

# July 2010 Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p><b><u>NOTICE:</u></b> Menus are subject to change by Dietitian.</p>		<p><b>2% Milk, Water, and Coffee are offered with every meal.</b></p>	<p><b>1</b> Sliced Turkey Red Roasted Potatoes Turkey Gravy California Blend Dinner Roll &amp; Promise Pineapple Chunks</p>	<p><b>2</b> BBQ Beef Sandwich Baked Beans Coleslaw Bun &amp; Promise Peaches Apple Crisp by Sr. Center</p>
<p> <b>5</b> <b>Closed For Independence Day</b></p>	<p><b>6</b> Polish Dog Creamed Peas 3-Bean Salad Bun &amp; Promise Mangos</p>	<p><b>7</b> Baked Lemon Chicken Ranch Roasted Potatoes Mixed Vegetables Fresh Bread &amp; Promise Tropical Fruit</p>	<p><b>8</b> Hot BBQ Beef Sandwich Scalloped Potatoes Stewed Tomatoes Bun &amp; Promise Mandarin Oranges</p>	<p><b>9</b> Fruited Chicken Salad Deli Sandwich Potato Cheese Soup Sliced Cucumbers in Sauce Crackers &amp; Promise Strawberries in Juice</p>
<p><b>12</b> Salisbury Steak Beef Gravy Baked Potato Dill Buttered Carrots WW Bread &amp; Promise Apricots</p>	<p><b>13</b> Sliced Turkey &amp; Gravy Stuffing Broccoli &amp; Cheese Sliced Tomato Dinner Roll &amp; Promise Mandarin Oranges</p>	<p><b>14</b> Country Beef Steak Country Gravy Mashed Potatoes Corn Sliced Bread &amp; Promise Cherry Jell-O &amp; Pears</p>	<p><b>15</b> Hot Beef Sandwich Mashed Potatoes Gravy Cauliflower WW Bread &amp; Promise Apple Sauce w/ Cinnamon</p>	<p><b>16</b> Fish Squares Tartar Sauce Au Gratin Potatoes Peas &amp; Pearl Onions Fresh Bread &amp; Promise Frozen Mangoes</p>
<p><b>19</b> Crispy Chicken Baked Potato Honey Glazed Carrots Dinner Roll &amp; Promise Fruit Cocktail</p>	<p><b>20</b> Spaghetti &amp; Meatballs Green Beans Shredded Lettuce w/ Shredded Cheese &amp; Dorothy Lynch Breadstick &amp; Promise Apple Sauce w/ Cinnamon</p>	<p><b>21</b> Baked Pork Chops w/ Celery Soup Red Roasted Potatoes Peas &amp; Carrots Fresh Bread &amp; Promise Strawberry Rhubarb Pie</p>	<p><b>22</b> Fish Sandwich Tartar Sauce Dill Pickle Spear Slice of Tomato Broccoli &amp; Raisin Salad Bun &amp; Promise Tropical Fruit</p>	<p><b>23</b> Beef Lasagna Creamed Peas Spinach Salad w/ Mandarin Oranges, Red Pepper &amp; Festive Dressing Breadstick &amp; Promise Pineapple Tidbits</p>
<p><b>26</b> Swiss Steak w/ Gravy, Stewed Tomato &amp; Onion Scalloped Potatoes Beets Dinner Roll &amp; Promise Pineapple</p>	<p><b>27</b> Turkey Stack over Mashed Potatoes &amp; Gravy Corn Sliced Bread &amp; Promise Apple Sauce</p>	<p><b>28</b> Sliced Beef Potatoes O'Brien Key Largo Blend Veggies Dinner Roll &amp; Promise Lime Jell-O w/ Pineapple Tidbits</p>	<p><b>29</b> Chicken Stir Fry &amp; Rice Stir Fry Vegetables Cauliflower 2 Fortune Cookies &amp; Promise Sliced Pears</p>	<p><b>30</b> Tator Tot Casserole Peas &amp; Carrots Fresh Sliced Bread &amp; Promise Sliced Peaches in Cottage Cheese</p>

# July 2010 Activities

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Let Penny know if you invite Someone to eat or to an activity at the Center. (Outreach)	Coffee Social served at 3:00 pm Daily	Remember: Bingo every Friday at 1:15 pm	1 Morning Walk Quilting/Cards 1:00 Pitch Party Afternoon Bridge Club 10 Cent Meal Increase	2 Morning Walk/Quilting/Cards 9:00 & 1:00 Pool 11:00 Fuoss' Patriotic Music 12:00 4th of July Meal 12:45 "Independence Day" 1:15 Bingo
5  Closed For Independence Day	6 Morning Walk Quilting/Cards 11:30 Pat Cook, Piano 1:00 Card Making Afternoon Bridge Club	7 Morning Walk/Quilting/Cards 9:00 & 1:00 Pool 11:30 & 3:00 Birthday Party Ray Petersen, Accordion 12:45 "Elder Abuse," Rebecca Onderstal & Josh Sievers	8 Morning Walk Quilting/Cards 1:00 Pitch Party Afternoon Bridge Club	9 Morning Walk Quilting/Cards 9:00 & 1:00 Pool 1:15 Bingo
12 Morning Walk Quilting/Cards 9:00 & 1:00 Pool 1:00 Board Meeting	13 Morning Walk Quilting/Cards Afternoon Bridge Club 11:30 Val Koeber, Piano	14 Morning Walk/ Quilting/Cards 9:00 & 1:00 Pool "Senior Medical Literacy" by Danni Frahm, Providence Medical Center	15 Morning Walk Quilting/Cards 1:00 Pitch Party Afternoon Bridge Club	16 Morning Walk/Quilting/Cards 9:00 & 1:00 Pool 12:45 "Think Your Drink" by Sandy Preston, UNL Extension 1:15 Bingo
19 Morning Walk Quilting/Cards 9:00 & 1:00 Pool 11:30 Phil & Sherry's "Inspiration"	20 Morning Walk Quilting/Cards Afternoon Bridge Club	21 Morning Walk/Quilting/Cards 9:00 & 1:00 Pool 9:30 Health Screenings 9:45 Chair Massage 12:00 Special Luncheon & Certificates	22 Morning Walking Quilting/Cards Afternoon Bridge Club 11:30 Pat Cook, Piano	23 Morning Walking/Quilting Cards 9:00 & 1:00 Pool 1:15 Bingo
26 Morning Walk Quilting Cards 9:00 & 1:00 Pool	27 Morning Walk Quilting Cards Afternoon Bridge Club	28 Morning Walk Quilting and Cards 9:00 & 1:00 Pool 12:45 "Medications & Reactions" by Connie Vogt, RN	29 Morning Walking Quilting Cards Afternoon Bridge Club	30 Morning Walking Quilting Cards 9:00 & 1:00 Pool 1:15 Bingo