

August 2010 Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>2 Chicken Fried Steak & Country Gravy, Mashed Potatoes, Corn Dinner Roll & Promise Orange Jell-O with Pineapple and Carrots</p>	<p>3 Meatloaf with Tomato Sauce Baked Potatoes Green Beans Dinner Roll & Promise Apple Cobbler</p>	<p>4 Sliced Ham Scalloped Potatoes Peas Wheat Fresh Bread & Promise Canned Pears</p>	<p>5 Grilled Chicken Rice Pilaf Prince William Vegetables Lettuce Salad w/ Dressing Wheat Fresh Bread Tropical Fruit</p>	<p>6 Soft Shell Taco with Lettuce & Tomato Mexican Rice, Baby Carrots Corn w/ Red Peppers Mild Taco Sauce</p>
<p>9 Chicken Alfredo w/ Broccoli Mixed Vegetables Garlic Breadstick and Promise Frozen Fruit with Yogurt</p>	<p>10 Tuna Casserole Peas Baby Raw Carrots Whole Wheat Bread And Promise Fruit Cocktail</p>	<p>11 BBQ Beef Sandwich Baked Beans Beets Bun & Promise Peach Pie</p>	<p>12 Sliced Turkey & Turkey Gravy Red Roasted Potatoes California Blend Dinner Roll & Promise Pineapple Chunks</p>	<p>13 Dill Baked Fish Parsley Buttered Potatoes Cheesy Broccoli Sliced Bread & Promise Cherry Jell-O with Pears</p>
<p>16 Beef Stroganoff & Noodles Prince William Vegetables Vegetable Salad Cottage Cheese w/ Pineapple slice & Lettuce Dinner Roll & Cookie</p>	<p>17 Polish Dog w/ Sauerkraut Mixed Vegetables Three Bean Salad Hot Dog & Promise Mangos</p>	<p>18 Baked Lemon Chicken Ranch Roasted Potatoes Mixed Vegetables Fresh Bread & Promise Coconut Cream Pie</p>	<p>19 Hot BBQ Beef Sandwich Scalloped Potatoes Stewed Tomatoes Hot Dog Bun & Promise Mandarin Oranges</p>	<p>20 Chicken Salad Sandwich With Pineapple and Celery Potato Cheese Soup Sliced Cucumbers in Sauce Crackers Strawberries in Juice</p>
<p>23 Salisbury Steak w/ Beef Gravy & Baked Potatoes Dill Buttered Carrots Wheat Bread & Promise Apricots</p>	<p>24 Sliced Turkey, Poultry Gravy & Stuffing Beets Napoli Blend Vegetables Dinner Roll & Promise Mandarin Oranges</p>	<p>25 Country Beef Steak w/ Gravy & Mashed Potatoes Corn Sliced Bread & Promise Orange Jell-O with Tropical Fruit</p>	<p>26 Fish Squares Au Gratin Potatoes Peas Fresh Bread & Promise Frozen Mangos</p>	<p>27 Hot Beef Sandwich Mashed Potato & Gravy Cauliflower Cinnamon Apple Sauce Wheat Bread & Promise (Apple Pie Provided by the Senior Center)</p>
<p>30 Crispy Chicken Baked Potato Peas & Carrots Dinner Roll & Promise Fruit Cocktail</p>	<p>31 Spaghetti & Meat Balls Green Beans Shredded Lettuce w/ Carrots, Cheese & Dorothy Lynch Breadstick & Promise Cinnamon Apple Sauce</p>	<p>Aug 10, 5:30 pm <u>Evening Picnic</u> Pulled Pork & Bun, Baked Beans, Macaroni Salad, Melon Cup, Lemon Dessert</p>	<p>2% Milk, Water, and Coffee are offered with every meal.</p>	<p><u>NOTICE:</u> Menus are subject to change by Dietitian</p>

August 2010 Activities

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>2 Morning Walking Quilting Cards 9:00 & 1:00 Pool</p>	<p>3 Morning Walk Quilting/Cards 11:30 Pat Cook, Piano 1:00 Card Making Afternoon Bridge Club</p>	<p>4 Morning Walk/ Quilting/Cards 9:00 & 1:00 Pool 11:30 & 3:00 Birthday Party Cyril Hansen, Accordion</p>	<p>5 Morning Walk 11:30 Cyril Hansen Quilting / Cards 1:00 Pitch Party Afternoon Bridge Club</p>	<p>6 Morning Walk/Quilting Cards 9:00 & 1:00 Pool 11:30 & 12:40 Phil's "NOT GONE YET" Practice 1:15 Bingo</p>
<p>9 Morning Walking Quilting Cards 9:00 & 1:00 Pool</p>	<p>10 Morning Walk/Quilting/Cards 11:30 Katie & Phil Afternoon Bridge Club 5:30 Pulled Pork Meal 6:30 "Dust Bowl Descent" With Bill Ganzel</p>	<p>11 Morning Walk/Quilting/Cards 9:00 & 1:00 Pool 11:30 & 12:40 Phil's "NOT GONE YET" Practice</p>	<p>12 Morning Walk Quilting/Cards 1:00 Pitch Party Afternoon Bridge Club</p>	<p>13 Morning Walk Quilting/Cards 9:00 & 1:00 Pool 1:15 Bingo</p>
<p>16 Morning Walk Quilting/Cards 9:00 & 1:00 Pool 1:00 Board Meeting</p>	<p>17 Morning Walk Quilting/Cards Afternoon Bridge Club 11:30 & 12:40 Phil's "NOT GONE YET" Practice</p>	<p>18 Morning Walk/ Quilting/Cards 9:00 & 1:00 Pool 9:30 Health Screenings 11:30 Connie Glassmeyer, Organ 12:00 Special Luncheon</p>	<p>19 Morning Walk/Quilting/Cards 1:00 Pitch Party Afternoon Bridge Club 11:30 & 12:40 Phil's "NOT GONE YET" Practice</p>	<p>20 Morning Walk/Quilting/Cards 9:00 & 1:00 Pool 11:30 & 12:45 "Woodwind-Piano Duet" Dr. Anton Clark & Phil 1:15 Bingo</p>
<p>23 Morning Walk Quilting/Cards 9:00 & 1:00 Pool 11:30 Phil & Sherry's "Inspiration"</p>	<p>24 Morning Walk Quilting/Cards Afternoon Bridge Club 12:45 HHS, Nebraska Assis- tance Benefits by Stacy Schenk, Comm. Support</p>	<p>25 Walking/Quilting/Cards/Pool 11:30 Cyril Hansen, Organ 12:45 "Diabetes & Nutrition" By Connie Vogt, RN 6:30 pm Phil's "NOT GONE YET" Practice</p>	<p>26 Morning Walking Quilting/Cards Afternoon Bridge Club 11:30 Pat Cook, Piano</p>	<p>27 Morning Walking/Quilting Cards 9:00 & 1:00 Pool 12:30 "Fragile Excess Bag- gage" by Charlotte Enders 1:15 Bingo</p>
<p>30 Morning Walk Quilting Cards 9:00 & 1:00 Pool Birthday Surprise</p>	<p>31 Morning Walk Quilting Cards Afternoon Bridge Club</p>	<p>Coffee Social served at 3:00 pm Daily</p>	<p>Let Penny know if you invite someone to eat or to an ac- tivity at the Center. (Outreach)</p>	<p>Remember: Bingo every Friday at 1:15 pm</p>