

# February 2010 Menu

<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>
2% Milk, Water, and Coffee are offered with every meal.		<b><u>NOTICE:</u></b> Menus are subject to change by Dietitian.		Please reserve your Dinner the day before, and always remember to cancel if you can not be here.
1 Crispy Chicken Baked Potato Wax Beans Dinner Roll & Promise Fruit Cocktail	2 Beef Pot Pie Biscuit Cauliflower Apple Sauce Butterscotch Pudding	3 Fish Sandwich Prince William Vegetables Lettuce Salad with dressing Mandarin Oranges	4 Sliced Ham Sweet Potatoes Green Beans Sliced Bread & Promise Pineapple Tidbits	5 Baked Lemon Chicken Honey Glazed Carrots Fresh Sliced Bread & Promise Sliced Pears Apple Cobbler
8 Turkey Stack over Mashed Potatoes & Gravy Corn Sliced Bread & Promise Apple Sauce	9 Deli Sandwich Beef Barley Soup Beets Crackers & Promise Pineapple	10 Sliced Beef Russet Potatoes Napoli Vegetables Dinner Roll & Promise Fruit Cocktail	11 Chicken Stir Fry Rice Broccoli 2 Fortune Cookies Sliced Pears	12 Tator Tot Casserole Peas & Carrots Sliced Peaches & Cottage Cheese Sliced Bread & Promise Tapioca Pudding & Cookie
15 Beef Stew Broccoli Cottage Cheese Crackers & Promise Fruit Cocktail	16 Scalloped Potatoes & Ham Brussels Sprouts Wheat Bread & Promise Canned Pears	17 Meatloaf with Tomato Sauce Mashed Potatoes & Gravy Green Beans Fresh Sliced Bread & Promise Apple Cobbler	18 Pork Loin Roasted Potatoes Baby Carrots Spinach Salad With Dressing Sliced Bread & Promise Cookie	18 Grilled Chicken Prince William Vegetables Celery Sticks Dinner Roll & Promise Tropical Fruit
22 Chicken Alfredo with Broccoli Mixed Vegetables Garlic Breadstick & Promise Frozen Fruit with Yogurt	23 BBQ Beef Sandwich Baked Beans Beets Fruit Cocktail	24 Tuna Casserole California Blend Baby Raw Carrots WW Bread & Promise Sliced Apples	25 Sliced Turkey & Stuffing Turkey Gravy Peas Lettuce Salad with Dressing Dinner Roll & Promise Pineapple Chunks	26 Dill Baked Fish Parsley Buttered Potatoes Cheesy Broccoli Sliced Bread & Promise Pears

# February 2010 Activities

<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>
<p><b>1</b></p> <p>Morning Walk Quilting/ Cards/ 9:00 &amp; 1:00 Pool</p>	<p><b>2</b></p> <p>Morning Walk Quilting/ Cards Afternoon Bridge Club <b>1:15 Card Making "Valentines"</b></p>	<p><b>3</b></p> <p>Morning Walk Quilting/ Cards 9am &amp; 1pm Pool <b>1:00 Public Hearing 11:30 &amp; 3:00 Birthday Party Ray Petersen, Accordion</b></p>	<p><b>4</b></p> <p>Morning Walk Quilting/ Cards 1 to 3:00 Pitch Party Afternoon Bridge Club</p>	<p><b>5</b></p> <p>Morning Walk Quilting/ Afternoon Cards 9&amp; 1 Pool <b>1:15 Bingo</b></p>
<p><b>8</b></p> <p>Morning Walk Quilting/ Afternoon Cards 9 &amp; 1 Pool</p>	<p><b>9</b></p> <p>Morning Walk Quilting/ Cards 1:15-3:00 Pitch Afternoon Bridge Club</p>	<p><b>10</b></p> <p>Morning Walk Quilting/ Cards 9:00 &amp; 1:00 Pool <b>11:30 Patricia Sherry, Piano 12:45 Hallie's "Abe Lincoln"</b></p>	<p><b>11</b></p> <p>Morning Walk Quilting/ Cards 1:15- 3:00 Pitch party Afternoon Bridge Club</p>	<p><b>12</b></p> <p>Morning Walk Quilting/ Cards 9:00 &amp; 1:00 Pool <b>11:30 &amp; 12:45 Artie &amp; Gwen Schmidt's "Valentines Dance"</b></p>
<p><b>15</b></p> <p>Morning Walking Quilting/ Cards 9:00 &amp; 1:00 Pool <b>1:00 Board Meeting</b></p>	<p><b>16</b></p> <p>Morning Walking Quilting/ Cards 1:15 Cards &amp; Bridge Club <b>11:30 Cyril Hansen, Accordion</b></p>	<p><b>17</b></p> <p>Morning Walk Quilting/ Cards <b>9:30 Health Screening &amp; Chair Massage &amp; Nails Salon 12:00 Special Luncheon 12:45 "Wood Carving" by Morris Anderson</b></p>	<p><b>18</b></p> <p>Morning Walking Quilting/ Cards 1:15 - 3:00 Pitch Party &amp; Bridge Club</p>	<p><b>19</b></p> <p>Walking / Quilting/ Cards 9:00 &amp; 1:00 Pool <b>11:30 Phil Pfaltzgraff "Spotlight on Promise" 1:15 Bingo &amp; Pool</b></p>
<p><b>22</b></p> <p>Morning Walking Quilting/ Cards 9:00 &amp; 1:00 Pool <b>11:30 Jane O'Leary Piano</b></p>	<p><b>23</b></p> <p>Morning Walking Quilting/ Cards Afternoon Bridge Club</p>	<p><b>24</b></p> <p>Walking / Quilting/ Cards 9:00 &amp; 1:00 Pool <b>12:45 Connie Vogt "Heart Disease"</b></p>	<p><b>25</b></p> <p>Morning Walking Quilting/ Cards <b>11:30 Connie Glassmeyer, Organ</b> 1:15 -3:00 Pitch Party &amp; Afternoon Bridge Club</p>	<p><b>26</b></p> <p>Walking / Quilting/ Cards 9:00 &amp; 1:00 Pool <b>1:15 Bingo</b></p>
<p><b>Remember:</b> Pool at 9:00 &amp; 1:00 Mon-Wed-Fri Needed Pool Players In the Mornings.</p>	<p><b>Circles &amp; Clubs Invited to Eat at the Wayne Senior Center Let Your Group Know</b></p>	<p><b>Coffee Social Served at 3:00 pm Daily</b></p>	<p>Let Penny know if you invite Someone to eat or do An activity at the Center. <b>(Outreach)</b></p>	<p><b>Remember:</b> <b>Bingo Every Friday At 1:15 pm</b></p>