

# November 2010 Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1 Chicken Alfredo w/ Broccoli Mixed Vegetables WW Fresh Bread & Promise Frozen Fruit w/ Yogurt	2 Tuna Casserole Dilled Carrots Lettuce w/ Carrots & Cheese WW Bread & Promise Fruit Cocktail	3 WW Ham Salad Sandwich Pea Salad Homemade Tomato Soup Crackers & Promise Cherry Jell-O w/ Pears	4 Sliced Turkey & Gravy Sweet Potatoes, California Blend, WW Dinner Roll/ Promise, Pineapple, Tapio- ca Pudding by Sr. Center	5 BBQ Beef Sandwich Baked Beans Cole Slaw WW Bun & Promise Peaches
8 Beef Stroganoff / Noodles Prince William Veg. Vegetable Salad Cottage Cheese w/ Pineapple on Lettuce WW Dinner Roll & Promise	9 Polish Dog / Bun Creamed Peas Three-Bean Salad Vanilla Pudding with Marshmallows Mango	10 Baked Lemon Chicken Ranch Roasted Potato Mixed Vegetables Fresh WW Bread & Promise Tropical Fruit	11 BBQ Meatloaf, Scalloped Potatoes, Stewed Toma- toes, WW Dinner Roll & Promise, Mandarin Orang- es, Vanilla Pudding, Marsh- mallows, Wafers	12 Fruited Deli Chicken WW Sandwich Potato Cheese Soup Sliced Cucumbers/Sauce Crackers & Promise Strawberries in Juice
15 Salisbury Steak with Beef Gravy Baked Potato Dill Buttered Carrots Fresh WW Bread & Promise Apricots	16 Sliced Turkey with Poultry Gravy Broccoli & Cheese Sliced Tomato WW Dinner Roll & Promise Mandarin Oranges	17 Country Beef Steak Mashed Potatoes & Country Gravy Corn, WW Sliced Bread & Promise Choice of Pie	18 Hot Beef Sandwich Mashed Potato & Gravy Cauliflower WW Fresh Bread & Promise, Apple Sauce with Cinnamon	19 Swedish Meatballs w/ Celery Soup & Dill, Au gratin Potatoes, Peas & Pearl Onions, WW Fresh Bread & Promise Vanilla Pudding w/ Peaches
22 Spaghetti & Meatballs Green Beans Lettuce w/ Carrots & Cheese & Dorothy Lynch WW Fresh Bread & Promise Apple Sauce with Cinnamon	23 Crispy Chicken Baked Potato w/ Sour Cream & Butter Honey Glazed Carrots WW Dinner Roll & Promise Fruit Cocktail	24 Baked Pork Chops w/ Cel- ery Soup, Candied Sweet Potatoes, Peas & Carrots Fresh WW Bread & Promise, Mandarin Fluff Pumpkin Pie by Careage of Wayne	25 <b>Closed For Thanksgiving</b>	26 <b>Closed For Thanksgiving</b>
29 Swiss Steak w/ Gravy Stewed Tomatoes & Onions Scalloped Potatoes Beets WW Dinner Roll & Promise Frozen Strawberries	30 Turkey Stack with Mashed Potatoes & Gravy Corn WW Sliced Bread & Promise Apple Sauce	 <p><b>Invite your friends!</b></p>	<p><b>NOTICE: Menus are subject to change by Dietitian</b></p>	<p><b>2% Milk, Water, and Coffee are offered with every meal.</b></p>

# November 2010 Activities

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p><b>1</b> Morning Walk Quilting Cards 9:00 &amp; 1:00 Pool</p>	<p><b>2</b> Morning Walk Quilting/Cards Afternoon Bridge Club 1:15 Card Making</p>	<p><b>3</b> Morning Walk/ Quilting/Cards 9:00 &amp; 1:00 Pool <b>11:30 - 12:15 &amp; 3:00</b> <b>Birthday Party</b> <b>Ray Petersen on Accordion</b></p>	<p><b>4</b> Morning Walk/Quilting/Cards 1:00 Pitch Party Afternoon Bridge Club <b>11:30/12:45 Singing Farmer</b> <b>11:50 Rita McLean: Home</b> <b>Delivered Books</b></p>	<p><b>5</b> Morning Walk Quilting/Cards 9:00 &amp; 1:00 Pool 1:15 Bingo 2:00 Chicken Foot Dominoes</p>
<p><b>8</b> Morning Walk Quilting / Cards 9:00 &amp; 1:00 Pool <b>12:45 "Holiday Nutri- tion" - Sandy Preston,</b> <b>UNL Ext. Educ.</b></p>	<p><b>9</b> Morning Walk Quilting Cards Afternoon Bridge Club <b>11:30 Pat Cook, Piano</b></p>	<p><b>10</b> Morning Walk Quilting/Cards 9:00 &amp; 1:00 Pool <b>Herman Chiropractic - Com- plimentary Meal at Noon</b> <b>"Sciatica" by Joelle Herman</b></p>	<p><b>11</b> Walk/Quilting/Cards 1:00 Cards Afternoon Bridge Club <b>12:00 Veterans' Luncheon</b> <b>1:30 Veterans' Day Program</b></p>	<p><b>12</b> Morning Walk Quilting/Cards 9:00 &amp; 1:00 Pool 1:15 Bingo 2:00 Chicken Foot Dominoes</p>
<p><b>15</b> Morning Walk Quilting Cards 9:00 &amp; 1:00 Pool</p>	<p><b>16</b> Morning Walk Quilting/Cards Afternoon Bridge Club <b>11:30 Val Koeber, Piano</b></p>	<p><b>17</b> Morning Walk/ Quilting/Cards 9:00 &amp; 1:00 Pool <b>9:30 Health Screening</b> <b>11:30 Bill Koeber &amp; Jay</b> <b>O'Leary Clarinet Ensemble</b> <b>12:00 Special Luncheon</b></p>	<p><b>18</b> Morning Walk/Quilting/Cards 1:00 Pitch Party Afternoon Bridge Club <b>12:45 Connie Vogt,</b> <b>"Holiday Stress"</b></p>	<p><b>19</b> Morning Walk/Quilting/Cards 9:00 &amp; 1:00 Pool 1:15 Bingo 2:00 Chicken Foot Dominoes <b>Phil Pfaltzgraff - "Spotlight on Promise"</b></p>
<p><b>22</b> Morning Walk Quilting/Cards 9:00 &amp; 1:00 Pool <b>1:00 Board Meeting</b></p>	<p><b>23</b> Morning Walk Quilting Cards Afternoon Bridge Club <b>11:30 "We Give Thanks,"</b> <b>Pat Cook, Piano</b></p>	<p><b>24</b> Walking/Quilting/Cards/Pool 9:00 &amp; 1:00 Pool <b>11:30 Special Entertainment</b> <b>12:00 Thanksgiving Dinner</b></p>	<p><b>Closed</b> <b>For</b> <b>Thanksgiving</b></p>	<p><b>Closed</b> <b>For</b> <b>Thanksgiving</b></p>
<p><b>29</b> Morning Walk Quilting / Cards 9:00 &amp; 1:00 Pool <b>12:45 "Is Natural Healthcare for You?"</b> <b>by Dr. Shirley Kraemer</b></p>	<p><b>30</b> Morning Walk Quilting Cards Afternoon Bridge Club <b>11:30 Pat Sherry, Piano</b></p>	<p><b>Remember:</b> <b>Fridays</b> <b>Bingo at 1:15 pm</b> <b>Chicken Foot Dominoes</b> <b>At 2:00 pm</b></p>		<p><b>Let Penny know if</b> <b>you invite someone</b> <b>to eat or to an activi- ty at the Center.</b></p>