

January 2011 Menu

<p>3 Spaghetti & Meatballs Green Beans Lettuce w/ Carrots & Cheese WW Bread & Promise Apple Sauce w/ Cinnamon</p>	<p>4 Crispy Chicken Baked Potato, Sour Cream Honey Glazed Carrots WW Dinner Roll & Promise Fruit Cocktail</p>	<p>5 Celery Baked Pork Chop Roasted Red Potatoes Peas & Carrots Fresh WW Bread & Promise Mandarin Fluff</p>	<p>6 Fish Sandwich, Bun/Promise Dill Pickle Spear 2 Slices Fresh Tomato Broccoli & Raisin Salad Tartar Sauce Tropical Fruit</p>	<p>7 Beef Lasagna Creamed Peas Fresh Spinach Salad w/ Oranges & Red Peppers Fresh WW Bread Pineapple Tidbits</p>
<p>10 Swiss Steak w/ Gravy, Stewed Tomato & Onion Scalloped Potatoes Beets WW Dinner Roll & Promise Frozen Strawberries</p>	<p>11 Turkey Stack over Mashed Potatoes & Gravy Frozen Corn Sliced WW Bread & Promise Apple Sauce</p>	<p>12 Sliced Beef Mashed Potatoes & Gravy Key Largo Blend Veg. WW Dinner Roll & Promise Mandarin Oranges</p>	<p>13 Chicken Stir Fry w/ Rice Pickled Beets Stir Fry Vegetables Sliced WW Bread & Promise Sliced Pears</p>	<p>14 Tator Tot Casserole w/ Green Beans Peas & Carrots Fresh WW Bread & Promise Sliced Peaches in Cottage Cheese</p>
<p>17 Chicken Fried Steak Mashed Potatoes & Country Gravy Corn WW Dinner Roll & Promise Orange Jell-O w/ carrots & crushed Pineapple</p>	<p>18 Meatloaf w/ Tomato Sauce Baked Potato Green Beans WW Dinner Roll & Promise Canned Pears</p>	<p>19 Sliced Ham with 2 Pineapple Slices Mac & Cheese Peas Sliced WW Bread & Promise Lime Jell-O w/ Pears Chocolate Pie</p>	<p>20 Grilled Chicken with Chicken Soup & Cheese Prince William Mixed Veg. Lettuce Salad w/ Tomatoes & Dressing WW Fresh Bread & Promise Tropical Fruit</p>	<p>21 Taverns Baked Beans Corn w/ Red Peppers WW Bun & Promise Mandarin Oranges</p>
<p>24 Chicken Alfredo With Broccoli Mixed Vegetables French Bread & Promise Frozen Fruit With Yogurt</p>	<p>25 Tuna Casserole Dilled Carrots Lettuce Salad with Carrots & Cheese WW Bread & Promise Fruit Cocktail</p>	<p>26 Ham Salad Sandwich on WW Bread Pea Salad Homemade Tomato Soup With Stewed Tomatoes Crackers & Promise Cherry Jell-O w/ Pears</p>	<p>27 Sliced Turkey & Turkey Gravy Sweet Potatoes California Blend Veg. WW Dinner Roll & Promise Pineapple Chunks</p>	<p>28 BBQ Beef Sandwich Baked Beans Fresh Cole Slaw WW Bun & Promise Peaches</p>
<p>31 Beef Stroganoff & Noodles Prince William Blend Veg. Vegetable Salad Cottage Cheese w/ Pineapple on Lettuce WW Dinner Roll & Promise</p>	<p>NOTICE: Menus are subject to change by Dietitian</p>		<p>2% Milk, Water, and Coffee are offered with every meal.</p>	<p>Don't Be Shy- Bring A Friend!</p>

January 2011 Activities

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>3 Morning Walking Quilting Cards 9:00 & 1:00 Pool 11:30 & 12:45 Phil & Sherry Pfaltzgraff</p>	<p>4 Morning Walking Quilting Cards Afternoon Bridge Club 11:30 Pat Cook, Piano 1:00 Card Making</p>	<p>5 Morning Walking Quilting/Cards 9:00 & 1:00 Pool 11:30 & 3:00 Birthday Party Ray Petersen on Accordion</p>	<p>6 Morning Walking Quilting Cards 1:00 Pitch Party Afternoon Bridge Club</p>	<p>7 Walking/Quilting/Cards 9:00 & 1:00 Pool 12:45 - 1:15 Darrell Rahn "Our Days in Beijing" 1:15 Bingo 2:00 Chicken Foot Dominoes</p>
<p>10 Morning Walking Quilting Cards 9:00 & 1:00 Pool</p>	<p>11 Morning Walking Quilting Cards 11:30 Pat Cook, Piano Afternoon Bridge Club</p>	<p>12 Morning Walk Quilting Cards 9:00 & 1:00 Pool 12:45 Connie Vogt, RN "Hypothyroidism"</p>	<p>13 Morning Walking Quilting Cards 1:00 Pitch Party Afternoon Bridge Club Century Club</p>	<p>14 Morning Walking Quilting/Cards 9:00 & 1:00 Pool 11:30 Cyril Hanson, Organ 1:15 Bingo 2:00 Chicken Foot Dominoes</p>
<p>17 Walk/Quilting/Cards 9:00 & 1:00 Pool 1:00 Board Meeting</p>	<p>18 Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>19 Walking/Quilting/Cards/Pool 12:00 Special Luncheon 11:30 and 3:00 Snowball Dance With Ray Petersen on Accordion</p>	<p>20 Morning Walk/Quilting/Cards 1:00 Pitch Party Afternoon Bridge Club 11:50 Library Corner With Lauran Lofgren</p>	<p>21 Morning Walking Quilting Cards 9:00 & 1:00 Pool 1:15 Bingo 2:00 Chicken Foot Dominoes</p>
<p>24 Morning Walking Quilting/Cards 9:00 & 1:00 Pool</p>	<p>25 Morning Walk Quilting Cards Afternoon Bridge Club</p>	<p>26 Morning Walking Quilting Cards 9:00 & 1:00 Pool</p>	<p>27 Morning Walking Quilting Cards 11:30 Connie Webber, Organ 1:00 Pitch Party Afternoon Bridge Club</p>	<p>28 Morning Walking Quilting Cards 9:00 & 1:00 Pool 1:15 Bingo 2:00 Chicken Foot Dominoes</p>
<p>31 Walking/Quilting Cards 9:00 & 1:00 Pool 12:45 Movie Day Comedy: "How To Succeed in Business Without Really Trying" With Robert Morse</p>	<p>Let Penny know if you invite someone to eat or to an activity at the Center.</p>	<p>29 </p>	<p>Remember: Fridays Bingo at 1:15 pm Chicken Foot Dominoes At 2:00 pm</p>	<p>Don't Be Shy- Bring A Friend!</p>