



October 2014 Menu



Monday

10/22-Harvest Dinner

Roast Beef
Mashed Potatoes
Beef Gravy
Green Bean Casserole & Bacon
Strawberry Fluff Salad
WW Dinner Roll, Promise
Glorified Tapioca Pudding
Tea, Coffee, Water, Milk

Tuesday

All Meals served
with Milk, Water,
and Coffee



Wednesday

1

Baked Chicken w/ Cream
of Chicken Soup
Ranch Roasted Potatoes
with skins
F. Mixed Vegetables
Frozen Fruit w/Yogurt
WW Fresh Bread, Promise

Thursday

2

*Baked Italian Pasta
With Mozzarella Cheese
Dilled Carrots
Lettuce Salad w/
Dorothy Lynch
Fruit Cocktail w/Orange Jello
Garlic Bread Stick, Promise*

Friday

3

Shaved Hot Beef Sandwich
Mashed Potatoes with
Brown Gravy
Green Beans
F. Strawberries in juice
WW Fresh Bread
Promise

6

Baked Ham
Roasted Sweet Potatoes
F. Broccoli
WW Fresh Bread
Mandarin Oranges
Promise

7

Swedish Meatballs
With Celery Soup & Dill
Au gratin Potatoes
F. Peas and Pearl Onions
Promise
Canned Peaches

8

Country Beef Steak
Mashed Potatoes w/Skins
Country Gravy
F. Corn, Promise
WW Fresh Bread
Cherry Jell-O with Pears

9

Fried Pollack & Tarter Sauce
Baked Potato
F. Mixed Vegetable
WW Fresh Bread
Promise
Canned Apricots

10

Rotisserie Pork Loin
Mashed Potato w/Pork Gravy
Dilled Carrots
Apple Slices w/Sugar
& Cinnamon
WW Fresh Bread, Promise

13

Spaghetti and Meatballs
Honey Glazed Carrots
Shred. Lettuce & Carrots with
Dorothy Lynch
Canned Peaches
Garlic Bread Stick
Promise

14

Crispy Chicken
Baked Potato
Green Beans
Wheat Dinner Roll
Canned Fruit Cocktail
Promise

15

Pork Cutlet & Pork Gravy
Red Roasted Potatoes,
Peas & Carrots
WW Fresh Bread, Promise
Fresh cut Oranges
**Coconut or Chocolate
Cream Pie**

16

BBQ Chicken Quarters
Red Roasted Potatoes
Key Largo Blend
WW Dinner Roll
Canned Pineapple Chunks
Promise

17

Hamburger with
WW Fresh Bun
Steak Fries
Baked Beans
Pickles
Canned Tropical Fruit
Promise

20

Swiss Steak with Gravy
Stewed Tomato/Onion
Scalloped Potato
Beets
WW Dinner Roll, Promise
Frozen Strawberries

21

Turkey Stack
Mashed Potatoes with Skins
Turkey Gravy
F. Broccoli
WW Fresh Bread, Promise
Canned Apple Sauce

22

Sliced Beef
Roasted Potatoes/ Skins
F. Key Largo Blend
WW Dinner Roll, Promise
Canned Mandarin Orange

23

Creamed Chicken over Biscuit
F. Mixed Vegetable
Shred. Lettuce & Shred. Carrots
Dorothy Lynch
Promise
Apricots Halves

24

Meatloaf
With Tomato Sauce
Mashed Potato & Beef Gravy
F. Peas & Carrots
WW Dinner Roll
Promise
Canned Peaches

27

Chicken Fried Steak
Mashed Potato & Skins
Country Gravy
F. Corn
WW Dinner Roll, Promise
Orange Jell-O Shred. Carrots
& Pineapple

28

Rotisserie Pork loin
Baked Potato & Promise
Pork Gravy
F. Green Beans
WW Dinner Roll
Canned Pears

29

Sliced Ham
Sweet Potato
F. Peas
WW Fresh Bread
Promise
Canned Pineapple with
Green Jell-O

30

Grilled Chicken Smothered
Cream of Chicken Soup
F. Prince Williams Blend
Cucumber Salad, Stuffing
Canned Cherries, Marshmallow,
Whipped topping, Red Jell-O
WW Fresh Bread, Promise

31

Tavern
Baked Beans
Cole Slaw
Bun, Promise
Canned Mandarin Oranges
Butterscotch Pudding(Center)

October 2014 Activities



Monday

October is...



until there is a cure... there is hope

Tuesday



Wednesday

Thursday

Friday

<p>October is... BREAST CANCER AWARENESS Month until there is a cure... there is hope</p>		<p>1 9:15 Frog Exercises Morning Walking/Quilting/Cards 9:00 & 1:00 Pool 11:30 Ray Peterson Accordion 12:45 Ammon Wolfey-Careage 2:30 Birthday Cake & Party Campus of Careage</p>	<p>2 Morning Walking Quilting Cards Pitch Afternoon Bridge Club</p>	<p>3 9:15 Frog Exercises/Walking Quilting 11:30 Pat Cook-Piano Pool Bingo Hand & Foot Pitch</p>
<p>6 9:15 Frog Exercises/ Walking Quilting Pool Hand & Foot Pitch</p>	<p>7 Morning Walking Quilting 10:00 Line Dancing No Cards today 11:00-12:00 Shredding Afternoon Bridge Club Pitch</p>	<p>8 9:15 Frog Exercises/Walking Quilting 11:30 Autumn Classics with Earl & Janet Fuoss Pool Hand & Foot Pitch</p>	<p>9 Morning Walking Quilting 10-12 Flu Shot by Home Health Dept. Pitch Afternoon Bridge Club</p>	<p>10 9:15 Frog Exercises/Walking Quilting Century Club Movie/Drawing Sponsored by Oaks Bingo Hand & Foot Pitch</p>
<p>13 9:15 Frog Exercises/Walking Quilting Pool Hand & Foot Pitch</p>	<p>14 Morning Walking Quilting 10:00 Line Dancing Afternoon Bridge Club Pitch</p>	<p>15 9:15 Frog Exercises/Walking 9:30-12 Health Screening 11:30 Polka Music by Earl & Janet Fuoss 12:00 Special Luncheon Sponsored by The Careage</p>	<p>16 Morning Walking Quilting 12:45 Fall in New England with Darrel & Phyllis Rahn Pitch Afternoon Bridge Club</p>	<p>17 9:15 Frog Exercises/Walking Quilting Pool Bingo Hand & Foot Pitch</p>
<p>20 9:15 Frog Exercises/Walking Pool Hand and Foot, Pitch 1:00 Board Meeting 7:30 Dave Irwin Mountain Climbing & Rescue</p>	<p>21 Morning Walking/ Quilting 10:00 Line Dancing 12:45 Egypt Tour with Lauran Lofgren Pitch Afternoon Bridge Club</p>	<p>22 9:15 Frog Exercises/Walking Quilting Pool Hand & Foot, Pitch 5:30 Harvest Dinner 6:30 Journey Men's Quartet</p>	<p>23 Morning Walking Quilting 11:40 Spotlight on Promise Pitch Afternoon Bridge Club</p>	<p>24 9:15 Frog Exercises/Walking Quilting Pool Providence Bingo Hand & Foot Pitch</p>
<p>27 9:15 Frog Exercises/Walking Quilting Pool Hand & Foot Pitch</p>	<p>28 8:45-4:30 Open Enrollment Medicare Part D Morning Walking Quilting Pitch Afternoon Bridge 7:30pm Election Candidates</p>	<p>29 9:15 Frog Exercises/Walking Quilting Pool Hand & Foot Pitch</p>	<p>30 Morning Walking Quilting 12:45 Oaks Day Ghosts & Goblins Pitch Afternoon Bridge Club</p>	<p>31 9:15 Frog Exercises/Walking Wear your Farm Clothes or Halloween Costume 11:45 Louise Green Halloween Fun! Bingo Hand & Foot, Pitch</p>