

June 2010 Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>NOTICE: Menus are subject to change by Dietitian.</p>	<p>1 Sliced Turkey & Stuffing Poultry Gravy Beets, Napoli Blend Dinner Roll Mandarin Oranges</p>	<p>2 Country Beef Steak Mashed Potatoes & Gravy Corn Sliced Bread & Promise Orange Jell-o & Fruit</p>	<p>3 Hot Beef Sandwich Mashed Potato & Gravy Cauliflower WW Bread & Promise Apple Sauce w/Cinnamon</p>	<p>4 Fish Squares Tartar Sauce Au gratin Potatoes Peas Fresh Bread & Promise Mangos</p>
<p>7 Crispy Chicken Baked Potato Peas & Carrots Dinner Roll & Promise Fruit Cocktail</p>	<p>8 Spaghetti & Meatballs Green Beans, Lettuce Salad w/Carrots & Cheese Breadstick & Promise Applesauce w/ Cinnamon</p>	<p>9 Baked Pork Chop w/ Celery Soup, Red Roasted Potatoes, Honey Glazed Carrots, Bread w/ Promise, Cherry Jell-O w/Mandarin Oranges</p>	<p>10 Fish Sandwich Tartar Sauce, Dill Pickle Spinach Salad w/ Mandarin Oranges, Red Pepper & Festive Dressing Tropical Fruit</p>	<p>11 Sliced Ham Sweet Potatoes Wax Beans Wheat Bread & Promise Pineapple Tidbits</p>
<p>14 Swiss Steak w/ Gravy, Stewed Tomato & Onion Scalloped Potatoes Beets Dinner Roll & Promise Pineapple</p>	<p>15 Turkey Stack over Mashed Potatoes & Gravy Corn Sliced Bread & Promise Apple Sauce</p>	<p>16 Sliced Beef Russet Potatoes Napoli Vegetables 3-Bean Salad Dinner Roll & Promise Cheese Cake w/Cherries</p>	<p>17 Chicken Stir Fry Rice Stir Fry Vegetables Cauliflower 2 Fortune Cookies Sliced Pears</p>	<p>18 Tator Tot Casserole Peas & Carrots Fresh Bread & Promise Sliced Peaches in Cottage Cheese Fruit Pie</p>
<p>21 Chicken Fried Steak w/ Country Gravy Mashed Potato Corn Dinner Roll & Promise Orange Jell-O w/Carrots & Pineapple</p>	<p>22 Meatloaf w/Tomato Sauce Baked Potato Green Beans Dinner Roll & Promise Apple Cobbler</p>	<p>23 Sliced Ham Scalloped Potatoes Peas Fresh Bread & Promise Canned Pears</p>	<p>24 Grilled Chicken Rice Pilaf Prince William Vegetables Lettuce Salad w/ Dressing Fresh Bread & Promise Tropical Fruit</p>	<p>25 Soft Shell Taco w/ Lettuce & Tomato Mexican Rice Baby Carrots Corn w/ Red Peppers Mild Taco Sauce</p>
<p>28 Chicken Alfredo w/ Broccoli Mixed Vegetables Breadstick & Promise Frozen Fruit w/ Yogurt</p>	<p>29 Tuna Casserole Peas Baby Raw Carrots WW Bread & Promise Fruit Cocktail</p>	<p>30 BBQ Beef Sandwich on a Bun Baked Beans Beets Peach Pie</p>	<p>2% Milk, Water, and Coffee are offered with every meal.</p>	

June 2010 Activities

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>Let Penny know if you invite Someone to eat or to an activity at the Center. (Outreach)</p>	<p>1 Morning Walk Quilting/Cards Pat Cook, Piano Afternoon Bridge Club 1:15 Card Making w/ Mary Nichols</p>	<p>2 Morning Walk/Quilting/Cards 9:00 & 1:00 Pool 11:30 June Birthdays Ray Petersen, Accordion 12:45 "Welcome To Our Garden" Presentation</p>	<p>3 Morning Walk Quilting/Cards 1:00 Pitch Party Afternoon Bridge Club</p>	<p>4 Morning Walk Quilting/Cards 9:00 & 1:00 Pool 1:15 Bingo</p>
<p>7 Morning Walk Quilting/Cards 9:00 & 1:00 Pool 12:40 "North to Alaska" Darrel & Phyllis Rahn</p>	<p>8 Morning Walk Quilting/Cards Afternoon Bridge Club</p>	<p>9 Morning Walk Quilting/Cards 9:00 & 1:00 Pool 11:30 Artie & Gwen Schmidt entertain Courtesy of Earl & Janet Fuoss</p>	<p>10 Morning Walk Quilting/Cards Afternoon Bridge Club</p>	<p>11 Morning Walk Quilting/Cards 9:00 & 1:00 Pool 1:15 Bingo</p>
<p>14 Morning Walk Quilting/Cards 9:00 & 1:00 Pool 11:30 Phil & Sherry Pfaltzgraff</p>	<p>15 Morning Walk Quilting/Cards Afternoon Bridge Club 11:30 Val Koeber, Piano</p>	<p>16 Morning Walk/ Quilting/Cards 9:00 & 1:00 Pool 9:30 Health Screenings, Mary Nichols, Susan Wells Special Luncheon</p>	<p>17 Morning Walk Quilting/Cards 1:00 Pitch Party Afternoon Bridge Club</p>	<p>18 Morning Walk/Quilting/Cards 9:00 & 1:00 Pool 11:30 Pat Cook, Piano 12:45 "Father's Day Humor" by Carolyn Harder 1:15 Bingo</p>
<p>21 Morning Walk Quilting/Cards 9:00 & 1:00 Pool 1:00 Board Meeting</p>	<p>22 Morning Walk Quilting/Cards Afternoon Bridge Club</p>	<p>23 Morning Walk / Quilting Cards 9:00 & 1:00 Pool 12:30 "Prevent Heat Stroke" by Connie Vogt</p>	<p>24 Morning Walking Quilting/Cards Afternoon Bridge Club 11:30 Singing Duet by Phil & Sherry Pfaltzgraff</p>	<p>25 Morning Walking/Quilting Cards 9:00 & 1:00 Pool 1:15 Bingo</p>
<p>28 Morning Walk Quilting/Cards 9:00 & 1:00 Pool 12:45 "The Majestic-Past, Present, /Future" Stephanie Liska & Reggie Yates</p>	<p>29 Morning Walk Quilting/Cards Afternoon Bridge Club 11:00 Cyril Hansen, Organ</p>	<p>30 Morning Walk / Quilting Cards 9:00 & 1:00 Pool 12:45 "Patio & Herb Gardening" by Rosie Frye, Master Gardener</p>	<p>Coffee Social served at 3:00 pm Daily</p>	<p>Remember: Bingo every Friday at 1:15 pm</p>