



August 2011 Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>1 Spaghetti & Meatballs With Sauce Frozen Green Beans Shredded Lettuce w/ Carrots, Cheese & Dorothy Lynch WW Fresh Bread & Promise Canned Peaches</p>	<p>2 Crispy Chicken Baked Potato & Butter Honey Glazed Frozen Carrots WW Dinner Roll & Promise Canned Fruit Cocktail</p>	<p>3 Baked Pork Chops With Celery Soup Fresh Red Roasted Potatoes with Skins Frozen Key Largo Veg. WW Fresh Bread & Promise Mandarin Fluff w/ 1/2 c. Frt.</p>	<p>4 3 oz. Sausage in Gravy Over a Biscuit Mashed Potatoes & Country Gravy Peas & Carrots Canned Tropical Fruit</p>	<p>5 Beef Lasagna Creamed Frozen Peas Fresh Broccoli Salad WW Fresh Bread & Promise Canned Pineapple Tidbits</p>
<p>8 Swiss Steak w/ Gravy, Stewed Tomatoes & Onion Scalloped Potatoes Beets WW Dinner Roll & Promise Frozen Strawberries</p>	<p>9 Turkey Stack w/ Turkey Gravy Mashed Potatoes with Skins Frozen Broccoli WW Fresh Bread & Promise Canned Apple Sauce</p>	<p>10 Sliced Beef Roasted Russet Potatoes With Skins Frozen Key Largo Blend Veg. WW Dinner Roll & Promise Canned Mandarin Oranges</p>	<p>11 Chicken Stir Fry Pickled Beets Frozen Stir Fry Vegetables Rice Promise Canned Sliced Pears</p>	<p>12 Tater Tot Casserole With Frozen Green Beans Frozen Peas & Carrots WW Fresh Bread & Promise Canned Peaches Over Cottage Cheese</p>
<p>15 Chicken Fried Steak with Country Gravy Mashed Potatoes with Skins Frozen Corn WW Dinner Roll & Promise Orange Jell-O with 1/2 c. of Carrots & Pineapple</p>	<p>16 Meatloaf with Tomato Sauce Baked Potato with Butter Frozen Green Beans WW Dinner Roll & Promise Canned Pears</p>	<p>17 Sliced Ham Candied Sweet Potatoes Frozen Peas WW Fresh Bread & Promise Canned Pineapple w/ Green Jell-O with Juice Chocolate Meringue Pie</p>	<p>18 Grilled Chicken Smothered in Cream of Chicken Soup' Frz. Prince Wm. Vegetables Fresh Lettuce Salad with Tomatoes & Ranch Dressing WW Fresh Bread & Promise Canned Tropical Fruit</p>	<p>19 Taverns Baked Beans Coleslaw Bun & Promise Canned Mandarin Oranges</p>
<p>22 Chicken Alfredo With Broccoli Frozen Mixed Vegetables WW Fresh Bread & Promise Frozen Mixed Fruit With Yogurt</p>	<p>23 Tuna Casserole Dilled Frozen Carrots Shredded Lettuce with Fresh Shredded Carrots, Cheese & Dorothy Lynch WW Fresh Bread & Promise Canned Fruit Cocktail</p>	<p>24 Ham Salad Sandwich on Whole Wheat Bread Homemade Pea Salad Homemade Tomato Soup with Stewed Tomatoes Crackers & Promise Cherry Jell-O with 1/2 cup Canned Pears & Juice</p>	<p>25 Sliced Turkey with Gravy Red Roasted Potatoes With Skins Peas & Pearl Onions WW Dinner Rolls & Promise Canned Pineapple Chunks</p>	<p>26 BBQ Beef Sandwich Baked Beans Potato Salad Bun & Promise Canned Peaches</p>
<p>29 Beef Stroganoff w/ Noodles Frz. Prince Wm. Vegetables Fresh Vegetable Salad Cottage Cheese w/ 2 Pineapple Slices on Lettuce Leaf WW Dinner Roll & Promise Lemon Dessert by Sr. Center</p>	<p>30 Polish Dog with 1/4 c. Kraut Creamed Frozen Peas Pineapple, carrots, raisins & Mayo Salad WW Fresh Bread & Promise Vanilla Pudding with Marshmallows & Mangos</p>	<p>31 Baked Chicken with Cream Of Chicken Soup Ranch Roasted Potatoes with Skins Frozen Mixed Veg. WW Fresh Bread & Promise Canned Tropical Fruit</p>	<p><u>NOTICE:</u> Menus are subject to change by Dietitian.</p>	
		<p>2% Milk, Skim Milk Water, and Coffee are offered with eve- ry meal.</p>		



Dog Days of Summer

August 2011 Activities

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>1 Morning Walking Quilting / Cards 9:00 & 1:00 Pool 12:45 "Social Security & Medicare" by Mark Intermill</p>	<p>2 Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>3 Morning Walking / Quilting Cards / 1:00 Hand & Foot 9:00 & 1:00 Pool 11:30 Cyril Hansen, Organ 3:00 Cyril's Favorites 3:00 Birthday Party with Oma's German Chocolate Cake</p>	<p>4 Walking Quilting 12:45 "Scam Awareness" with Officer Consoli Cards 1:00 Pitch Party Afternoon Bridge Club</p>	<p>5 Walking Quilting Cards 9:00 & 1:00 Pool Bingo Chicken Foot Dominoes</p>
<p>8 Morning Walking Quilting / Cards 9:00 & 1:00 Pool 1:00 Hand & Foot</p>	<p>9 Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>10 Morning Walking Quilting Cards 1:00 Hand & Foot 9:00 & 1:00 Pool</p>	<p>11 Walking Quilting Cards 1:00 Pitch Party Afternoon Bridge Club</p>	<p>12 Walking/Quilting/Cards 9:00 & 1:00 Pool Century Club Movie/Drawing Dinner at 12:05 - 12:10 1:15 Bingo 2:00 Chicken Foot Dominoes</p>
<p>15 Morning Walking / Quilting Cards / 9:00 & 1:00 Pool 11:30 Vote for Officers 12:45 Annual Meeting in Dining Area 1:00 Hand & Foot 1:15 Board Meeting</p>	<p>16 Morning Walking Quilting Cards 11:30 Val Koeber, Piano Afternoon Bridge Club 1:00 Audit of Center Books Audit Committee</p>	<p>17 Walking / Quilting / Cards 9:00 & 1:00 Pool 9:30 - 12:00 Health Clinic 11:30 Cyril Hansen, Organ 12:00 Special Luncheon 1:00 Hand & Foot </p>	<p>18 Walking Quilting Cards 1:00 Pitch Party Afternoon Bridge Club</p>	<p>19 Walking Quilting Cards 9:00 & 1:00 Pool 1:15 Bingo 2:00 Chicken Foot Dominoes</p>
<p>22 Walking Quilting Cards 9:00 & 1:00 Pool 1:00 Hand & Foot</p>	<p>23 Morning Walking Quilting Cards Afternoon Bridge Club 2:00 Toe Nail Trimming - Anne Hoeman, P.A.</p>	<p>24 Walking Quilting Cards 9:00 & 1:00 Pool 1:00 Hand & Foot</p>	<p>25 Walking Quilting Cards 11:30 Pat Cook, Piano Afternoon Bridge Club</p>	<p>26 Walking Quilting Cards Pool 1:15 Bingo 2:00 Chicken Foot Dominoes</p>
<p>29 Walking/Quilting/Cards 9:00 & 1:00 Pool 11:30 & 12:45 Artie & Gwen Schmidt "Dinner & Dancing" 1:00 Hand & Foot</p>	<p>30 Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>31 Morning Walking Quilting Cards 9:00 & 1:00 Pool 1:00 Hand & Foot</p>	<p>Every Monday & Wednesday: 1:00 Hand & Foot</p>	<p>Remember Fridays: 1:15 Bingo 2:00 Chicken Foot Dominoes</p>