

February 2011 Menu

	<p>1 Polish Dog on a Bun Creamed Frozen Peas Three Bean Salad Promise PC Vanilla Pudding w/Marshmallows Fresh Mango</p>	<p>2 Lemon Chicken Baked w/ Chicken Soup Roasted Potatoes w/ Skins Frozen Mixed Vegetables Fresh WW Bread & Promise Tropical Fruit Fruit Pie by Sr. Center</p>	<p>3 BBQ Meatloaf Sandwich Scalloped Potatoes Stewed Tomatoes Hot Dog Bun & Promise PC Mandarin Oranges</p>	<p>4 Chicken Salad Sandwich w/ Pineapple & Celery Potato Cheese Soup Fresh Cucumbers in Sauce Crackers & Promise PC Fresh Strawberries in Juice</p>
<p>7 Salisbury Steak/Beef Gravy Baked Potatoes Dill Buttered Fresh Carrots Fresh WW Bread & Promise Apricots</p>	<p>8 Sliced Turkey/Poultry Gravy Frozen Broccoli & Cheese 2 Fresh Tomato Slices WW Dinner Roll & Promise Mandarin Oranges</p>	<p>9 Country Beef Steak w/ Gravy Mashed Potatoes Frozen Corn Sliced WW Bread & Promise Cherry Jell-O w/ Pears</p>	<p>10 Hot Beef Sandwich Mashed Potatoes & Gravy Frozen Green Beans Casserole Fresh WW Bread & Promise Apple Sauce w/Cinnamon</p>	<p>11 Swedish Meatballs w/Celery Soup & Dill Au Gratin Potatoes Peas & Pearl Onions Fresh WW Bread & Promise Vanilla Pudding w/ Marshmallows & Peaches</p>
<p>14 Spaghetti, Meatballs & Sauce Frozen Green Beans Shredded Lettuce w/Carrots, Cheese & Dorothy Lynch WW Bread & Promise Raspberry/Apple Sauce Jell-O Tapioca Pudding by Sr. Ctr.</p>	<p>15 Crispy Chicken Baked Potato, Sour Cream & Butter Honey Glazed Frozen Carrots WW Dinner Roll & Promise Fruit Cocktail</p>	<p>16 Baked Pork Chops w/Celery Soup Fresh Red Roasted Potatoes Frozen Peas & Carrots Fresh WW Bread & Promise Mandarin Fluff Cherry Cheesecake</p>	<p>17 Fish Sandwich Tartar Sauce, Dill Pickle Spear Broccoli Raisin Salad 2 Slices Fresh Tomato Fresh WW Bread & Promise Tropical Fruit</p>	<p>18 Beef Lasagna Creamed Frozen Peas Fresh Spinach Salad w/ Mandarin Oranges, Red Onion, & Festive Dressing Fresh WW Bread & Promise Pineapple Tidbits</p>
<p>21 Swiss Steak w/Gravy, Stewed Tomatoes & Onion Scalloped Potatoes Beets WW Dinner Roll & Promise Frozen Strawberries</p>	<p>22 Turkey Stack Mashed Potatoes & Gravy Frozen Corn Sliced WW Bread & Promise Apple Sauce</p>	<p>23 Sliced Beef Mashed Potatoes with Beef Gravy Frozen Key Largo Blend Vegetables WW Dinner Roll & Promise Mandarin Oranges</p>	<p>24 Chicken Stir Fry Pickled Beets Frozen Stir Fry Vegetables Rice 1 slice WW Bread & Promise Sliced Pears</p>	<p>25 Tator Tot Casserole with Frozen Green Beans Frozen Peas & Carrots Fresh WW Bread & Promise 1/2 Cup Sliced Peaches in Cot- tage Cheese</p>
<p>28 Chicken Fried Steak with Country Gravy Mashed Potatoes Frozen Corn WW Dinner Roll & Promise Orange Jell-O with Carrots & Pineapple w/ Pineapple juice</p>	<p><u>NOTICE:</u> Menus are subject to change by Dietitian</p>		<p>2% Milk, Water, and Coffee are offered with every meal.</p>	<p>Want to be Count- ed? Bring A Friend!</p>

February 2011 Activities

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>Ground Hog Day is Feb. 2</p> 	<p>1 Morning Walking Quilting Cards Afternoon Bridge Club 1:00 Card Making</p>	<p>2 Morning Walking Quilting / Cards / Hand & Foot 9:00 & 1:00 Pool 11:30 & 3:00 Birthday Party Ray Petersen on Accordion</p>	<p>3 Walking / Quilting / Cards 12:45 Pam Browning & Anthony Lawrence "Weatherization Info" 1:00 Pitch Party Afternoon Bridge Club</p>	<p>4 Walking/Quilting/Cards 9:00 & 1:00 Pool 1:15 Bingo 2:00 Chicken Foot Dominoes 12:45 Annual Senior Center Public Hearing</p>
<p>7 Morning Walking Quilting Cards 9:00 & 1:00 Pool</p>	<p>8 Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>9 Morning Walk Quilting Cards 1:00 Hand & Foot 9:00 & 1:00 Pool 1:00 - 3:00 Acrylic Heart Quilt Painting by Natalie Endicott</p>	<p>10 Walking / Quilting / Cards Noon: Century Club 1:00 Pitch Party Afternoon Bridge Club 12:45 "Prescription Drug Abuse" by Lance Webster (Mandatory for Staff)</p>	<p>11 Morning Walking Quilting/Cards 9:00 & 1:00 Pool 11:30 Connie Webber, Piano 1:15 Bingo 2:00 Chicken Foot Dominoes</p>
<p>14 Walk/Quilting/Cards 9:00 & 1:00 Pool 11:30 & 12:45 Sheri Lundahl 1:00 "My Best Friend's Wedding" w/ Julia Roberts</p>	<p>15 Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>16 Walking/Quilting/Cards/Pool 9:30 Health Screening 1:00 Hand & Foot 12:00 Special Luncheon 11:30 & 3:00 Cyril Hansen on Accordion</p>	<p>17 Morning Walk/Quilting/Cards 1:00 Pitch Party Afternoon Bridge Club</p>	<p>18 Morning Walking Quilting Cards 9:00 & 1:00 Pool 1:15 Bingo 2:00 Chicken Foot Dominoes</p>
<p>21 Morning Walking Quilting/Cards 9:00 & 1:00 Pool 1:00 Board Meeting</p>	<p>22 Morning Walk Quilting Cards Afternoon Bridge Club</p>	<p>23 Walking/Quilting/Cards 1:00 Hand & Foot 9:00 & 1:00 Pool 12:45 "Symptoms of Heart Attacks" by Connie Vogt, RN</p>	<p>24 Morning Walking Quilting Cards 11:30 Connie Webber, Piano 1:00 Pitch Party Afternoon Bridge Club</p>	<p>25 Walking/Quilting/Cards 9:00 & 1:00 Pool 11:30 & 12:45 "Spotlight on Promise" Phil Pfaltzgraff & WSC Students 1:15 Bingo 2:00 Chicken Foot Dominoes</p>
<p>28 Morning Walking Quilting Cards 9:00 & 1:00 Pool 11:30 & 3:00 Cyril Hansen on Organ</p>	<p>Let Penny know if you invite someone to eat or to an activity at the Center.</p>	<p>Valentine's Day Is Feb. 14</p> 	<p>Remember Fridays: Bingo at 1:15 pm Chicken Foot Dominoes At 2:00 pm</p>	<p>Want to be Counted? Bring A Friend!</p>