

September 2010 Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
2% Milk, Water, and Coffee are offered with every meal.	NOTICE: Menus are subject to change by Dietitian	1 Baked Pork Chops/Celery Soup, Roasted Potatoes Peas & Carrots Fresh Bread & Promise Cherry Jell-O & Oranges	2 Fish Sandwich/Tartar Sauce, Dill Pickle Spear Broccoli & Raisin Salad Bun & Promise Tropical Fruit	3 Beef Lasagna Creamed Peas, Spinach Salad w/Oranges, Red Peppers & Dressing Breadstick, Pineapple Bits
6 Closed for labor Day	7 Turkey Stack over Mashed Potatoes & Gravy Corn Sliced Bread & Promise Apple Sauce	8 Sliced Beef Potatoes O'Brien Key Largo Blend Veggies Dinner Roll & Promise Lime Jell-O with Pineapple Tidbits	9 Chicken Stir Fry Rice Stir Fry Vegetables Cauliflower Fortune Cookies & Promise Sliced Pears	10 Tater Tot Casserole Peas & Carrots Fresh Sliced Bread & Promise Sliced Peaches in Cottage Cheese
13 Chicken Fried Steak with Country Gravy Corn Diner Roll & Promise Orange Jell-O with Shredded Carrots & Pineapple	14 Meatloaf with Tomato Sauce Baked Potato Green Beans Dinner Roll & Promise Peach Cobbler	15 Sliced Ham Scalloped Potato Peas Fresh Bread & Promise Apple Pie	16 Grilled Chicken Rice Pilaf Prince William Veggies Lettuce Salad w/ Dressing Fresh Bread & Promise Tropical Fruit	17 Taverns Baked Beans Baby Carrots Corn w/ Red Peppers Wheat Bun & Promise
20 Chicken Alfredo with Broccoli Mixed Vegetables Garlic Breadstick & Promise Frozen Fruit with Yogurt	21 Tuna Casserole Peas Baby Raw Carrots WW Bread & Promise Fruit Cocktail	22 BBQ Beef Sandwich Baked Beans Coleslaw Bun & Promise Peaches	23 Sliced Turkey Red Roasted Potatoes Turkey Gravy California Blend Dinner Roll & Promise Pineapple Chunks	24 Dill Baked Fish Parsley Buttered Potatoes Cheesy Broccoli Sliced Bread & Promise Cherry Jell-O with Pears
27 Beef Stroganoff & Noodles Prince William Veggies Veggie Salad, Cottage Cheese, Pineapple, Lettuce Dinner Roll & Promise Cookie	28 Polish Dog with Sauerkraut Mixed Vegetables 3 Bean Salad Bun & Promise Mangos	29 Baked Lemon Chicken Ranch Roasted Potatoes Mixed Vegetables Fresh Bread & Promise Tropical Fruit	30 Hot BBQ Beef Sandwich Scalloped Potatoes Stewed Tomatoes Bun & Promise Mandarin Oranges	

September 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.</p>	<p>Coffee Social served at 3:00 pm Daily</p>	<p>1 Morning Walk/ Quilting/Cards 9:00 & 1:00 Pool 11:30 & 3:00 September Birthday Party with Ray Petersen on Accordion</p>	<p>2 Morning Walk Quilting 1:00 Cards Afternoon Bridge Club</p>	<p>3 Morning Walk/Quilting Cards 9:00 & 1:00 Pool 12:45 "Country School Memories" 1:15 Bingo</p>
<p>6 Closed for Labor Day</p>	<p>7 Morning Walk/Quilting/Cards 11:30 Pat Cook, Piano Afternoon Bridge Club 1:00 Card Making</p>	<p>8 Morning Walk Quilting Cards 9:00 & 1:00 Pool</p>	<p>9 Morning Walk Quilting/Cards 11:30 Donna Hawley's Oldies Guitar Sing-along 1:00 Cards Afternoon Bridge Club</p>	<p>10 Morning Walk Quilting/Cards 9:00 & 1:00 Pool 12:45 "Hallie's Comments" 1:15 Bingo</p>
<p>13 Morning Walk Quilting/Cards 9:00 & 1:00 Pool 11:30 Bonnie Anderson's Energy Medicine Stretches</p>	<p>14 Morning Walk Quilting/Cards Afternoon Bridge Club 11:30 Val Koeber, Piano 5:30 Swedish Smorgasbord 6:30 "Keep the Faith" Music</p>	<p>15 Morning Walk/ Quilting/Cards 9:00 & 1:00 Pool 9:30 Health Screenings 9:45 Chair Massage 12:00 Special Luncheon 12:45 NHHS Services</p>	<p>16 Morning Walk/Quilting/Cards 1:00 Pitch Party 11:30 Energy Medicine Stretches Afternoon Bridge Club 12:45 Shredding Info w/ Dick</p>	<p>17 Morning Walk/Quilting/Cards 9:00 & 1:00 Pool 11:30 Energy Medicine-Stretches 1:15 Bingo</p>
<p>20 Morning Walk Quilting/Cards 9:00 & 1:00 Pool 11:30 Earl & Janet's "Big Band" 1:00 Board Meeting</p>	<p>21 Morning Walk Quilting/Cards Afternoon Bridge Club 11:30 Cyril Hansen, Organ</p>	<p>22 Walking/Quilting/Cards/Pool 11:30 Connie Webber, "Autumn Music," Organ 12:45 "Weight Control" By Connie Vogt, RN</p>	<p>23 Morning Walking Quilting Cards Afternoon Bridge Club 10 am - 12 Noon Paper Shredding</p>	<p>24 Morning Walking/Quilting Cards 9:00 & 1:00 Pool 11:30 Phil's "Spotlight on Promise" 1:15 Bingo 2:00 Chicken Foot Dominoes</p>
<p>27 Morning Walk Quilting Cards 9:00 & 1:00 Pool</p>	<p>28 Morning Walk Quilting Cards 11:30 Pat Cook, Piano Afternoon Bridge Club</p>	<p>29 Morning Walk Quilting Cards 9:00 & 1:00 Pool</p>	<p>30 Morning Walk Quilting Cards Afternoon Bridge Club</p>	<p>Remember: Bingo every Friday at 1:15 pm</p>