Food and Variety you are Looking for Inside...

## Dining Venue Changes

Buckwald's and Bistro are open with unlimited dine-in seating and Buckwald's has limited seating hours available. Guests of residents are allowed in our dining venues. A reservation must be made by calling ahead. You are encouraged to limit your guests to vaccinated individuals only. If you have unvaccinated guests, you may dine outdoors or in your apartment. Unvaccinated children under 12 may dine indoors at the Bistro or Buckwald's at the discretion of their guardians.

**Bistro:** No reservations are required. You may order in-person and wait for your order for pickup or call an order in for pickup or delivery. There is a \$2.00 charge for delivery. The Corner Perk is open for Starbucks coffee and tea drinks, as well as donuts and pastries for dine in or pickup and delivery.

**Buckwald's Arizona Grille:** Buckwald's is open at dinner for dine-in seating Tuesday through Saturday from 4PM – 7PM. Reservations are required for dinner. Lunch is available for dine in seating Monday through Saturday from 11AM – 2PM. No reservations required at lunch. Pickup and delivery are available at all mealtimes with a \$2.00 charge for delivery.



AVAILABLE WEDNESDAY,  
AUGUST 11 | 4:00—7PM  
PICK-UP & DELIVERY ONLY  
CALL X12908 TO ORDER



### PLAZA BISTRO DAILY FEATURES—x12908

OPEN FOR LUNCH MONDAY—SATURDAY, 10:30AM—7PM AND SUNDAY FROM 11:30AM—7PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Soup:</b> Pork Posole (159/212 cal) <b>Entree:</b> Battered Cod Tacos with Jicama Slaw (614 cal) <b>Veg:</b> Roasted Parsnips (75 cal)	<b>Soup:</b> Broccoli and Cheddar (256/341 cal) <b>Entree:</b> Jumbo Stuffed Shells with Basil Cream Sauce (875 cal) <b>Veg:</b> Cream Style Corn (66 cal)	<b>Soup:</b> Santa Fe Chicken (141/188 cal) <b>Entree:</b> Bacon Wrapped Pork Tenderloin with Creamy Marsala and Roasted Red Potatoes (635 cal) <b>Veg:</b> Dill Carrots (49 cal)	<b>Soup:</b> Pasta Fagioli with Sausage (221/294 cal) <b>Entree:</b> Linguine Carbonara with Italian Sausage (760 cal) <b>Veg:</b> Fried Zucchini (170 cal)	<b>Soup:</b> Shrimp and Crab Bisque (239/318 cal) <b>Entree:</b> Burgundy Beef Stew with Mashed Potatoes (661 cal) <b>Veg:</b> Green Bean Almandine (92 cal)	<b>Soup:</b> Thai Chicken Noodle (236/315 cal) <b>Entree:</b> Fried Shrimp with Potato Wedges (526 cal) <b>Veg:</b> Orange Glazed Carrots (47 cal)
SUNDAY					
<b>Soup:</b> Beef Noodle (126/168 cal) <b>DOWN HOME SPECIAL:</b> Pot Roast with Potatoes, Carrots and Onions, served with Garlic Mashed Potatoes, Roasted Asparagus and a Dinner Roll <b>Veg:</b> Peas and Pimentos (73 cal)					

### SOUP

Japanese Style Chicken Noodle Soup — Shredded Chicken, Lemongrass, Ginger, Shitake Mushrooms, Udon Noodles, Fresh Herbs and Chicken Broth \$2.79

### SALAD

Berry Orange Citrus Salad — A Fresh Summer Spinach Salad with Fresh Berries, Orange Mandarin Slices and a Citrus Balsamic Vinaigrette \$4.99

### ENTRÉES

Mediterranean Chicken — A Chicken Breast, Cooked with Mushrooms, Zucchini, Pearl Onions, Pancetta and Red Wine \$12.99

Sea Scallops a Top Panko Crusted Crab Cakes — Served with Lemon Butter Sauce \$17.99

### SIDES

Roasted Garlic Potatoes \$1.19

Lemon Rice \$1.19

Charred Bok Choy \$1.19

Summer Roasted Vegetables \$1.19

**BUCKWALD'S LUNCH FEATURES—x16130****MENU FOR LUNCH ONLY—AVAILABLE MON-SAT, 11AM—2PM****DELIVERY AVAILABLE FOR \$2.00—SEE DINNER MENU BELOW LUNCH**

MONDAY LUNCH	TUESDAY LUNCH	WEDNESDAY LUNCH	THURSDAY LUNCH	FRIDAY LUNCH	SATURDAY LUNCH
<b>Soup (\$2.09):</b> Cream of Mushroom <b>Entrées (\$4.89):</b> Lemon Pepper Roasted Chicken Quarter <b>OR</b> Liver and Onions <b>Sides:</b> Scalloped Potatoes; Mashed Potatoes and Gravy; Summer Succotash; Fresh Braised Greens <b>Dessert:</b> Blueberry Pie	<b>Soup (\$2.09):</b> Turkey Rice <b>Entrées (\$4.89):</b> Root Beer Glazed Ham <b>OR</b> Maryland Crab Cake <b>Sides:</b> Macaroni & Cheese; Mashed Potatoes and Gravy; Roasted Brussel Sprouts; Stewed Tomato <b>Dessert:</b> Red Velvet Cake	<b>Soup (\$2.09):</b> Cream of Cauliflower <b>Entrées (\$4.89):</b> Garlic Herb Meatloaf <b>OR</b> Bratwurst with BBQ Onions <b>Sides:</b> Hot German Potato Salad; Mashed Potatoes and Gravy; Grilled Asparagus; Braised Red Cabbage <b>Dessert:</b> Layered Carrot Cake	<b>Soup (\$2.09):</b> Navy Bean <b>Entrées (\$4.89):</b> Grilled Skirt Steak with Chimichurri <b>OR</b> Braised Pork <b>Sides:</b> Oven Browned Potatoes; Mashed Potatoes and Gravy; Sautéed Spinach; Parmesan Tomato <b>Dessert:</b> Lemon Cream Cake	<b>Soup (\$2.09):</b> New England Clam Chowder <b>Entrées (\$4.89):</b> Honey Dijon Roasted Salmon <b>OR</b> Classic Chicken Cacciatore <b>Sides:</b> Lemon Rice with Mushrooms; Mashed Potatoes and Gravy; Broccoli; Grilled Zucchini <b>Dessert:</b> Pecan Pie	<b>Soup (\$2.09):</b> Italian Wedding <b>Entrées (\$4.89):</b> Vegetable Lasagna <b>OR</b> Roast Turkey with Gravy <b>Sides:</b> Roasted Herb Potatoes; Mashed Potatoes and Gravy; Wax Beans; Stir Fry Vegetables <b>Dessert:</b> Apple Pie

*(Sugar free / gluten free dessert options available upon request)***BUCKWALD'S DINNER SELECTIONS****AVAILABLE WEDNESDAY-SATURDAY, 4-7PM****SOUP****SOUP DU JOUR** \$2.19—ask server for calories*House Made Featured Soup of the Day, Ask your server for today's selection***ENTRÉES & ENTRÉE SALADS****BUFFALO CHICKEN TACO SALAD** \$5.99 (710 cal)*Chopped Romaine Lettuce Topped with Buffalo Chicken Bites, Diced Tomatoes, Black Beans, Shredded Cheddar Cheese, Jalapenos, Avocado, Tortillas Strips and Drizzled with Ranch Dressing***CAESAR SALAD** \$3.59 (305 cal)*Chopped Romaine with Shredded Parmesan and Focaccia Croutons  
Add Grilled Chicken—\$6.29 (+153 cal) | Add Grilled Shrimp—\$6.79 (+223 cal)***CAJUN PORK TENDERLOIN** \$8.99 (312 cal)*Juicy Cajun Seasoned Pork Tenderloin wrapped in Crispy Bacon and Glazed in an Apricot Dijon Sauce***BASEBALL CUT TOP SIRLOIN** \$12.99 (467 cal)*Char Broiled 8oz Center Cut Top Sirloin (called a baseball cut due to its rounded shape) served with optional Béarnaise or Brandy Peppercorn Sauce***NEW YORK STEAK** \$9.99 (415 calories)*Pan Seared New York Steak with Garlic, Butter and Herbs Compound Butter***GRILLED CHICKEN CORDON BLEU** \$8.99 (393 cal)*Tender, Juicy Chicken Breast Stuffed with Ham and Swiss Cheese, Grilled and Brushed with a Dijon Vinaigrette**—The below Chef's Specials Available Wednesday—Saturday***CHEF'S BLUE PLATE: LAMB STEW** \$5.99 (210 cal)*Slow Cooked Lamb Stew with Tender Lamb Chunks and Hearty Vegetables in a Rustic Wine Based Gravy, over Mashed Potatoes***CHEF'S ACTION STATION: VEGETARIAN MUSHROOM MEATBALLS** \$5.99 (355 cal)*Soft and Moist Mushroom Meatballs, with House Made Marinara Sauce and served over Pasta***Green-shaded menu items change weekly!**



## CHEF'S CATCH

**BAKED TILAPIA** \$6.99 (382 calories)

*Chili Lime Baked Tilapia Fillet, Topped with Avocado Crema*

**SEARED SALMON FILET** \$9.99 (311 cal)

*Seasoned & Seared served with a Lemon Basil Butter*

## THE LIGHTER SIDE

**TUSCAN STYLE STUFFED MUSHROOMS** \$6.99 (365 calories) **(GLUTEN FREE)**

*Goat Cheese & Spinach Stuffed Portobello Mushrooms in a Creamy Sun Dried Tomato Sauce*

**CREAMY ARTICHOKE & PINE NUTS PASTA** \$6.99 (439 cal)

*Bow Tie Pasta with Artichoke Hearts, Crème Fraiche, Lemon & Parmesan Sauce, topped with Toasted Pine Nuts, Sweet Peas & Gluten Free Pasta,*

*Add Chicken, \$2.69 (153 cal) | Add Grilled Shrimp, \$3.19 (223 cal)*

**BROCCOLI & CREAM CHEESE STUFFED PEPPERS** \$6.99 (207 cal) *Bell Peppers Stuffed with Small Size*

*Broccoli Florets, Cream Cheese, Cheddar Cheese, Long Grain Rice, Green Chilies and Slow Cooked in Vegetable Broth*

## BUCKY'S BYO (BUILD-YOUR-OWN) STEAK BURGER

*House Made Burgers Featuring Buckwald's Unique Blend of Premium Cuts of Short Rib, Brisket & Chuck, \$6.99*

**Choose Patty**—Beef (406 calories), Turkey (240 calories) or Veggie (170 calories)

**Choose Bun**—Whole Wheat (250 calories), White Kaiser (266 calories), Gluten Free (232 calories)

**Choose Cheese .50¢**—American (47 calories), Swiss (52 calories), Cheddar (50 calories) or Blue Cheese (100 calories)

**Choose Toppings .50¢**—Mushrooms (28 calories), Bacon (112 calories), Onions (23 calories), Avocado (45 calories)

**Choose Sauce**—Mayo (34 calories), Ketchup (14 calories), Mustard (9 calories)

ALL BURGERS COME WITH LETTUCE, TOMATO, PICKLES AND ONIONS | ADDITIONAL TOPPINGS ARE .50¢ EACH

**BURGERS ARE COOKED TO 155°F INTERNAL TEMPERATURE BY MARICOPA COUNTY DEPT. OF HEALTH STANDARDS**

## AVAILABLE SIDES

**All Sides—\$1.09ea** | Add Side Salad to any order for \$1.09

*Onion Rings (299 cal) | Seasoned Fries (197 cal) | Creamy Garlic Parmesan Orzo (273 cal) | Corn & Zucchini Sauté (152 cal) | Grilled Asparagus (154 cal) | Red Wine & Garlic Mushrooms (61 cal) | **Roasted Parmesan Green Beans (63 cal)** | Chipotle Mashed Potatoes with Goat Cheese & Caramelized Shallots (123 cal) | Baked Potato (211 cal) | Baked Sweet Potato (99 cal)*

**\*HEALTH ADVISORY: WE CHOOSE TO COOK BEEF AND LAMB TO ORDER.**

**CONSUMING RAW OR UNDERCOOKED MEATS MAY INCREASE YOUR RISK OF FOOD-BORNE ILLNESS.**

## TUESDAY PRIME RIB NIGHT

### ENTRÉE'S:

*Prime Rib \$12.99*

*Avocado Caprese Chicken \$10.99*

*Catfish Parmesan with Roasted Red Pepper Sauce \$9.99*

### STARCH SIDE OPTIONS:

*Baked Potato; Sun-Dried Tomato Scalloped Potatoes; Smoked Gouda and Cheddar Mac and Cheese*



### VEGETABLE SIDE OPTIONS:

*Apricot Glazed Carrots; Dijon Green Beans; Creamed Spinach*


*All Entrées come with your Choice of 1 Starch & 1 Vegetable, Soup and Salad Bar.*

# PLAZA BISTRO MENU: AUGUST 9 – 15




## SOUPS

-  **CHILI CON CARNE**  
2.79cup (200 CAL)/3.49bowl (266 CAL)
- CLASSIC CHICKEN NOODLE**  
2.19cup (58 CAL)/2.99bowl (77 CAL)
-  **SOUP DU JOUR (2.19cup/2.99bowl)**  
(ASK FOR CAL COUNT) Made fresh daily by our chefs, ask for today's selection






## ENTRÉE SALADS

- 6.69 **ARIZONA CHICKEN & SPINACH** (466 CAL) Fresh Baby Spinach Topped with Choice of Grilled Chicken Breast, Mushrooms, Candied Pecans, Raspberries, Apple and Raspberry Vinaigrette
-  6.29 **SALMON PANZANELLA SALAD** (661 CAL) Roasted Salmon over Crusty Bread, Cucumber, Tomato, Onion, Olives, Capers and Tossed in Lettuce with Italian Dressing



## SANDWICHES

- 4.59 **HALF SANDWICH/CUP OF SOUP DU JOUR**  
Choice of Smoked Turkey (128 CAL), Black Forest Ham (212 CAL), Tuna Salad (165 CAL) or Cranberry Chicken Salad (190 CAL) served with a Cup of Soup du Jour—*Make it a full sandwich for \$5.99. Gluten Free Bread Available*
- 3.29 **GRILLED HOT DOG** (374 CAL) All-Beef Frank served on a Bun; *Toppings: Onions, Chili, Cheese, Sauerkraut*
-  5.49 **ITALIAN CHICKEN PANINI** (586 CAL)  
Mozzarella Cheese, Roasted Red Pepper, Red Onion, Shredded Chicken and Garlic Pesto
-  5.29 **STEAK QUESADILLA** (498 CAL) Caramelized Onion, Beef Tenderloin Bites, Havarti Cheese, BBQ Sauce, and Garden Vegetable Cream Cheese in a Tomato Flour Tortilla
- 4.59 **B.L.T** (344 CAL) Toasted Wheat Bread with Crispy Bacon, Lettuce, Tomato and Mayonnaise—*Add Sliced Turkey or Black Forest Ham for \$1; Gluten Free Bread Available*
- 4.29 **MAKE YOUR OWN MELT** (350 CAL) *Choice of:*  
**Bread:** Wheat, Sourdough, Whole Grain, Rye, Gluten Free | **Cheese:** American, Cheddar, Provolone, Swiss or Pepper Jack | **Filling:** Tuna (.50¢), Ham (.50¢), Turkey (.50¢), Tomato (.25¢)
-  5.29 **MEATBALL SUB SANDWICH** (795 CAL) Italian Meatballs, Marinara Sauce, Mozzarella and Parmesan Cheese on a Sub Roll
- 5.79 **BEATITUDES BURGER** 100% All Beef Patty served on a Kaiser Roll *All Burgers come with Lettuce (3 CAL), Tomatoes (7 CAL), Pickles (4 CAL), Onions (15 CAL) and choice of:* **Patty:** Beef (+390 CAL), Turkey (+289 CAL), Veggie (+140 CAL) or Charbroiled Chicken Breast (+194 CAL) | **Bun:** Whole Wheat (+234 CAL), White Kaiser (+234 CAL), Gluten Free (+170 CAL) | **Cheese:** American (+99 CAL), Swiss (+106 CAL), Cheddar (+114 CAL) or Blue Cheese (+100 CAL) | *Additional Toppings are 50¢ each:*  
**Toppings:** Mushrooms (+8 CAL), Bacon (+88 CAL), Onions (+11 CAL), Avocado (+80 CAL) | **Sauces:** Mayo (+50 CAL), Ketchup (+17 CAL), Mustard (+9 CAL)

## ENTRÉES

- 4.39 **OMELET YOUR WAY** (423 CAL) Two Egg Omelet with Your Choice of Vegetables, Meats and Cheeses—*build it your way!*
- 5.29 **HALF ROASTED CHICKEN** (300 CAL)
-  5.79 **CARVED BEEF TENDERLOIN** (299 CAL)  
Served with Chimichurri Sauce
-  5.79 **B-CREATIVE MAKE-YOUR-OWN ITALIAN BAR** (730 CAL)  
Meat: Sausage OR Grilled Chicken  
Pasta: Ziti OR Rotini Pasta  
Sauce: Tomato OR Alfredo Sauce
- 4.99 **CHICKEN FINGERS** (223 CAL) Chicken Tenderloins Coated in Bread Crumbs with choice of BBQ, Ranch or Honey Mustard Dipping Sauce
- 4.79 **CHEESE PIZZA** (420 CAL) Traditional Crust Topped with Sauce and Mozzarella Cheese
-  5.49 **MARGHERITA PIZZA** (430 CAL) Tomato, Fresh Mozzarella, Red Sauce, Basil and a Balsamic Reduction
-  6.29 **GRILLED CATCH OF THE DAY** (ASK FOR CALS) Ask a server for today's selection!
-  5.99 **ENTRÉE DU JOUR** (ASK FOR CALS)  
Ask a server for today's selection!

## SIDES

- |                                      |   |  |
|--------------------------------------|---|--|
| Fresh Fruit Cup (104 CAL).....       | 1.09 Broccoli (105 CAL).....  | 89¢ Plain (102 CAL) or Sweet (104 CAL) |
| Side Salad (32 CAL).....             | 1.09  Broccoli Salad (302 CAL).....    | 89¢ Baked Potato.....                  |
| Avocado (125 CAL).....               | 89¢  Parmesan Sweet Potatoes (162 CAL) | 89¢ Onion Rings (257 CAL).....         |
| Green & Yellow Squash (194 CAL)..... | 89¢ French Fries (252 CAL).....   | 69¢ Vegetable du Jour.....             |
| Sautéed Spinach (134 CAL).....       | 89¢ Sweet Potato Fries (146 CAL).....   | 89¢                                    |

# PLAZA BISTRO BREAKFAST MENU

## AUGUST 9 – 15

### CLASSIC BREAKFAST OFFERINGS

**OATMEAL** (70 CAL) .....\$1.99  
 Add Brown Sugar (35 CAL), Raisins (90 CAL) or Cream (19 CAL)

**BISCUITS & GRAVY** (360 CAL) .....\$3.19  
 Two Biscuits Covered with a Savory Country Sausage Gravy

### ALA CARTE BREAKFAST .....**BUILD YOUR OWN BREAKFAST!**

#### Eggs Any Style

One Egg (72 CAL) .59¢  
 Two Eggs (144 CAL) \$1.19  
 Three Eggs (216 CAL) \$1.78  
 Substitute Egg Whites (32 CAL)

#### Add Meat(s) .89¢

Bacon (90 CAL)  
 Sausage (180 CAL)  
 Canadian Bacon (40 CAL)

#### Toast/Bread (2 slices) .89¢


Sourdough (324 CAL)  
 Wheat (138 CAL)  
 g-Grain (240 CAL)  
 Rye (130 CAL)  
 Cinnamon Raisin (160 CAL)  
 English Muffin (67 CAL)  
 Flour Tortilla (90 CAL)  
 Bagel (245 CAL)  
 Gluten Free (140 CAL)

#### Add Potato .69¢

Hash Browns (470 CAL)  
 Home Fries (260 CAL)

### CREATE YOUR OWN SANDWICH/BURRITO

Utilize any of the above ingredients to make your own Breakfast Sandwich or Burrito

 **CHORIZO AND POTATO BURRITO** (380 CAL) .....\$4.59  
 Bacon, Chorizo, Cheddar Cheese, Egg, and Potatoes in a Flour Tortilla

**CREATE YOUR OWN OMELET** .....\$4.39

Choice of Canadian Bacon (40 CAL), Sausage (180 CAL), Bacon (90 CAL), Mushrooms (6 CAL), Green Peppers (6 CAL), Onions (10 CAL), Tomatoes (5 CAL), Cheddar Cheese (113 CAL), Swiss Cheese (106 CAL) or Pepper Jack Cheese (108 CAL)

 **MIXED BERRY COMPOTE** (55 CAL) .....59¢  
 Add to any order as a topping!

**SHORT STACK PANCAKES** (520 CAL) .....\$2.69  
 Two Fluffy Pancakes served with Butter & Warm Maple Syrup—Add Compote Above, 59¢

**BELGIAN WAFFLE** (402 CAL) .....\$2.99  
 Fresh Baked Waffle served with Butter and Warm Maple Syrup—Add Compote Above for 59¢

**FRENCH TOAST** (362 CAL) .....\$2.99  
 Fresh Baked Challah Bread served with Butter and Warm Maple Syrup—Add Compote Above for 59¢

**HEART HEALTHY** (162 CAL) .....\$2.99  
 A Lite Breakfast Sandwich Made with Egg Whites, Spinach and Mushrooms served on a Thin Roll

**LIGHT START** (228 CAL) .....\$2.99  
 Bowl of Cottage Cheese or Yogurt served with Seasonal Fruit & Berries

**COLD BREAKFAST CEREAL** .....\$1.99  
 Choice of Cheerios (100 CAL), Rice Krispies (97 CAL) or Raisin Bran (100 CAL); served with a half-pint of Milk—Regular (150 CAL); 2% (120 CAL); or Fat Free (90 CAL)

### SIDES MENU

Add to Any Order or by Itself

Add a Pancake (235 CAL) .....\$1.29	Add Home Fries (266 CAL) .....69¢
Add a Slice of French Toast (110 CAL) .....\$1.39	Add Fruit Cup (45 CAL) ..... \$1.09
Add a Strip of Bacon (90 CAL) .....49¢	Add Canadian Bacon (40 CAL) .....49¢
Add a Slice of Toast .....49¢	Add Biscuit (212 CAL) .....89¢
Two Slices of Toast .....89¢	Add Sausage (180 CAL) .....49¢
Add Blueberries (80 CAL) .....59¢	Add Cheese (113 CAL) .....49¢
Add Hash Browns (470 CAL) .....69¢	Avocado (130 CAL) .....49¢