

JULY 2009 MENU

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
|--|--|--|---|---|
| | | <p>1 Scalloped Potatoes & Ham Mixed Vegetables Double Cheese Pear Halves Rye Bread Brownies</p> | <p>2 Country Baked Steak Baked Potatoes Broccoli Beet Pickle WW Bread Tapioca</p> | <p>3 SENIOR CENTER CLOSED NO CONGREGATE OR MEALS ON WHEELS</p> |
| <p>6 Roast Beef Mashed Potatoes & Gravy Asparagus Waldorf Salad WW Bread Hopscotch Cookie</p> | <p>7 Fish on a Bun Tator Tots Beets Dill Pickle Sherbet</p> | <p>8 Chicken Tenderloins Potato Salad Carrots Blueberry Jello Salad WW Bread Applesauce</p> | <p>9 Beef Stroganoff over noodles Oriental Blended Vegetables Coleslaw & Cheese WW Bread Peaches</p> | <p>10 Chicken Fried Steak Baked Potato Tomato Vegetable Medley WW Bread Layered Dessert</p> |
| <p>13 Ham Creamed Potatoes Green Beans Frozen Fruit Cup Dinner Roll Bar</p> | <p>14 Hamburger Casserole Broccoli & Cheese Sauce Carrot Coins Quick Bread Pears</p> | <p>15 Baked Chicken Rice Pilaf Mixed Vegetables Lettuce w/dressing WW Bread Apple Pie</p> | <p>16 Swiss Steak Baked Potato Italian Blended Vegetables Rye Bread Jello Cake</p> | <p>17 Hot Beef Sandwich Mashed Potatoes & Gravy Corn Apricots</p> |
| <p>20 Fish Nuggets Baked Potato Green Beans WW Bread Pudding</p> | <p>21 Creamed Dried Beef Peas Berry Applesauce Salad Deviled Egg Biscuit Fruit Cocktail</p> | <p>22 Pork Cutlet Scalloped Potatoes Cauliflower Two Fruit Salad WW Bread Club Cracker Bar</p> | <p>23 Oven Fried Chicken Mashed Potatoes & Gravy Vegetable Salad WW Bread Peanut Butter Cookie</p> | <p>24 Meatloaf Hash Brown Casserole Oriental Blended Vegetables Sea breeze Salad WW Bread Cherries</p> |
| <p>27 Salisbury Steak Butter Baked Potatoes Spinach & Sauce Pasta Salad Rye Bread Peaches</p> | <p>28 Turkey Sweet Potatoes California Blended Vegetables WW Bread Apple Crisp</p> | <p>29 French Dip Sandwich Tator Tots Wax Beans Plums</p> | <p>30 Chicken Casserole Peas Top Hat Salad Vegetable Salad WW Bread Angel Food Bar</p> | <p>31 Fillet of Cod Baked Potato Beets Golden Glow Salad WW Bread Ice Cream</p> |

JULY 2009 ACTIVITIES

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
|--|---|--|--|--|
| | | <p>1 Morning Walking Quilting/ Cards 1:00 Pool 11:30 Ray Petersen 3:00 Birthday Party</p> | <p>2 Morning Walking Quilting/ Cards 11:30 Katie Hansen “American Classics” 1:15– 3:00 Pitch party Bridge</p> | <p>3 SENIOR CENTER CLOSED</p> |
| <p>6 Morning Walking Quilting/ Cards 1:00 Pool</p> | <p>7 Morning Walking Quilting/ Cards Bridge Pat Cook Piano Music 1:15 Card making 5:30 Evening Meal 6:30 Carolyn Harder</p> | <p>8 Morning Walking Quilting/ Cards 1:00 Pool</p> | <p>9 Morning Walking Quilting/ Cards 1:15– 3:00 Pitch party Bridge</p> | <p>10 Morning Walking Quilting/ Cards 1:00 Pool 1:15 Bingo 1:00 Board Meeting</p> |
| <p>13 Morning Walking Quilting/ Cards 1:00 Pool</p> | <p>14 Morning Walking Quilting/ Cards Bridge</p> | <p>15 Morning Walking Quilting/ Cards 1:00 Pool 9:30 Blood Sugar & Pressure Screen Special Luncheon 12:45 “Altona History” By Leon Meyer</p> | <p>16 Morning Walking Quilting/ Cards 1:15-3:00 Pitch Party Bridge</p> | <p>17 Morning Walking Quilting/ Cards 1:00 Pool 1:15 Bingo 11:30 Phil Pfaltzgraff Music 3:00 Ice Cream Sundaes Social</p> |
| <p>20 Morning Walking Quilting/ Cards 1:00 Pool</p> | <p>21 Morning Walking Quilting/ Cards Bridge 11:30 Deb Dickey Piano</p> | <p>22 Morning Walking Quilting/ Cards 1:00 Pool 12:45 “Shingles” By Tina Petersen</p> | <p>23 Morning Walking Quilting/ Cards 1:15 –3:00 Pitch Party Bridge</p> | <p>24 Morning Walking Quilting/ Cards 1:00 Pool 1:15 Bingo 11:30 Pat Cook</p> |
| <p>27 Morning Walking Quilting/ Cards 1:00 Pool</p> | <p>28 Morning Walking Quilting/ Cards Bridge 11:30 Val Koeber Piano</p> | <p>29 Morning Walking Quilting/ Cards 1:00 Pool 12:45 “La Porte” Slides</p> | <p>30 Morning Walking Quilting/ Cards 1:15 –3:00 Pitch Party Begin Quilt Gathering Bridge</p> | <p>31 Morning Walking Quilting/ Cards 1:00 Pool 1:15 Bingo</p> |