

July 2011 Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>2% Milk, Skim Milk Water, and Coffee are offered with every meal.</p>		<p><u>NOTICE:</u> Menus are subject to change by Dietitian.</p>		<p>1 Tator Tot Casserole w/ Frozen Green Beans Frozen Peas & Carrots WW Fresh Bread & Promise Canned Peaches over Cottage Cheese Cheesecake by Sr. Center</p>
<p>4 Closed for Independence Day</p> 	<p>5 Meatloaf with Tomato Sauce Baked Potato with Butter Frozen Green Beans WW Dinner Roll & Promise Canned Pears</p>	<p>6 Sliced Ham Sweet Potatoes Frozen Peas WW Fresh Bread & Promise Green Jell-O With Canned Pineapple & Juice</p>	<p>7 Grilled Chicken Smothered in Cream of Chicken Soup Prince William Vegetables Lettuce Salad w/ Tomatoes & Ranch Dressing WW Fresh Bread & Promise Canned Tropical Fruit</p>	<p>8 Taverns Baked Beans Coleslaw Bun & Promise Canned Mandarin Oranges</p>
<p>11 Chicken Alfredo w/ Broccoli Frozen Mixed Vegetables WW Fresh Bread & Promise Frozen Mixed Fruit w/ Yogurt</p>	<p>12 Tuna Casserole Dilled Frozen Carrots Shredded Lettuce w/ Fresh Shredded Carrots, Cheese, and Dorothy Lynch WW Fresh Bread & Promise Canned Fruit Cocktail</p>	<p>13 Ham Salad Sandwich WW Bread & Promise Homemade Pea Salad Homemade Tomato Soup w/ Stewed Tomatoes Crackers Cherry Jell-O w/ Pears</p>	<p>14 Sliced Turkey With Gravy Red Roasted Potatoes Peas & Pearl Onions WW Dinner Roll & Promise Canned Pineapple Chunks</p>	<p>15 BBQ Beef Sandwich Baked Beans Potato Salad Bun & Promise Canned Peaches</p>
<p>18 Beef Stroganoff with Noodles Frz. Prince Wm. Vegetables Cottage Cheese w/ Pineapple Slices on Lettuce WW Dinner Roll & Promise Raspberry Jell-O Cubes w/ Whipped Topping</p>	<p>19 Polish Dog with Kraut Creamed Frozen Peas Pineapple, Carrots, Raisins & Mayo Salad WW Fresh Bread & Promise Vanilla Pudding with Marshmallows & Mangoes</p>	<p>20 Baked Chicken with Cream Of Chicken Soup Ranch Roasted Potatoes with Skins Frozen Mixed Vegetables WW Fresh Bread & Promise Canned Tropical Fruit Apple Pie</p>	<p>21 Hamburger Goulash w/ Stewed Tomatoes, Celery, Onions, & Tomato Sauce Scalloped Potatoes w/ Parsley WW Dinner Rolls & Promise Green Jell-O w/ Canned Mandarin Oranges</p>	<p>22 Chicken Salad w/ Pineapple & Celery on WW Bread Potato Cheese Soup Sliced Fresh Cucumbers in Sauce Crackers & Promise Frozen Strawberries & Juice</p>
<p>25 Swedish Meatballs w/ Celery Soup & Dill Au Gratin Potatoes Frozen Peas & Pearl Onions WW Fresh Bread & Promise Vanilla Pudding w/ Canned Peaches & Marshmallows</p>	<p>26 Sliced Turkey Sweet Potatoes Frozen Broccoli WW Dinner Roll & Promise Canned Mandarin Oranges</p>	<p>27 Country Beef Steak w/ Country Gravy Mashed Potatoes w/ Skins Frozen Corn WW Fresh Bread & Promise Cherry Jell-O w/ Canned Pears</p>	<p>28 Fish Pollack Tartar Sauce w/ Celery Soup & Dill Baked Potato Frozen Mixed Vegetables WW Fresh Bread & Promise Canned Apricots</p>	<p>29 Pork Loin w/ Kraut & Caraway Seeds Frozen Dilled Carrots WW Fresh Bread & Promise Canned Apple Sauce w/ Cinnamon</p>

July 2011 Activities

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>For a Good Time, Bring a Friend!</p>	<p>Every Monday & Wednesday: 1:00 Hand & Foot</p>		<p>Remember Fridays: 1:15 Bingo 2:00 Chicken Foot Dominoes</p>	<p>1 Walking / Quilting Cards / Pool / Bingo 11:30 Jay & Jane O'Leary Piano & Clarinet Duet 12:00 National Anthem Bingo/Chicken Foot Dominoes July 4th Celebration</p>
<p>4 Closed for Independence Day</p> 	<p>5 Morning Walking Quilting 11:30 Pat Cook, Piano Cards Afternoon Bridge Club</p>	<p>6 Morning Walking/Quilting Cards/Hand & Foot 9:00 & 1:00 Pool 11:30 & 1:30 Cyril Hansen, Organ 12:45 AARP "Medicare & SS" 3:00 Oma's Birthday Cake</p>	<p>7 Walking Quilting Cards 1:00 Pitch Party Afternoon Bridge Club</p>	<p>8 Walking/Quilting/Cards 9:00 & 1:00 Pool 1:15 Bingo 2:00 Chicken Foot Dominoes</p>
<p>11 Morning Walking Quilting / Cards 9:00 & 1:00 Pool 11:30 & 12:45 "Country Cowboy" By Nashville's Wess Adams</p>	<p>12 Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>13 Walking Quilting Cards 9:00 & 1:00 Pool Cards & Hand & Foot</p>	<p>14 Walking Quilting Cards 1:00 Pitch Party Afternoon Bridge Club</p>	<p>15 Walking/Quilting/Cards/Pool 11:30 "Not Gone Yet" Rehearsal Dinner 12:10 Century Club Movie/Drawing 1:15 Bingo 2:00 Chicken Foot Dominoes</p>
<p>18 Walking / Quilting / Cards 9:00 & 1:00 Pool 11:30 & 12:40 "Music Variety Show" - Gary Weldon 1:15 Board Meeting</p>	<p>19 Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>20 Walking /Quilting /Cards/Pool 9:30 Health Screens by Mary Nichols, RN Noon Special Luncheon 12:40 "Life & Legacy of Annie Oakley" by Charlotte Endorf & NE Humanities Council</p>	<p>21 Walking Quilting Cards Afternoon Bridge Club</p>	<p>22 Walking Quilting Cards Pool 1:15 Bingo 2:00 Chicken Foot Dominoes</p>
<p>25 Morning Walking Quilting Cards 9:00 & 1:00 Pool</p>	<p>26 Morning Walking Quilting Cards 11:30 Latin Songs by Pat Cook on Piano Afternoon Bridge Club</p>	<p>27 Morning Walking Quilting/Cards 9:00 & 1:00 Pool 1:00 Hand & Foot</p>	<p>28 Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>29 Walking Quilting Cards Pool 1:15 Bingo Chicken Foot Dominoes</p>