

NOVEMBER 2009 MENU

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>2</p> <p>Sliced Pork Baked Beans Dill Buttered Carrots Wheat Bread & Promise Sliced Peaches</p>	<p>3</p> <p>Turkey Divan Stewed Tomato Cottage Cheese Sliced Bread & Promise Tropical Fruit</p>	<p>4</p> <p>Country Beef Steak Mashed Potatoes & Beef Gravy Corn Dinner Roll & Promise Pears in Jell-O</p>	<p>5</p> <p>Sliced Turkey Stuffing Mashed Potatoes & Gravy Beets Sliced Bread & Promise Mandarin Oranges</p>	<p>6</p> <p>Creamed Ham over Biscuit Celery Stick Orange Slices Brownie</p>
<p>9</p> <p>Crispy Chicken Baked Potato Wax Beans Dinner Roll & Promise Fruit Cocktail</p>	<p>10</p> <p>Fish Sandwich Prince Williams Veg. Lettuce Salad with Dressing Mandarin Oranges</p>	<p>11</p> <p>American Beef Pot Pie Cauliflower Apple Sauce Crackers Butterscotch Pudding Parfait</p>	<p>12</p> <p>Sliced Ham Sweet Potatoes Green Beans Sliced Bread & Promise Pineapple Tidbits</p>	<p>13</p> <p>Baked Lemon Chicken Honey Glazed Carrots Sliced Pears Sliced Bread & Promise Apple Cobbler</p>
<p>16</p> <p>Turkey Stack over Mashed Potatoes & Gravy Corn Sliced Bread & Promise Apple Sauce</p>	<p>17</p> <p>Deli Sandwich Beef Barley Soup Beets Crackers & Promise Pineapple</p>	<p>18</p> <p>Sliced Beef Russet Potatoes Napoli Vegetables Dinner Roll & Promise Strawberry Rhubarb Pie</p>	<p>19</p> <p>Chicken Stir Fry Rice Broccoli Fortune Cookies Sliced Pears</p>	<p>20</p> <p>Tator Tot Casserole Peas & Carrots Sliced Peaches Sliced Bread & Promise Cookie</p>
<p>23</p> <p>Beef Stew Broccoli Cottage Cheese Crackers Fruit Cocktail</p>	<p>24</p> <p>Thanksgiving Dinner Turkey & Gravy Sweet Potatoes, Green Bean Cas- serole, Cranberry Salad, Dinner Roll & Promise, Pumpkin Pie with Whipped Topping</p>	<p>25</p> <p>Meatloaf Mashed Potatoes & Gravy Green Beans Sliced Bread & Promise Apple Cobbler</p>	<p>26</p> <p>Pork Loin Roasted Potatoes Spinach Salad with Dressing Sliced Bread & Promise Cookie</p>	<p>27</p> <p>Grilled Chicken Prince William Vegetables Celery Sticks Dinner Roll & Promise Tropical Fruit</p>
<p>30</p> <p>Chicken Alfredo with Broccoli Mixed Vegetables Garlic Breadstick & Promise Frozen Fruit with Yogurt</p>		<p>2% Milk, Water, and Coffee are offered with every meal</p>		<p><u>NOTICE:</u> Menus are subject to change by Dietitian.</p>

NOVEMBER 2009 ACTIVITIES

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>2</p> <p>Morning Walking Quilting / Cards 1:00 Pool</p>	<p>3</p> <p>Morning Walking Quilting / Cards Bridge 1:15 Card Making</p>	<p>4</p> <p>Morning Walking Quilting/ Cards/Table Games 11:30 Ray Petersen, Accordion 12:45 Osteoporosis Concerns 1:00 Pool 3:00 Orange Cinnamon Rolls</p>	<p>5</p> <p>Morning Walking Quilting / Cards Bridge 12:45 "Accidentally Disinheriting Your Grandchildren"</p>	<p>6</p> <p>Morning Walking Quilting/ Cards/Dominoes 11:30 Hour Of Promise, Phil Pfaltzgraff , et al 1:00 Pool 1:15 Bingo</p>
<p>9</p> <p>Morning Walking Quilting/ Cards 12:45 John Wayne movie 1:00 Pool</p>	<p>10</p> <p>Morning Walking Quilting/ Cards 11:30 Pat Cook, Piano Bridge</p>	<p>11</p> <p>Morning Walking Quilting/ Cards/Table Games 11:30 Cyril Hansen Noon Veterans Dinner 1:30 Veteran's Day Program & Flag Ceremony</p>	<p>12</p> <p>Morning Walking Quilting/ Cards 1:15 Pitch party Bridge</p>	<p>13</p> <p>Morning Walking Quilting/ Cards/Dominoes 1:00 Pool 1:15 Bingo</p>
<p>16</p> <p>Morning Walking Quilting/ Cards 12:45 Hallie's Comment "Aprons & Apron Parade" 1:00 Pool 1:15 Board Meeting</p>	<p>17</p> <p>Morning Walking Quilting/ Cards Bridge</p>	<p>18</p> <p>Morning Walking 9:30-12:00 Health Screening 11:30 Connie Glassmeyer, Piano & Organ Special Luncheon Quilting/ Cards/Games/Pool</p>	<p>19</p> <p>Morning Walking Quilting/ Cards 1:15-3:00 Pitch Party Bridge</p>	<p>20</p> <p>Morning Walking Quilting/ Cards/Dominoes 11:30 Pat Cook, Piano 1:00 Pool 1:15 Bingo</p>
<p>23</p> <p>Morning Walking Quilting/ Cards 10:30 Rainbow World's Gobblers 1:00 Pool</p>	<p>24</p> <p>Morning Walking Quilting/ Cards 11:30 & 12:45 Gwen & Artie Schmidt Thanksgiving Dance 12:00 Thanksgiving Feast</p>	<p>25</p> <p>Morning Walking Quilting/ Cards/Table Games 1:00 Pool</p>	<p>26</p> <p>Thanksgiving Closed</p>	<p>27</p> <p>Thanksgiving Closed</p>
<p>30</p> <p>Morning Walking Quilting/ Cards 11:30 Val Koeber, Piano 1:00 Pool Bridge Club</p>				<p>Coffee Served Daily At 3:00 pm</p>