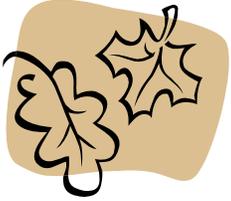
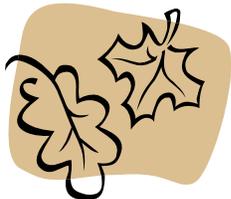


October 2010 Menu

| <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 |  | Invite Your friends! | 1 Deli Fruited Chicken Salad Sandwich, Potato Cheese Soup, Sliced Cucumbers in Sauce, Crackers, Promise, Strawberries in Juice |
| 4 Salisbury Steak Beef Gravy Baked Potato Dill Buttered Carrots Fresh Wheat Bread/Promise Apricots | 5 Sliced Turkey Poultry Gravy Broccoli & Cheese Sliced Tomatoes Wheat Dinner Roll/Promise Mandarin Oranges | 6 Country Beef Steak Mashed Potatoes & Gravy Corn Sliced Wheat Bread Promise Cherry Jell-O w/ Pears | 7 Hot Beef Sandwich Mashed Potatoes & Gravy Cauliflower Fresh Wheat Bread Promise Apple Sauce/Cinnamon | 8 Swedish Meatballs with Celery Soup & Dill Au Gratin Potatoes Peas & Pearl Onions Fresh WW Bread/Promise Vanilla Pudding w/ Peaches |
| 11 Spaghetti & Meatballs Green Beans Lettuce w/Carrots, Cheese & Dorothy Lynch French Bread & Promise Apple Sauce/Cinnamon | 12 Crispy Chicken Baked Potato w/Sour Cream & Butter Honey Glazed Carrots WW Dinner Roll/Promise Fruit Cocktail | 13 Baked Pork Chops/Celery Soup Red Roasted Potatoes Peas & Carrots Fresh WW Bread/Promise Mandarin Fluff | 14 Fish Sandwich Dill Pickle Spear 2 Tomato Slices Broccoli & Raisin Salad Bun/Promise/Tarter Sauce Tropical Fruit | 15 Beef Lasagna Creamed Peas Spinach Salad/Oranges/ Red Peppers/Dressing French Bread/Promise Pineapple Tidbits |
| 18 Swiss Steak w/ Gravy Stewed Tomato & Onion Scalloped Potatoes Beets WW Dinner Roll/Promise Frozen Strawberries | 19 Turkey Stack Over Mashed Potatoes & Gravy Corn Sliced WW Bread/Promise Apple Sauce | 20 Sliced Beef Mashed Potatoes & Beef Gravy Key Largo Blend WW Dinner Roll & Promise Pumpkin Pie | 21 Chicken Stir Fry Rice Stir Fry Vegetables Cauliflower 2 Fortune Cookies Promise Sliced Pears | 22 Tator Tot Casserole Peas & Carrots Fresh Sliced Bread & Promise Sliced Peaches in Cottage Cheese |
| 25 Chicken Fried Steak Mashed Potatoes & Gravy Corn WW Dinner Roll & Promise Orange Jell-O, Carrots & Pineapple | 26 Meatloaf w/ Tomato Sauce Baked Potato Green Beans WW Dinner Roll & Promise Canned Pears | 27 Sliced Ham with Pineapple Slices Mac & Cheese Peas WW Sliced Bread/Promise 1/2 cup Fruit in Jell-O | 28 Grilled Chicken w/ Cream of Chicken Soup & Cheese Prince William Veg. Lettuce Salad w/ Tomatoes WW Fresh Bread Tropical Fruit | 29 Taverns Baked Beans Corn with Red Peppers WW Bun & Promise Mandarin Oranges |

October 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 Daily at 3:00 pm</p> | <p>Remember: Bingo every Friday at 1:15 pm and Chicken Foot Dominoes At 2:00 pm</p> | <p>1 Morning Walk Quilting/Cards 9:00 & 1:00 Pool 1:15 Bingo 2:00 Chicken Foot Dominoes</p> |
| <p>4 Morning Walk Quilting Cards 9:00 & 1:00 Pool</p> | <p>5 Morning Walk Quilting Cards Afternoon Bridge Club 1:00 Card Making</p> | <p>6 Morning Walk Quilting/Cards 9:00 & 1:00 Pool 11:30 & 3:00 Birthday Celebration with Ray Petersen, Accordion</p> | <p>7 Walk/Quilting/Cards 1:00 Cards Afternoon Bridge Club 12:30 "Mongolian Culture & Science" by WSC Instructors</p> | <p>8 Morning Walk Quilting/Cards 9:00 & 1:00 Pool 1:15 Bingo 2:00 Chicken Foot Dominoes</p> |
| <p>11 Morning Walk Quilting/Cards 9:00 & 1:00 Pool 10:00-12:00 AM Flu Shots 11:30 Val Koeber, Pi-</p> | <p>12 Morning Walk Quilting/Cards Afternoon Bridge Club 11:30 Pat Cook, Piano</p> | <p>13 Morning Walk/ Quilting/Cards 9:00 & 1:00 Pool 12:45 pm Amanda McMahon, Legal Aide Society "Wills & Power of Attorney"</p> | <p>14 Morning Walk/Quilting/Cards 1:00 Pitch Party Afternoon Bridge Club 5:30 Octoberfest Evening Meal 6:40 Burt Heithold Band</p> | <p>15 Morning Walk/Quilting/Cards 9:00 & 1:00 Pool 1:15 Bingo 2:00 Chicken Foot Dominoes 11:30 Cyril Hansen, Organ</p> |
| <p>18 Morning Walk Quilting/Cards 9:00 & 1:00 Pool 1:00 Board Meeting</p> | <p>19 Morning Walk Quilting Cards Afternoon Bridge Club 11:30 Cyril Hansen, Organ</p> | <p>20 Walking/Quilting/Cards/Pool 9:00 & 1:00 Pool 9:30 Health Screenings Mary Nichols, RN</p> | <p>21 Morning Walking Quilting Cards Afternoon Bridge Club</p> | <p>22 Walking/Quilting/Cards 9:00 & 1:00 Pool 1:15 Bingo 11:30 & 12:45 "Spotlight on Promise" 2:00 Chicken Foot Dominoes</p> |
| <p>25 Morning Walk Quilting Cards 9:00 & 1:00 Pool</p> | <p>26 Morning Walk Quilting Cards Afternoon Bridge Club</p> | <p>27 Morning Walk Quilting Cards 9:00 & 1:00 Pool 12:45 "Fall Prevention" Connie Vogt, RN</p> | <p>28 Morning Walk/Quilting/Cards Afternoon Bridge Club 11:30 Polka & Country Dance Music 12:45 1950's Dance Music Pat Cook, In Memory of Tom</p> | <p>29 Walking/Quilting/Cards 9:00 & 1:00 Pool 11:30 "Halloween Celebration" with Sheri Lundahl on Guitar, Piano, & Organ 1:15 Bingo 2:00 Chicken Foot Dominoes</p> |