

SEPTEMBER 2009 MENU

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<p>1</p> <p>Scalloped Potatoes & Ham Brussels Sprouts Sliced Bread Canned Pears Vanilla Pudding with Cherries Graham Cracker</p>	<p>2</p> <p>Ham Wheat Wrap Baby Carrots Lettuce with Dressing Banana Oatmeal Cookie</p>	<p>3</p> <p>Grilled Chicken Rice Pilaf Celery Sticks Dinner Roll Tropical Fruit</p>	<p>4</p> <p>Meatloaf Mashed Potato Beef Gravy Green Beans Dinner Roll Apple Cobbler</p>
<p>7</p> <p><u>Closed</u> <u>For</u> <u>Labor Day</u></p>	<p>8</p> <p>Dill Baked Fish Cheesy Broccoli Parsley Buttered Potatoes Sliced Bread Sliced Pears</p>	<p>9</p> <p>Tater Tot Casserole Peas and Carrots Sliced Bread Sliced Peaches</p>	<p>10</p> <p>Sliced Turkey and Gravy Stuffing Peas Dinner Roll Pineapple Chunks</p>	<p>11</p> <p>Chicken Sandwich Mixed Vegetable Apple Vanilla Pudding with Blueberry</p>
<p>14</p> <p>Diced Beef and Noodles Lemon Poppy Seed Muffin Apple Sauce</p>	<p>15</p> <p>Spaghetti and Meatballs Scandinavian Blend Cottage Cheese Garlic Bread Frozen Fruit with Yogurt</p>	<p>16</p> <p>Baked Pork Chops Red Roasted Potatoes Green Beans Sliced Bread Tropical Fruit Peach Pie</p>	<p>17</p> <p>Deli Sandwich Beef Barley Soup Pasta Salad with Vegetable Pineapple in Jell-O</p>	<p>18</p> <p>Baked Chicken Wild Rice Honey Glazed Carrots Sliced Pears Dinner Roll Apple Cobbler</p>
<p>21</p> <p>Turkey Divan Stewed Tomato Cottage Cheese Sliced Peaches Dinner Roll</p>	<p>22</p> <p>Sliced Pork Baked Beans Dill Buttered Carrots Sliced Bread Apple Sauce</p>	<p>23</p> <p>Country Beef Steak Mashed Potato & Gravy Corn Pears in Jell-O Dinner Roll Butterscotch Pudding</p>	<p>24</p> <p>Creamed Ham over Biscuit Celery Stick Orange Chocolate Pudding Parfait</p>	<p>25</p> <p>Turkey Wrap on Wheat Pasta Salad with Vegetable Mandarin oranges Jell-O with Fruit</p>
<p>28</p> <p>Crispy Chicken Baked Potato Wax Beans Dinner Roll Fruit Cocktail</p>	<p>29</p> <p>Fish Sandwich Lettuce Salad with Dressing Mandarin Oranges</p>	<p>30</p> <p>Beef Pot Pies over Biscuit Cauliflower Apple Sauce Butterscotch Pudding</p>	<p><u>NOTICE:</u> Menus are subject to change by Dietitian.</p>	

SEPTEMBER 2009 ACTIVITIES

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<p>1 Morning Walking Quilting/ Cards Bridge Chartwells Begins Service</p>	<p>2 Morning Walking Quilting/ Cards 1:00 Pool 11:30 Ray Petersen 3:00 Bill Paysen's Cinnamon Rolls</p>	<p>3 Morning Walking Quilting/ Cards 1:15– 3:00 Pitch party Bridge</p>	<p>4 Morning Walking Quilting/ Cards 11:30 Phil Pfaltzgraff & Friend 1:00 Pool 1:15 Bingo</p>
<p>7 <u>Closed</u> <u>For</u> <u>Labor Day</u></p>	<p>8 Morning Walking Quilting/ Cards Bridge 11:30 Pat Cook, Piano</p>	<p>9 Morning Walking Quilting/ Cards 1:00 Pool</p>	<p>10 Morning Walking Quilting/ Cards 1:15– 3:00 Pitch party Bridge</p>	<p>11 Morning Walking Quilting/ Cards 12:45 “Security Shredding” by Dick Brown 1:00 Pool 1:15 Bingo</p>
<p>14 Morning Walking Quilting/ Cards 1:00 Pool</p>	<p>15 Morning Walking Quilting/ Cards 11:30 Val Koeber, Piano Bridge</p>	<p>16 Morning Walking Quilting/ Cards 9:30 to 12:00 Health Screening Special Luncheon 1:00 Pool</p>	<p>17 Morning Walking Quilting/ Cards Century Club Certificates 1:15-3:00 Pitch Party Bridge</p>	<p>18 Morning Walking Quilting/ Cards 10:30 to 12:00 Noon Shredding at Senior Center's South Parking Lot 1:00 Pool 1:15 Bingo</p>
<p>21 Morning Walking Quilting/ Cards 1:00 Pool 1:00 pm Board Meeting</p>	<p>22 Morning Walking Quilting/ Cards 11:30 pm Autumn Dance with Gwen and Artie Schmidt Bridge</p>	<p>23 Morning Walking Quilting/ Cards 1:00 Pool</p>	<p>24 Morning Walking Quilting/ Cards 11:30 Connie Glassmeyer Webber on the Organ 1:15 –3:00 Pitch Party Bridge</p>	<p>25 Morning Walking Quilting/ Cards 11:30 AM Pat Cook, Piano 1:00 Pool 1:15 Bingo</p>
<p>28 Morning Walking Quilting/ Cards 1:00 Pool</p>	<p>29 Morning Walking Quilting/ Cards 11:30 Cyril Hansen on Accordion?</p>	<p>30 Morning Walking Quilting/ Cards 1:00 Pool</p>	<p>Coffee Daily At 3:00 pm</p>	