

May 2010 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Turkey Stack over Mashed Potatoes, Gravy Corn Sliced Bread & Promise Apple Sauce</p>	<p>4</p> <p>Tator Tot Casserole Peas & Carrots Fresh Sliced Bread & Promise Sliced Peaches in Cottage Cheese</p>	<p>5</p> <p>Sliced Beef Russet Potatoes Napoli Vegetables Three Bean Salad Dinner Roll & Promise</p>	<p>6</p> <p>Chicken Stir Fry & Rice Stir Fry Vegetables Cauliflower Fortune Cookies & Promise Sliced Pears</p>	<p>7</p> <p>Swiss Steak w/ Gravy, Stewed Tomatoes & Onion Scalloped Potatoes, Beets, Pineapple, Dinner Roll & Promise, Lemon Pie</p>
<p>10</p> <p>Chicken Fried Steak w/Country Gravy, Mashed Potatoes Corn, Dinner Roll & Promise Orange Jell-O w/carrots & Pineapple</p>	<p>11</p> <p>Meatloaf w/ Tomato Sauce Baked Potato Green Beans Dinner Roll & Promise Peach Cobbler</p>	<p>12</p> <p>Sliced Ham Scalloped Potatoes Peas Wheat Fresh Bread & Promise Canned Pears</p>	<p>13</p> <p>2 Soft Shell Tacos w/ Lettuce & Tomato Mexican Rice Baby Carrots, Corn w/ Red Peppers, Mild Taco Sauce</p>	<p>14</p> <p>Grilled Chicken, Rice Pilaf Lettuce Salad w/ Dressing Prince William Vegetables Wheat Fresh Bread & Promise Tropical Fruit</p>
<p>17</p> <p>Chicken Alfredo w/ Broccoli Mixed Vegetables Garlic Breadstick & Promise Frozen Fruit w/ Yogurt</p>	<p>18</p> <p>Tuna Casserole Peas Baby Raw Carrots Whole Wheat Bread & Promise Fruit Cocktail</p>	<p>19</p> <p>BBQ Beef Sandwich Baked Beans Beets Bun & Promise Peach Pie</p>	<p>20</p> <p>Sliced Turkey, Gravy Red Roasted Potato California Blend Vegetable Dinner Roll & Promise Pineapple Chunks</p>	<p>21</p> <p>Dill Baked Fish Parsley Buttered Potatoes Cheesy Broccoli Sliced Bread & Promise Cherry Jell-O w/ Pears</p>
<p>24</p> <p>Beef Stroganoff w/ Noodles Prince William Veg., Vegetable Salad, Cottage Cheese w/ Pineapple and Lettuce, Dinner Roll & Promise Cookie</p>	<p>25</p> <p>Polish Dog w/ Sauerkraut Mixed Vegetables 3-Bean Salad Hot Dog Bun & Promise Mangos</p>	<p>26</p> <p>Baked Lemon Chicken Ranch Roasted Potatoes Mixed Vegetables Fresh Sliced Bread & Promise Tropical Fruit</p>	<p>27</p> <p>Hot BBQ Beef Sandwich Scalloped Potatoes Stewed Tomatoes Bun & Promise Mandarin Oranges</p>	<p>28</p> <p>Deli Fruited Chicken Salad Sandwich, Potato Cheese Soup Sliced Cucumbers in Sauce Crackers & Promise Strawberries in Juice</p>
<p>31</p> <p>Closed for Memorial Day</p>		<p><u>NOTICE:</u> Menus are subject to change by Dietitian.</p>	<p>2% Milk, Water, and Coffee are offered with every meal.</p>	

May 2010 Activities

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>3</p> <p>Morning Walk Quilting/ Cards 9:00 & 1:00 Pool 11:30 Pat Cook, Piano</p>	<p>4</p> <p>Morning Walk Quilting/ Cards 1:15-3:00 Pitch Afternoon Bridge Club Card Making w/ Mary Nichols</p>	<p>5</p> <p>Morning Walk Quilting/ Cards 9:00 & 1:00 Pool 11:30 Ray Petersen, Accordion 3:00 Seniors' Birthday Potluck</p>	<p>6</p> <p>Morning Walk Quilting/ Cards 1:00 Pitch Party Afternoon Bridge Club</p>	<p>7</p> <p>Morning Walk/ Quilting/ Cards 9:00 & 1:00 Pool 11:30 "Spotlight on Promise" w/ Phil Pfaltzgraff 1:15 Bingo</p>
<p>10</p> <p>Morning Walk Quilting/ Cards 9:00 & 1:00 Pool</p>	<p>11</p> <p>Morning Walk Quilting/ Cards 11:30 Pat Cook, Piano 1:15-3:00 Pitch Afternoon Bridge Club</p>	<p>12</p> <p>Morning Walk Quilting/ Cards 9:00 & 1:00 Pool 12:45 "Summertime at Mackinac Island" with Ginny Otte</p>	<p>13</p> <p>Morning Walk Quilting/ Cards 1:00 Pitch Party Afternoon Bridge Club 12:45 "Hip, Hip, Hippo" by Hilda Pearson</p>	<p>14</p> <p>Morning Walk Quilting/ Cards 9:00 & 1:00 Pool 1:15 Bingo</p>
<p>17</p> <p>Morning Walking Quilting/ Cards 9:00 & 1:00 Pool 1:00 Board Meeting</p>	<p>18</p> <p>Morning Walking Quilting/ Cards Afternoon Bridge Club 11:30 Val Koeber, Piano</p>	<p>19</p> <p>Morning Walk/ Quilting/ Cards 9:00 & 1:00 Pool 9:30 Health Screenings, Mary Nichols; Chair Massage, Susan Wells Special Luncheon</p>	<p>20</p> <p>Morning Walk Quilting/ Cards 1:00 Pitch Party Afternoon Bridge Club</p>	<p>21</p> <p>Morning Walk Quilting/ Cards 9:00 & 1:00 Pool 12:45 "Media Thru the Years," Mark Ahmann 1:15 Bingo</p>
<p>24</p> <p>Morning Walking Quilting/ Cards 9:00 & 1:00 Pool</p>	<p>25</p> <p>Morning Walking Quilting/ Cards Afternoon Bridge Club</p>	<p>26</p> <p>Morning Walking/ Quilting/ Cards 9:00 & 1:00 Pool 12:45 "Nicaragua Mission Trip," Donna Hawley</p>	<p>27</p> <p>Morning Walking Quilting/ Cards 1:00 Pitch Party Afternoon Bridge Club</p>	<p>28</p> <p>Morning Walking/ Quilting/ Cards 9:00 & 1:00 Pool 11:30 Memorial Day Celebration Connie Glassmeyer, Piano, Organ 12:45 Food Storage, Sue Nelson,</p>
<p>31</p> <p>Closed for Memorial Day</p>	<p>Coffee Social served at 3:00 pm Daily</p>	<p>Let Penny know if you invite Someone to eat or to an activ- ity at the Center. (Outreach)</p>		<p>Remember: Bingo every Friday at 1:15 pm</p>