

February 2014 Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>3 Baked Ham Roasted Sweet Potatoes F. Broccoli WW Fresh Bread Mandarin Oranges Promise Skim, 2%, Water, Coffee</p>	<p>4 Swedish Meatballs With Celery Soup & Dill Augratin Potatoes F. Peas and Pearl Onions WW Fresh Bread, Promise Canned Peaches Skim, 2% Milk, Water, Coffee</p>	<p>5 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>6 Fried Pollack & Tarter Sauce Baked Potato F. Mixed Vegetable WW Fresh Bread Promise Canned Apricots Skim, 2% Milk, Water, Coffee</p>	<p>7 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>10 Spaghetti and Meatballs Honey Glazed Carrots Shred. Lettuce & Carrots with Dorothy Lynch Canned Peaches WW Fresh Bread, Promise</p>	<p>11 Crispy Chicken Baked Potato Green Beans Wheat Dinner Roll Canned Fruit Cocktail Promise Skim, 2% Milk, Water, Coffee</p>	<p>12 Pork Cutlet Roasted Potatoes with Skins, Pork Gravy Peas & Carrots WW Fresh Bread, Promise Hot Cinnamon Apples Skim, 2% Milk, Water, Coffee</p>	<p>13 BBQ Chicken Quarters Red Roasted Potatoes Key Largo Blend WW Dinner Roll Canned Pineapple Chunks Promise Skim, 2% Milk, Water, Coffee</p>	<p>14 Sliced Roast Beef Russet Potatoes, Cr. Peas WW Fresh Bread & Promise Canned Tropical Fruit Tapioca Pudding, Whip. Toppin & Marchino Cherries(by Center) Skim, 2% Milk, Water, Coffee</p>
<p>17 Swiss Steak with Gravy Stewed Tomato/Onion Scalloped Potato Beets WW Dinner Roll, Promise Frozen Strawberries Skim, 2%, Water, Coffee</p>	<p>18 Turkey Stack Mashed Potatoes with Skins Turkey Gravy F. Broccoli WW Fresh Bread, Promise Canned Apple Sauce Skim, 2% Milk, Water, Coffee</p>	<p>19 Sliced Beef Scalloped Potatoes F. Key Largo Blend WW Dinner Roll, Promise Canned Mandarin Oranges Lemon & Coconut Pie<small>(by Center)</small> Skim, 2% Milk, Water, Coffee</p>	<p>20 Creamed Chicken over Biscuit F. Mixed Vegetable Shred. Lettuce & Shred. Carrots Dorothy Lynch WW Fresh Bread, Promise Apricots Halves Skim, 2%Milk, Water, Coffee</p>	<p>21 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>24 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>25 Meatloaf With Tomato Sauce Baked Potato with Butter F. Green Beans WW Dinner Roll Promise Canned Pears Skim, 2% Milk, Water, Coffee</p>	<p>26 Sliced Ham Sweet Potato F. Peas WW Fresh Bread Promise Canned Pineapple with Green Jello Skim, 2% Milk, Water, Coffee</p>	<p>27 Grilled Chicken Smothered In Cream of Chicken Soup F. Prince Williams Blend Cucumber Salad Canned Cherries, Marshmallow, Whipped topping, Red Jello WW Fresh Bread, Promise Skim, 2% Milk, Water, Coffee</p>	<p>28 Taverns Baked Beans Cole Slaw Bun, Promise Canned Mandarin Oranges Skim, 2% Milk, Water, Coffee</p>
<p>I LUV U</p>	<p>BE MY VALENTINE!</p>	<p>Happy Valentine's Day</p>	<p>TRUE LOVE</p>	<p>HUGS!</p>

February 2014 Activities

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>3</p> <p>9:15 Frog Exercises 8:30 Morning Walking Quilting 5pm-6:30pm Fred de Sam Lazaro PBS Correspondent "Under-Told Stories"</p>	<p>4</p> <p>8:30 Morning Walking Quilting 1:15 Card Making Afternoon Bridge Club 1:15 Pitch</p>	<p>5</p> <p>9:15 Frog Exercises 11:30 & 3:00 Ray Petersen "Accordion" 12:45 John Schmitt Services for "Visually Impaired" 3:00 Birthday Cake & Party</p>	<p>6</p> <p>8:30 Morning Walking Quilting 1:15 Pitch Party Afternoon Bridge Club</p>	<p>7</p> <p>9:15 Frog Exercises 8:30 Morning Walking Quilting 9:00 & 1:00 Pool 1:15 Bingo 1:15 Hand & Foot Dominoes</p>
<p>10</p> <p>9:15 Frog Exercises 8:30 Morning Walking Quilting 9:00 & 1:00 Pool 1:15 Hand & Foot 1:15 Dominoes</p>	<p>11</p> <p>8:30 Morning Walking Quilting 11:30 Connie Webber Romantic Singing & Piano 1:15 Pitch Afternoon Bridge Club</p>	<p>12</p> <p>9:15 Frog Exercises Walking / Quilting / Cards 9:00 & 1:00 Pool 1:15 Hand & Foot</p>	<p>13</p> <p>8:30 Morning Walking Quilting 11:30 Deb Dickey Music of the Heart 1:15 Pitch Party Afternoon Bridge Club</p>	<p>14</p> <p>9:15 Frog Exercises Century Club Movie/Drawing Dinner at 12:05 - 12:10 Earl & Janet Fuoss Romantic Valentine Songs 1:15 Bingo 1:15 Hand & Foot</p>
<p>17</p> <p>9:15 Frog Exercises 8:30 Morning Walking 12:45 Rita McLean "Presidents Day Trivia" 1:00 Board Meeting 1:15 Hand & Foot</p>	<p>18</p> <p>8:30 Morning Walking Quilting Afternoon Bridge Club 1:15 Pitch</p>	<p>19</p> <p>9:15 Frog Exercises 9:30 Health Clinic 12:00 Special Luncheon "Certificates" by Careage 12:45 Marlon Chinn "Prescription Drug and Protecting your Home"</p>	<p>20</p> <p>8:30 Morning Walking Quilting 11:30 WSC Phil Pfalzgraff "Spotlight on Promise" 1:15 Pitch Afternoon Bridge Club</p>	<p>21</p> <p>9:15 Frog Exercises 8:30 Morning Walking Quilting 9:00 & 1:00 Pool 1:15 Bingo 1:15 Hand & Foot Dominoes</p>
<p>24</p> <p>9:15 Frog Exercises 8:30 Morning Walking 9:00 & 1:00 Pool 1:15 Hand and Foot 1:15 Dominoes</p>	<p>25</p> <p>8:30 Morning Walking Quilting 12:45 Joy Johnson "The Burned out Old Broads" Afternoon Bridge Club 1:15 Pitch</p>	<p>26</p> <p>9:15 Frog Exercises 8:30 Morning Walking Quilting 12:45 "Oaks Day"</p>	<p>27</p> <p>8:30 Morning Walking Quilting 1:15 Pitch Party Afternoon Bridge Club</p>	<p>28</p> <p>9:15 Frog Exercises 8:30 Morning Walking Quilting 9:00 & 1:00 Pool 1:15 Providence Bingo 1:15 Hand & Foot Dominoes</p>
<p>Friday's, Join us for Dinner and stay for 1:15 BINGO!</p>	<p>Bring a Friend Eat for FREE!</p>		<p>Come play Pool Monday, Wednesday, and Friday 9am & 1pm</p>	<p>Every Monday & Wednesday 1:15 Hand & Foot!</p>

