

September 2011 Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p><u>NOTICE:</u> Menus are subject to change by Dietitian.</p>		<p>2% Milk, Skim Milk, Water, and Coffee are offered with every meal.</p>	<p>1 Hamburger Goulash w/ Stewed Tomatoes, Celery, Onions & Tomato Sauce Scalloped Potatoes w/ Parsley WW Dinner Rolls & Promise Green Jell-O with canned Mandarin Oranges</p>	<p>2 Chicken Salad w/ Pineapple & Celery on Whole Wheat Bread Potato Cheese Soup Sliced Fresh Cucumbers in Sauce Crackers & Promise Frz. Strawberries is Juice</p>
<p>5 CLOSED For LABOR DAY</p>	<p>6 Sliced Turkey Sweet Potatoes Frozen Broccoli WW Dinner Roll & Promise Canned Mandarin Oranges</p>	<p>7 Country Beef Steak w/ Country Gravy Mashed Potatoes w/ Skins Frozen Corn WW Fresh Bread & Promise Cherry Jell-O w/ Canned Pears & Juice</p>	<p>8 Fish (Pollack) w/ Celery Soup & Dill Tartar Sauce Baked Potatoes Frozen Mixed Vegetables WW Fresh Bread & Promise Canned Apricots</p>	<p>9 Pork Loin with Kraut & Caraway Seeds Pork Gravy Mashed Potatoes w/ Skins Frozen Dilled Carrots WW Fresh Bread & Promise Can. Applesauce w/ Cinnamon</p>
<p>12 Spaghetti & Meatballs Spaghetti Sauce Frozen Green Beans Shred. Lettuce w/ Frozen Carrot Shreds, Cheese & D. Lynch WW Fresh Bread & Promise Canned Peaches</p>	<p>13 Crispy Chicken Baked Potato & Butter Honey Glazed Frozen Carrots WW Dinner Roll & Promise Canned Fruit Cocktail</p>	<p>14 Baked Pork Chops with Celery Soup Fresh Red Roasted Potatoes with Skins Frozen Key Largo Veg. WW Fresh Bread & Promise Mandarin Fluff</p>	<p>15 Sausage Gravy over a Biscuit Mashed Potatoes w/ Skins Country Gravy Peas & Carrots Biscuit & Promise Canned Tropical Fruit</p>	<p>16 Beef Lasagna Creamed Frozen Peas Fresh Broccoli Salad WW Fresh Bread & Promise Canned Pineapple Tidbits</p>
<p>19 Swiss Steak w/ Gravy, Stewed Tomatoes & Onion Scalloped Potatoes Beets WW Dinner Roll & Promise Frozen Strawberries</p>	<p>20 Turkey Stack Turkey Gravy Mashed Potatoes w/ Skins Frozen Broccoli WW Fresh Bread & Promise Canned Apple Sauce</p>	<p>21 Sliced Beef Russet Roasted Potatoes w Skins Frozen Key Largo Blend WW Dinner Roll & Promise Canned Mandarin Oranges <u>Strawberry Rhubarb Pie</u></p>	<p>22 Chicken Stir Fry Pickles Beets Frozen Stir Fry Veg. Rice Promise Canned Sliced Pears</p>	<p>23 Tator Tot Casserole w/ Frozen Green Beans Frozen Peas & Carrots WW Fresh Bread & Promise Canned Peaches Over Cottage Cheese</p>
<p>26 Chicken Fried Steak w/ Country Gravy Mashed Potatoes w/ Skins Frozen Corn WW Dinner Roll & Promise Orange Jell-O w/ Shred. Carrots & Pineapple</p>	<p>27 Meatloaf with Tomato Sauce Baked Potato w/ Butter Frozen Green Beans WW Dinner Rolls & Promise Canned Pears</p>	<p>28 Sliced Ham Sweet Potatoes Frozen Peas WW Fresh Bread & Promise Canned Pineapple with Green Jell-O</p>	<p>29 Grilled Chicken in Cream Of Chicken Soup Frozen Prince William Veg. Fresh Lettuce Salad with Tomatoes & Ranch Dressing WW Fresh Bread & Promise Canned Tropical Fruit</p>	<p>30 Taverns Baked Beans Cole Slaw Bun & Promise Canned Mandarin Oranges</p>

September 2011 Activities

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Every Monday & Wednesday: 1:00 Hand & Foot		Remember Fridays: 1:15 Bingo 2:00 Chicken Foot Dominoes	1 Walking Quilting Cards 1:00 Pitch Party Afternoon Bridge Club	2 Walking Quilting Cards 9:00 & 1:00 Pool 1:15 Bingo 2:00 Chicken Foot Dominoes
5 CLOSED For LABOR DAY	6 Morning Walking Quilting Cards 11:30 Pat Cook, Piano - Movie Themes Afternoon Bridge Club 1:00 Card Making	7 Walking / Quilting / Cards 11:30 & 3:00 Cyril Hansen, Organ Monthly Birthday Celebration 12:45 New Zealand Earth- quake, Charles Maier 1:00 Hand & Foot	8 Walking Quilting Cards 1:00 Pitch Party Afternoon Bridge Club	9 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
12 Morning Walking / Quilting Cards / 9:00 & 1:00 Pool 1:00 Hand & Foot 1:00 Chicken Foot Dominoes	13 Morning Walking Quilting / Cards 11:30 Val Koeber, Piano Afternoon Bridge Club 2:00 Toenail Clinic, Anne Hoeman, PA	14 Walking / Quilting / Cards 9:00 & 1:00 Pool 1:00 Hand & Foot 12:00 Noon Pie Social by Careage of Wayne 12:45 Jodene Cantrell, "What's New at Careage"	15 Walking Quilting Cards 1:00 Pitch Party Afternoon Bridge Club	16 Walking / Quilting / Cards 9:00 & 1:00 Pool 11:30 & 12:45 Burt Heithold Band 1:15 Bingo 2:00 Chicken Foot Dominoes
19 Walking / Quilting / Cards 9:00 & 1:00 Pool 10-12 Security Shredding 11:30 & 12:45 Gary Weldon Tony Bennett's Songs 1:00 H and F & CF Dominoes	20 Morning Walking Quilting Cards Afternoon Bridge Club	21 Walking / Quilting / Cards 9:00 & 1:00 Pool 9:30 - 12:00 Health Screening by Mary Nichols 12:00 Special Luncheon 1:00 Hand & Foot	23 Walking Quilting Cards 1:00 Pitch Party Afternoon Bridge Club	24 Walking Quilting Cards Pool 1:15 Bingo 2:00 Chicken Foot Dominoes
26 Walking/Quilting/Cards 9:00 & 1:00 Pool 1:00 Chicken Foot Dominoes 1:00 Hand & Foot 1:00 Board Meeting (New Date) Install New Members	27 Morning Walking Quilting Cards Afternoon Bridge Club	28 Morning Walking Quilting Cards 11:30 Pat Cook, Piano 9:00 & 1:00 Pool 1:00 Hand & Foot	29 Walking Quilting Cards 1:00 Pitch Party Afternoon Bridge Club	30 Walking Quilting Cards Pool 1:15 Bingo 2:00 Chicken Foot Dominoes