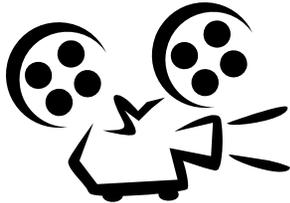


May 2011 Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>2 Salisbury Steak w/ Beef Gravy Baked Potato Dill Buttered Frozen Carrots WW Fresh Bread & Promise Canned Apricots</p>	<p>3 Sliced Turkey Sweet Potatoes Frozen Broccoli WW Dinner Roll & Promise Canned Mandarin Oranges</p>	<p>4 Country Beef Steak w/ Country Gravy Mashed Potatoes w/ Skins Frozen Corn WW Fresh Bread & Promise Cherry Jell-O w/ Canned Pears</p>	<p>5 Swedish Meatballs w Celery Soup & Dill Au Gratin Potatoes Frozen Peas & Pearl Onions WW Fresh Bread & Promise Vanilla Pudding w/ Marshmallow & C. Peaches</p>	<p>6 Hot Pork Sandwich, Beef Gra- vy, Mashed Potatoes/Skins Frozen Green Beans WW Fresh Bread & Promise Canned Apple Sauce w/ Cinnamon Cookies by Sr. Center</p>
<p>9 Spaghetti & Meatballs w/ Sauce Frozen Green Beans Shredded Lettuce w/ Carrots, Cheese, & Dorothy Lynch WW Fresh Bread & Promise Canned Peaches</p>	<p>10 Crispy Chicken Baked Potato w/ Butter Honey Glazed Frozen Carrots WW Dinner Roll & Promise Canned Fruit Cocktail</p>	<p>11 Baked Pork Chops w/ Celery Soup Fresh Red Roasted Potatoes With Skins Frozen Peas & Carrots WW Fresh Bread & Promise Mandarin Fluff</p>	<p>12 Fish Sandwich Dill Pickle Spear Sliced Tomatoes Frozen Broccoli & Raisin Sal- ad Promise & Tatar Sauce Canned Tropical Fruit</p>	<p>13 Beef Lasagna Creamed Frozen Peas Fresh Spinach Salad w/ Man- darin Oranges , Red Pepper Rings, & Festive dressing WW Fresh Bread & Promise Canned Pineapple Tidbits</p>
<p>16 Swiss Steak w/ Gravy Stewed Tomatoes & Onions Scalloped Potatoes Beets WW Dinner Roll & Promise Frozen Strawberries</p>	<p>17 Turkey Stack Mashed Potatoes with Skins & Gravy Frozen Corn WW Fresh Bread & Promise Canned Apple Sauce</p>	<p>18 Sliced Beef Russet Roasted Potatoes w/ Skins Frozen Key Largo Blend WW Dinner Roll & Promise Canned Mandarin Oranges Chocolate Cream Pie</p>	<p>19 <u>Noon:</u> Chicken Stir Fry Pickled Beets Frozen Stir Fry Vegetables Rice & Promise Canned Sliced Pears <u>See Evening Meal Below</u></p>	<p>20 Tator Tot Casserole w/ Frozen Green Beans Frozen Peas & Carrots WW Fresh Bread & Promise Canned Peaches over Cottage Cheese</p>
<p>23 Chicken Fried Steak w/ Country Gravy Mashed Potatoes w/ Skins Frozen Corn WW Dinner Roll & Promise Orange Jell-O w/ Shredded Carrots & Crushed Pineapple</p>	<p>24 Meatloaf w/ Tomato Sauce Baked Potato w/ Butter Frozen Green Beans WW Dinner Roll & Promise Canned Pears</p>	<p>25 Sliced Ham Sweet Potatoes Frozen Peas WW Fresh Bread & Promise Green Jell-O w/ Pineapple Tidbits</p>	<p>26 Grilled Chicken Smothered in Cream of Chicken Soup Frozen Prince William Vegetables Fresh Lettuce Salad w/ Toma- toes & Ranch Dressing WW Fresh Bread & Promise Canned Tropical Fruit</p>	<p>27 Taverns Baked Beans Frozen Corn w/ Red Peppers Bun & Promise Canned Mandarin Oranges **Strawberry Rhubarb Pie Provided by Senior Center**</p>
<p>30 Closed For Memorial Day</p>	<p>31 Tuna Casserole Frozen Dilled Carrots Shredded Lettuce w/ Fresh Shredded Carrots, Cheese, & Dorothy Lynch WW Fresh Bread & Promise Canned Fruit Cocktail</p>	<p>2% Milk, Water, and Coffee are offered with every meal.</p>	<p><u>Evening Dinner & Movie:</u> 2 Slices of Pizza (Hamburger, Cheese, or Supreme) Tossed Salad w/ Dressing Carrot & Celery Sticks Pineapple Upside Down Cake</p>	<p><u>NOTICE:</u> Menus are subject to change by Dietitian.</p>

May 2011 Activities

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>2 Morning Walking Quilting Cards 9:00 & 1:00 Pool</p>	<p>3 Morning Walking Quilting / Cards 11:30 Pat Cook, Latin Music Afternoon Bridge Club 1:00 Card Making</p>	<p>4 Morning Walking/Quilting Cards/Hand & Foot 9:00 & 1:00 Pool 11:30 & 3:00 Birthday Celebration With Ray Petersen, Accordion</p>	<p>5 Walking Quilting Cards 1:00 Pitch Party Afternoon Bridge Club</p>	<p>6 Walking/Quilting/Cards/Pool Mother's Day Celebration 11:30 Katie Hansen "Show Tunes" 12:45 Steve Gross "Wayne Theaters" Bingo/Chicken Foot Dominoes</p>
<p>9 Morning Walking Quilting Cards 9:00 & 1:00 Pool</p>	<p>10 Morning Walking Quilting Cards 12:45 Showtime of Travels "Tiptoe Thru Holland's Tulips" - Connie Webber Afternoon Bridge Club</p>	<p>11 Morning Walking/Quilting Cards/Hand & Foot 9:00 & 1:00 Pool 12:45 Show Time "Philippines Mission Trip" by Frank & Carla Sheda</p>	<p>12 Walking Quilting Cards 1:00 Pitch Party Afternoon Bridge Club</p>	<p>13 Walking/Quilting/Cards 9:00 & 1:00 Pool Dinner 12:10 Century Club Movie/Drawing 12:45 Brooke Francis of Edgewood Vista "Aging Cognitive Problems" Bingo/Chicken Foot Dominoes</p>
<p>16 Morning Walking Quilting Cards 11:30 Connie Webber, Music 1:00 Board Meeting 9:00 & 1:00 Pool</p>	<p>17 Morning Walking Quilting Cards 12:45 "Gout" by Connie Vogt, RN Afternoon Bridge Club</p>	<p>18 Walking / Quilting / Cards 9:30 Health Screens by Mary Nichols, RN 11:30 Pat Cook Piano 12:00 Special Luncheon 9:00 & 1:00 Pool Cards & Hand & Foot</p>	<p>19 Walking / Quilting / Cards 1:00 Pitch Party Afternoon Bridge Club 5:30 Evening Pizza Meal 6:30 Movie: "Heart & Souls"</p>	<p>20 Walking/Quilting/Cards 9:00 & 1:00 Pool 12:45 Library Corner "Summer Reading" by Rita McLean 1:15 Bingo 2:00 Chicken Foot Dominoes</p>
<p>23 Walking Quilting Cards 9:00 & 1:00 Pool</p>	<p>24 Morning Walking Quilting / Cards Afternoon Bridge Club 11:30 Val Koeber, Piano</p>	<p>25 Walking Quilting Cards Hand & Foot 9:00 & 1:00 Pool 11:30 Cyril Hansen, Organ</p>	<p>26 Walking Quilting Cards 12:45 "Olga & Lena" Comedy Program Afternoon Bridge Club</p>	<p>27 Walking/Quilting/Cards/Pool 11:30 50's Music By Earl & Janet Fuoss 12:45 "Korean War" By Herb Biermann Bingo/Chicken Foot Dominoes</p>
<p>30 Closed For Memorial Day</p>	<p>31 Morning Walking Quilting Cards Afternoon Bridge Club</p>		<p>NOTE: Special Evening Meal On May 19</p>	<p>Remember Fridays: Bingo at 1:15 pm Chicken Foot Domi- noes at 2:00 pm</p>