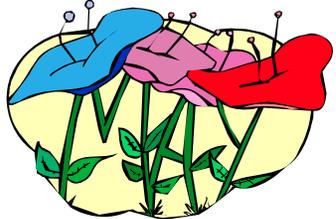
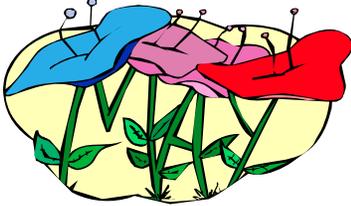


# April 2011 Menu

| <u>Monday</u>  | <u>Tuesday</u>   | <u>Wednesday</u>  | <u>Thursday</u>   | <u>Friday</u>   |
|--|--|---|---|---|
|   | <p><b><u>NOTICE:</u> Menus are subject to change by Dietitian.</b></p>   |   | <p><b>2% Milk, Water, and Coffee are offered with every meal.</b></p>   | <p>1<br/>Beef Lasagna<br/>Creamed Frozen Peas<br/>Fresh Spinach Salad w/<br/>Oranges &amp; Red Pepper &amp;<br/>dressing<br/>WW Fresh Bread &amp; Promise<br/>Canned Pineapple Tidbits</p>  |
| <p>4<br/>Swiss Steak w/ Stewed Tomato<br/>&amp; Onion Gravy<br/>Scalloped Potatoes<br/>Beets<br/>WW Dinner Roll &amp; Promise<br/>Frozen Strawberries</p>                                | <p>5<br/>Turkey Stack w/ Gravy<br/>Mashed Potatoes w/ Skins &amp;<br/>Gravy<br/>Frozen Corn<br/>WW Fresh Bread &amp; Promise<br/>Canned Applesauce</p>                     | <p>6<br/>Sliced Beef<br/>Russet Roasted Potatoes w/<br/>Skins<br/>Frozen Key Largo Blend<br/>WW Dinner Roll &amp; Promise<br/>Canned Mandarin Oranges</p>                           | <p>7<br/>Chicken Stir Fry<br/>Rice<br/>Pickled Beets<br/>Frozen Stir Fry Vegetables<br/>Promise<br/>Canned Sliced Pears</p>   | <p>8<br/>Tator Tot Casserole with<br/>Frozen Green Beans<br/>Frozen Peas &amp; Carrots<br/>WW Fresh Bread &amp; Promise<br/>Canned Peaches over<br/>Cottage Cheese</p>                      |
| <p>11<br/>Chicken Fried Steak<br/>&amp; Country Gravy<br/>Potatoes Mashed w/ Skins<br/>Frozen Corn<br/>WW Dinner Roll &amp; Promise<br/>Orange Jell-O w/ Carrots &amp;<br/>Pineapple</p> | <p>12<br/>Meatloaf w/ Tomato Sauce<br/>Baked Potato w/ Butter<br/>Frozen Green Beans<br/>WW Dinner Roll &amp; Promise<br/>Canned Pears</p>                                 | <p>13<br/>Sliced Ham w/<br/>2 Pineapple Slices<br/>Frozen Peas<br/>WW Fresh Bread &amp; Promise<br/>Green Jell-O w/<br/>Canned Pineapple</p>  | <p>14<br/>Grilled Chicken w/ Cream of<br/>Chicken Soup<br/>Frozen Prince William Veg.<br/>Fresh Lettuce Salad &amp; Toma-<br/>toes<br/>WW Fresh Bread &amp; Promise<br/>Canned Tropical Fruit</p> | <p>15<br/>Taverns<br/>Baked Beans<br/>Frozen Corn w/<br/>Red Peppers<br/>Bun &amp; Promise<br/>Canned Mandarin Oranges</p>  |
| <p>18<br/>Chicken Alfredo with<br/>Broccoli<br/>Frozen Mixed Vegetables<br/>WW Fresh Bread &amp; Promise<br/>Frozen Mixed Fruit<br/>With Yogurt</p>                                      | <p>19<br/>Tuna Casserole<br/>Dilled Frozen Carrots<br/>Shredded Lettuce &amp; Carrots w/<br/>Dorothy Lynch<br/>WW Fresh Bread &amp; Promise<br/>Canned Fruit Cocktail</p>  | <p>20<br/>Country Beef Steak<br/>Country Gravy<br/>Mashed Potatoes w/ Skins<br/>Frozen Corn<br/>Cole Slaw<br/>WW Fresh Bread &amp; Promise<br/>Peach Pie</p>                        | <p>21<br/>Sliced Turkey<br/>&amp; Turkey Gravy<br/>Sweet Potatoes<br/>Frozen California Blend<br/>WW Dinner Roll &amp; Promise<br/>Canned Pineapple Chunks</p>                                    | <p>22<br/><b><u>CLOSED</u></b><br/><b><u>For</u></b><br/><b><u>Good Friday</u></b></p>  |
| <p>25<br/>Beef Stroganoff<br/>Noodles<br/>Frozen Prince William Veg.<br/>Cottage Cheese w/ 2 Pineapple<br/>Slices on a Lettuce Leaf<br/>WW Dinner Roll &amp; Promise</p>                 | <p>26<br/>Polish Dog<br/>Creamed Frozen Peas<br/>Canned Three Bean Salad<br/>WW Fresh Bread &amp; Promise<br/>Vanilla Pudding w/ Marshmal-<br/>lows &amp; Frozen Mango</p> | <p>27<br/>Baked Lemon Chicken w/<br/>Cream of Chicken Soup,<br/>Ranch Roasted Potato w/<br/>Skins, Frozen Mixed Veg.<br/>WW Fresh Bread &amp; Promise<br/>Canned Tropical Fruit</p> | <p>28<br/>BBQ Meatloaf<br/>Scalloped Potatoes w/ Parsley<br/>Stewed Tomatoes<br/>WW Dinner Rolls &amp; Promise<br/>Green Jell-O w/ Canned<br/>Mandarin Oranges</p>                                | <p>29<br/>Chicken Salad Sandwich w/<br/>Pineapple &amp; Celery, Potato<br/>Cheese Soup, Sliced Fresh<br/>Cucumbers in Sauce<br/>WW Bread &amp; Promise<br/>Frozen Strawberries in Juice</p> |

# April 2011 Activities

| <u>Monday</u>   | <u>Tuesday</u>  | <u>Wednesday</u>  | <u>Thursday</u>  | <u>Friday</u>  |
|---|---|---|--|--|
|    | Remember Fridays:<br>Bingo at 1:15 pm<br>Chicken Foot Dominoes at 2:00 pm   |   | <b>For a Good Time,<br/>Bring a Friend!</b>  | 1<br>Walking/Quilting/Cards<br>9:00 & 1:00 Pool<br><b>12:45 pm "Strokes" by<br/>Connie Vogt, RN</b><br>1:15 Bingo<br>2:00 Chicken Foot Dominoes  |
| 4<br>Morning Walking<br>Quilting<br>Cards<br>9:00 & 1:00 Pool   | 5<br>Morning Walking<br>Quilting<br>Cards<br><b>11:30 Pat Cook, Piano</b><br>Afternoon Bridge Club<br><b>1:00 Card Making</b>                             | 6<br>Morning Walking/Quilting<br>Cards/Hand & Foot<br>9:00 & 1:00 Pool<br><b>NOON: Volunteer Appreciation</b><br><b>April Birthday Celebration</b><br><b>11:30 &amp; 3:00</b><br><b>Ray Petersen, Accordion</b> | 7<br>Walking<br>Quilting<br>Cards<br>1:00 Pitch Party<br>Afternoon Bridge Club   | 8<br>Walking<br>Quilting<br>Cards<br>9:00 & 1:00 Pool<br>1:15 Bingo<br>2:00 Chicken Foot Dominoes  |
| 11<br>Morning Walking<br>Quilting<br>Cards<br>9:00 & 1:00 Pool  | 12<br>Morning Walking<br>Quilting<br>Cards<br><b>11:30 Connie Webber,<br/>Piano</b><br>Afternoon Bridge Club  | 13<br>Walking<br>Quilting<br>Cards<br>Hand & Foot<br>9:00 & 1:00 Pool<br><b>11:30 Cyril Hansen, Organ</b>   | 14<br>Walking / Quilting / Cards<br>1:00 Pitch Party<br>Afternoon Bridge Club<br><b>11:30 Ray Petersen,<br/>Accordion</b><br><b>Noon: Volunteer<br/>Appreciation</b> | 15<br>Walking/Quilting/Cards<br>9:00 & 1:00 Pool<br>1:15 Bingo<br>2:00 Chicken Foot Dominoes<br><b>2:55 "Coffee Chat " by<br/>Stacey Kraft</b>   |
| 18<br>Walking<br>Quilting<br>Cards<br>9:00 & 1:00 Pool<br><b>1:00 Board Meeting</b>   | 19<br>Morning Walking<br>Quilting / Cards<br>Afternoon Bridge Club<br><b>12:45 Library Corner:<br/>"Historic Homes in the<br/>Midwest" by Julie Osnes</b> | 20<br>Walking/Quilting/Cards<br>Hand & Foot<br>9:00 & 1:00 Pool<br><b>9:30 Health Screening</b><br><b>11:30 Nancy Musil, Harp</b><br><b>Special Luncheon &amp;<br/>Easter Celebration</b>                       | 21<br>Walking<br>Quilting<br>Cards<br><b>11:30 Pat Cook, Piano</b><br><b>Noon Elderfest Dinner at<br/>Sr. Center</b><br>Afternoon Bridge Club                        | 22<br><br><b><u>CLOSED</u></b><br><b><u>For</u></b><br><b><u>Good Friday</u></b>   |
| 25<br>Morning Walking<br>Quilting<br>Cards<br>9:00 & 1:00 Pool<br><b>11:30 Ray Petersen,<br/>Accordion</b><br><b>Noon: Volunteer Appreciation</b> | 26<br>Morning Walking<br>Quilting<br>Cards<br><b>11:30 Connie Webber,<br/>Organ</b><br>Afternoon Bridge Club  | 27<br>Morning Walking<br>Quilting<br>Cards<br>Hand & Foot<br>9:00 & 1:00 Pool<br><b>12:45 "Medicare Fraud" by<br/>Rita Sparr</b>  | 28<br>Walking<br>Quilting<br>Cards<br><b>11:30 Deb Dickey, Piano</b><br>1:00 Pitch Party<br>Afternoon Bridge Club  | 29<br>Walking/Quilting/Cards<br>9:00 & 1:00 Pool<br><b>11:30 &amp; 12:45 "Spotlight on<br/>Promise" by Phil Pfaltzgraff<br/>&amp; WSC Students</b><br>1:15 Bingo<br>2:00 Chicken Foot Dominoes |