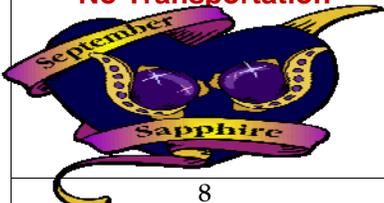


September 2014 Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>Closed for Labor Day No Cong. or MOW Meals No Transportation</p> 	<p>2 Crispy Chicken Baked Potato Green Beans Wheat Dinner Roll Canned Fruit Cocktail Promise</p>	<p>3 Pork Cutlet Roasted Potatoes with Skins, Pork Gravy Peas & Carrots WW Fresh Bread, Promise Hot Cinnamon Apples</p>	<p>4 BBQ Chicken Quarters Red Roasted Potatoes Key Largo Blend WW Dinner Roll Canned Pineapple Chunks Promise</p>	<p>5 French Dip Sandwich with Au jus Steak Fries Baked Beans Canned Tropical Fruit</p>
<p>8 Swiss Steak with Gravy Stewed Tomato/Onion Scalloped Potato Beets WW Dinner Roll, Promise Frozen Strawberries</p>	<p>9 Turkey Stack Mashed Potatoes with Skins Turkey Gravy F. Broccoli WW Fresh Bread, Promise Canned Apple Sauce</p>	<p>10 Sliced Beef Roasted Potatoes/ Skins F. Key Largo Blend WW Dinner Roll, Promise Canned Mandarin Oranges</p>	<p>11 Creamed Chicken over Biscuit F. Mixed Vegetable Shred. Lettuce & Shred. Carrots Dorothy Lynch Promise Apricots Halves</p>	<p>12 Tater Tot Casserole With F. Green Beans F. Peas and Carrots WW Fresh Bread, Promise Canned Peaches</p>
<p>15 Chicken Fried Steak Mashed Potato & Skins Country Gravy F. Corn WW Dinner Roll, Promise Orange Jello Shred. Carrots & Pineapple</p>	<p>16 Rotisserie Pork Loin Baked Potato Gravy F. Green Beans Canned Pears WW Dinner Roll, Promise</p>	<p>17 Sliced Ham Sweet Potato F. Peas WW Fresh Bread, Promise Canned Pineapple with Green Jello Cherry Crunch (by Center)</p>	<p>18 Grilled Chicken Smothered Cream of Chicken Soup F. Prince Williams Blend Cucumber Salad Canned Cherries, Marshmallow, Whipped topping, Red Jello Stuffing, Promise</p>	<p>19 Tavern Baked Beans Cole Slaw Bun Promise Canned Mandarin Orange</p>
<p>22 Beef Tips with Mushrooms & Onions over Egg Noodles Fr. Green Beans, Promise Shredded Lettuce & Carrots Dorothy Lynch Sliced Peaches</p>	<p>23 Turkey Cutlet Mashed Potatoes with Skins Turkey Gravy F. Key Largo Blend WW Fresh Bread, Promise Canned Tropical Fruit</p>	<p>24 Ham Salad Sandwich WW Fresh Bread HM Pea Salad HM Tomato Soup Crackers, Promise Applesauce</p>	<p>25 <i>Tuna Noodle Casserole</i> <i>Rotini Noodles</i> <i>F. Prince William Blend</i> <i>Cottage Cheese with Peaches</i> <i>Promise</i> <i>Cherry Jello with Canned Pears</i></p>	<p>26 Broasted Chicken Quarters Red Roasted Potatoes F. Cauliflower Mandarin Fluff WW Fresh Bread Promise</p>
<p>29 Beef Stroganoff with Egg Noodles F. Prince Williams Vegetable Fr. Vegetable Salad Cottage Cheese with 2 Pineapple slices on a lettuce leaf</p>	<p>30 Polish Dog with Kraut on a Bun Baked Beans Cucumber Salad Vanilla Pudding with Marshmallows & Fr. Mango Promise</p>	<p>Milk, Coffee, and Water are served for every meal</p>	<p>Wed. Sept 17 Noon Special Luncheon We will be serving Cherry Crunch for dessert</p> 	

September 2014 Activities

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>The Senior Center is closed Monday Sept 1st No MOW Delivery & No Van Service</p>	<p>2 Morning Walking Quilting 10:00 Line Dancing Card Making Pitch Afternoon Bridge Club 1:30 Toe Nail Clinic</p>	<p>3 9:15 Frog Exercises Morning Walking/Quilting 11:30 Ray Peterson Accordion Polka's 12:45 "A View of Careage" 2:30 Birthday Cake & Party Campus of Careage</p>	<p>4 Morning Walking Quilting Pitch Afternoon Bridge Club</p>	<p>5 9:15 Frog Exercises Walking Quilting Pool 1:00 Bingo Hand & Foot</p>
<p>8 9:15 Frog Exercises Morning Walking Quilting Pool Hand & Foot Pitch</p>	<p>9 Morning Walking Quilting 10:00 Line Dancing Afternoon Bridge Club Pitch</p>	<p>10 9:15 Frog Exercises Walking Quilting Pool Hand & Foot Pitch</p>	<p>11 Morning Walking Quilting 11:30 Dan Hansen, Piano Pitch Afternoon Bridge Club</p>	<p>12 9:15 Frog Exercises/Walking Quilting 11:30 Merle Ring, Organ Century Club Movie/Drawing Thank you to Careage! Bingo Hand & Foot, Pitch</p>
<p>15 9:15 Frog Exercises/Walking Quilting Pool Hand & Foot Pitch 1:00 Board Meeting</p>	<p>16 Morning Walking Quilting 10:00 Line Dancing Afternoon Bridge Club Pitch</p>	<p>17 9:30-12:00 Health Screening Thanks to Mary Nichols 12:00 Special Luncheon Sponsored by Careage 12:45 Travel to the Land Down Under with the Rahn's Hand & Foot, Pitch</p>	<p>18 Morning Walking Quilting 11:40 & 12:10 Phil & WSC Spotlight on Promise Pitch Afternoon Bridge Club</p>	<p>19 9:15 Frog Exercises Walking Quilting Pool Bingo Hand & Foot Pitch</p>
<p>22 9:15 Frog Exercises Morning Walking Pool Hand and Foot Pitch</p>	<p>23 Morning Walking Quilting 10:00 Line Dancing Afternoon Bridge Club Pitch</p>	<p>24 9:15 Frog Exercises/Walking Quilting Pool 11:30 Susan Boust, Piano Hand & Foot Pitch</p>	<p>25 Walking Quilting 12:45 Oaks' Day Sarah & Liz Pitch Afternoon Bridge Club</p>	<p>26 9:15 Frog Exercises/Walking Quilting Pool Bingo Hand & Foot Pitch</p>
<p>29 9:15 Frog Exercises Walking Quilting Pool Hand & Foot Pitch</p>	<p>30 Morning Walking Quilting 11:30 Val Koeber, Piano Pitch Afternoon Bridge Club</p>	<p>Bridge Tues/Thurs </p>		<p>Monday, Wed., Friday: Hand & Foot Monday-Friday: Pitch Friday: Bingo</p>