

October 2013 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Swedish Meatballs With Celery Soup & Dill Augratin Potatoes F. Peas and Pearl Onions Promise Canned Peaches Skim, 2% Milk, Water, Coffee</p>	<p>2</p> <p>Country Beef Country Mashed Potatoes Skins Country Gravy F. Corn, Promise WW Fresh Bread Cherry Jello with Pears Skim, 2% Milk, Water, Coffee</p>	<p>3</p> <p>Fried Pollack & Tarter Sauce Baked Potato F. Mixed Vegetable WW Fresh Bread Promise Canned Apricots Skim, 2% Milk, Water, Coffee</p>	<p>4</p> <p>Rotisserie Pork loin Mashed Potato with Skins Pork Gravy F. Dilled Carrots WW Fresh Bread, Promise Canned Applesauce Skim, 2% Milk, Water, Coffee</p>
<p>7</p> <p>Spaghetti and Meatballs Honey Glazed Carrots Shred. Lettuce & Carrots with Dorothy Lynch Canned Peaches Promise Skim, 2% Milk, Water, Coffee</p>	<p>8</p> <p>Crispy Chicken Baked Potato Green Beans Wheat Dinner Roll Canned Fruit Cocktail Promise Skim, 2% Milk, Water, Coffee</p>	<p>9</p> <p>Pork Cutlet Roasted Potatoes with Skins, Pork Gravy Peas & Carrots WW Fresh Bread, Promise Hot Cinnamon Apples Skim, 2% Milk, Water, Coffee</p>	<p>10</p> <p>BBQ Chicken Quarters Red Roasted Potatoes Key Largo Blend WW Dinner Roll Canned Pineapple Chunks Promise Skim, 2% Milk, Water, Coffee</p>	<p>11</p> <p>Sliced Roast Beef Russet Potatoes Creamed Peas WW Fresh Bread Canned Tropical Fruit Promise Skim, 2% Milk, Water, Coffee</p>
<p>14</p> <p>Swiss Steak with Gravy Stewed Tomato/Onion Scalloped Potato Beets WW Dinner Roll, Promise Frozen Strawberries Skim, 2%, Water, Coffee</p>	<p>15</p> <p>Turkey Stack Mashed Potatoes with Skins Turkey Gravy F. Broccoli WW Fresh Bread, Promise Canned Apple Sauce Skim, 2% Milk, Water, Coffee</p>	<p>16</p> <p>Sliced Beef Roasted Potatoes/ Skins F. Key Largo Blend WW Dinner Roll, Promise Canned Mandarin Oranges Pie (by Center) Skim, 2% Milk, Water, Coffee</p>	<p>17</p> <p>Creamed Chicken over Biscuit F. Mixed Vegetable Shred. Lettuce & Shred. Carrots Dorothy Lynch Promise Apricots Halves Skim, 2% Milk, Water, Coffee</p>	<p>18</p> <p>Tater Tot Casserole With F. Green Beans F. Peas and Carrots WW Fresh Bread, Promise Canned Peaches over Cottage Cheese Skim, 2% Milk, Water, Coffee</p>
<p>21</p> <p>Chicken Fried Steak Mashed Potato & Skins Country Gravy F. Corn WW Dinner Roll, Promise Orange Jello Shred. Carrots & Pineapple Skim, 2% Milk, Water, Coffee</p>	<p>22</p> <p>Meatloaf With Tomato Sauce Baked Potato with Butter F. Green Beans WW Dinner Roll Promise Canned Pears Skim, 2% Milk, Water, Coffee</p>	<p>23</p> <p>Sliced Ham Sweet Potato F. Peas WW Fresh Bread Promise Canned Pineapple with Green Jello Skim, 2% Milk, Water, Coffee</p>	<p>24</p> <p>Grilled Chicken Smothered In Cream of Chicken Soup F. Prince Williams Blend Cucumber Salad Canned Cherries, Marshmallow, Whipped topping, Red Jello Promise Skim, 2% Milk, Water, Coffee</p>	<p>25</p> <p>Taverns Baked Beans Cole Slaw Bun, Promise Canned Mandarin Oranges Skim, 2% Milk, Water, Coffee</p>
<p>28</p> <p>Beef Tips with Mushrooms & Onions over Egg Noodles Fr. Green Beans, Promise Shredded Lettuce & Carrots Dorothy Lynch Sliced Peaches Skim, 2% Milk, Water, Coffee</p>	<p>29</p> <p>Turkey Cutlet Mashed Potatoes with Skins Turkey Gravy F. Key Largo Blend WW Fresh Bread, Promise Canned Tropical Fruit Skim, 2% Milk, Water, Coffee</p>	<p>30</p> <p>Ham Salad Sandwich WW Fresh Bread HM Pea Salad HM Tomato Soup Crackers, Promise Applesauce Skim, 2% Milk, Water, Coffee</p>	<p>31</p> <p><i>Tuna Noodle Casserole Rotini Noodles F. Prince William Blend Cottage Cheese with Peaches Promise Cherry Jello with Canned Pears Skim or 2%, Milk, Water, Coffee</i></p>	<p><i>Evening Harvest Meal - 10th Dried Beef Noodle Delight Deviled Egg, Harvest Carrots Slice of Tomato, Fruit Salad HM WG Dinner Roll Apple Cake with Topping Milk, Water, Coffee or Tomato Juice</i></p>

October 2013 Activities

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Remember Fridays: 1:15 Bingo 2:00 Chicken Foot Dominoes	1 Morning Walking Quilting 1:15 Card Making Afternoon Bridge Club	2 9:15 Frog Exercises Morning Walking/Quilting/Cards 9:00 & 1:00 Pool 11:30 Ray Peterson Accordion 1:00 Hand & Foot 3:00 Birthday Cake & Party Campus of Careage	3 Walking Quilting Cards 1:00 Pitch Party Afternoon Bridge Club	4 9:15 Frog Exercises Walking/Quilting/Cards 9:00 & 1:00 Pool 1:15 Bingo 1:00 Hand & Foot Dominoes
7 9:15 Frog Exercises Morning Walking Quilting 10-12 Flu Shots Cards / 9:00 & 1:00 Pool 1:00 Hand & Foot 1:00 Dominoes	8 Morning Walking Quilting Afternoon Bridge Club 1:15 Cards & Pitch	9 9:15 Frog Exercises Walking / Quilting / Cards 9:00 & 1:00 Pool 1:00 Hand & Foot 12:45 Charles Maier "Western Songs"	10 Walking/Quilting/Cards Security Shredding 11-12 1:00 Pitch Party Afternoon Bridge Club 5:30 Harvest Meal 6:30-8 The McClellan Singing Sisters	11 9:15 Frog Exercises Walking/Quilting/Cards 9:00 & 1:00 Pool Century Club Movie/Drawing Dinner at 12:05 - 12:10 1:15 Bingo 1:00 Hand & Foot Dominoes
14 9:15 Frog Exercises Walking / Quilting Cards / 9:00 & 1:00 Pool 1:00 Hand & Foot 1:00 Hand & Foot Dominoes 1:00 Board Meeting	15 Morning Walking Quilting 11:30 Val Koeber, Piano Afternoon Bridge Club 1:15 Cards & Pitch	16 9:15 Frog Exercises Walking / Quilting / Cards 9:00 & 1:00 Pool 9:30 Health Screening 12:00 Special Luncheon Sponsored by Careage 1:00 Hand & Foot	17 Walking Quilting Cards 1:00 Pitch Party Afternoon Bridge Club	18 9:15 Frog Exercises Walking/Quilting/Cards 9:00 & 1:00 Pool 12:45 Val Koeber "Minnie Pearl" Comedy Skit 1:15 Bingo 1:00 Hand & Foot Dominoes
21 9:15 Frog Exercises Morning Walking 9:00 & 1:00 Pool 1:00 Hand and Foot 1:00 Dominoes 1:00 Board Meeting	22 Morning Walking Quilting 1:15 Cards Afternoon Bridge Club	23 9:15 Frog Exercises Walking / Quilting / Cards 9:00 & 1:00 Pool 1:00 Hand & Foot	24 Walking/Quilting/Cards 1:00 Pitch Party Afternoon Bridge Club 12:45 Oaks Day "Halloween"	25 9:15 Frog Exercises Walking/Quilting/Cards 9:00 & 1:00 Pool 1:15 Providence Bingo 1:00 Hand & Foot Dominoes
28 9:15 Frog Exercises Walking/Quilting/Cards 9:00 & 1:00 Pool 1:00 Hand & Foot Dominoes	29 Morning Walking Quilting 1:15 Cards Afternoon Bridge Club	30 9:15 Frog Exercises Walking / Quilting / Cards 9:00 & 1:00 Pool 11:30 Merle Ring, Organ 1:00 Hand & Foot	31 Walking/Quilting/Cards 1:00 Pitch Party Afternoon Bridge Club 11:30 WSC & Phil "Spotlight on Promise"	Every Monday & Wednesday: 1:00 Hand & Foot