


# March 2011 Menu

	<p>1 Meatloaf with Tomato Sauce Baked Potato Frozen Green Beans WW Dinner Roll &amp; Promise Canned Pears</p>	<p>2 Sliced Ham with Pineapple Slices Frozen Peas WW Sliced Bread &amp; Promise Lime Jell-O w/ Pineapple Pie by Senior Center</p>	<p>3 Grilled Chicken in Cream of Chicken &amp; Cheese Prince William Vegetables Lettuce Salad w/ Dressing WW Fresh Bread, Promise Tropical Fruit</p>	<p>4 Taverns Baked Beans Frozen Corn &amp; Red Peppers WW Bun &amp; Promise Mandarin Oranges</p>
<p>7 Chicken Alfredo w/ Broccoli Frozen Mixed Vegetables Fresh WW Bread &amp; Promise Frozen Fruit w/ Yogurt</p>	<p>8 Tuna Casserole Dilled Frozen Carrots Shredded Lettuce with carrots, cheese &amp; Dorothy Lynch WW Bread &amp; Promise Fruit Cocktail</p>	<p>9 Ham Salad Sandwich Pea Salad Homemade Tomato Soup w/ Stewed Tomatoes Crackers &amp; Promise Cherry Jell-O w/ Pears</p>	<p>10 Sliced Turkey &amp; Turkey Gravy Sweet Potatoes Frozen California Blend WW Dinner Roll &amp; Promise Pineapple Chunks</p>	<p>11 BBQ Beef Sandwich Baked Beans Fresh Coleslaw WW Bun &amp; Promise Peaches</p>
<p>14 Beef Stroganoff / Noodles Frozen Prince William Vegetables Cottage Cheese w/ 2 Pineapple Slices on Lettuce WW Dinner Roll &amp; Promise</p>	<p>15 Polish Dog w/ Sauerkraut Creamed Frozen Peas Three Bean Salad Hot Dog Bun &amp; Promise Vanilla Pudding with Marshmallows &amp; Frozen Mangoes</p>	<p>16 Baked Lemon Chicken w/ Cream of Chicken Soup Ranch Roasted Fresh Potatoes, Frozen Mixed Veg- etables, Tropical Fruit Fresh WW Bread &amp; Promise Lemon Pie</p>	<p>17 Hot BBQ Meatloaf Scalloped Potatoes w/ Parsley Stewed Tomatoes WW Dinner Rolls &amp; Promise Green Jell-O with Mandarin Oranges</p>	<p>18 Deli Chicken Salad Sandwich w/ Pineapple and Celery Potato Cheese Soup Sliced Fresh Cucumbers In Sauce Crackers &amp; Promise Frozen Strawberries in Juice</p>
<p>21 Salisbury Steak w/ Beef Gravy Baked Potatoes Dill Buttered Frozen Carrots Fresh WW Bread &amp; Promise Apricots Sr. Center will provide Spring Fling Pie</p>	<p>22 Sliced Turkey Sweet Potatoes Frozen Broccoli WW Dinner Roll &amp; Promise Mandarin Oranges</p>	<p>23 Country Beef Steak and Country Gravy Mashed Potatoes Corn Sliced WW Bread &amp; Promise Cherry Jell-O with Pears</p>	<p>24 Hot Beef Sandwich Mashed Potatoes &amp; Gravy Frozen Green Bean Casserole Fresh WW Bread &amp; Promise Apple Sauce w/ Cinnamon</p>	<p>25 Swedish Meatballs with Celery Soup &amp; Dill Au gratin Potatoes Peas &amp; Pearl Onions Fresh WW Bread &amp; Promise Vanilla Pudding with Marshmallows &amp; Peaches</p>
<p>28 Spaghetti &amp; Meatballs w/ Sauce Frozen Green Beans Lettuce w/ Carrot Shreds, Cheese, &amp; Dorothy Lynch WW Bread &amp; Promise Apple Sauce w/ Cinnamon</p>	<p>29 Crispy Chicken Baked Potato w/ Sour Cream and Butter Honey Glazed Frozen Carrots WW Dinner Roll &amp; Promise Fruit Cocktail</p>	<p>30 Baked Pork Chops with Celery Soup Fresh Red Roasted Potatoes Frozen Peas &amp; Carrots Fresh WW Bread &amp; Promise Mandarin Fluff</p>	<p>31 Fish Sandwich Dill Pickle Spear 2 Slices of Fresh Tomato Frozen Broccoli &amp; Raisin Sal- ad Bun &amp; Promise Tropical Fruit</p>	<p><b>NOTICE: Menus are subject to change by Dietitian. 2% Milk, Water, and Coffee are offered with every meal.</b></p>

# March 2011 Activities

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<p>1</p> <p>Morning Walking Quilting Cards Afternoon Bridge Club <b>1:00 Card Making</b></p>	<p>2</p> <p>Morning Walking Quilting / Cards / Hand &amp; Foot 9:00 &amp; 1:00 Pool <b>11:30 &amp; 3:00 Birthday Party Ray Petersen on Accordion</b></p>	<p>3</p> <p>Walking / Quilting / Cards <b>11:30 Connie Webber, Piano</b> 1:00 Pitch Party Afternoon Bridge Club</p>	<p>4</p> <p>Walking/Quilting/Cards 9:00 &amp; 1:00 Pool <b>11:30 Will Green, "Will's Music Therapy"</b> 1:15 Bingo 2:00 Chicken Foot Dominoes</p>
<p>7</p> <p>Morning Walking Quilting Cards 9:00 &amp; 1:00 Pool <b>11:30 Cyril Hansen, Organ 3:00 Hansen Family Singers</b></p>	<p>8</p> <p>Morning Walking Quilting Cards Afternoon Bridge Club <b>12:45 "Mardi Gras", By Lauran Lofgren</b></p>	<p>9</p> <p>Morning Walking Quilting Cards Hand &amp; Foot 9:00 &amp; 1:00 Pool</p>	<p>10</p> <p>Walking Quilting Cards 1:00 Pitch Party Afternoon Bridge Club <b>Century Club</b></p>	<p>11</p> <p>Walking/Quilting/Cards 9:00 &amp; 1:00 Pool <b>11:30 Connie Webber, Organ</b> 1:15 Bingo 2:00 Chicken Foot Dominoes</p>
<p>14</p> <p>Morning Walking / Quilting Cards 9:00 &amp; 1:00 Pool <b>12:45 Brad Wieland, "Meet Your Veterans' Service Officer"</b></p>	<p>15</p> <p>Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>16</p> <p>Walk/Quilt/Cards/Hand &amp; Foot 9:00 &amp; 1:00 Pool <b>9:30 Health Screening 11:30 "Irish Pub Sing-along" Pat Sherry, Piano 12:00 Irish Special Luncheon</b></p>	<p>17</p> <p>Walking Quilting Cards 1:00 Pitch Party Afternoon Bridge Club <b>11:30 Pat Cook, Irish Tunes</b></p>	<p>18</p> <p>Walking/Quilting/Cards 9:00 &amp; 1:00 Pool <b>12:45 Hallie's Comments, Hallie Sherry</b> 1:15 Bingo 2:00 Chicken Foot Dominoes</p>
<p>21</p> <p>Walking/Quilting/Cards 9:00 &amp; 1:00 Pool <b>11:30 &amp; 12:40 Burt Heithold Band, "Spring Fling" 1:30 Board Meeting</b></p>	<p>22</p> <p>Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>23</p> <p>Morning Walking Quilting Cards Hand &amp; Foot 9:00 &amp; 1:00 Pool <b>12:45 Connie Vogt, RN Health Info</b></p>	<p>24</p> <p>Walking Quilting Cards 1:00 Pitch Party Afternoon Bridge Club</p>	<p>25</p> <p><b>10:00 - 11:00 Chamber Coffee</b> Walking/Quilting/Cards 9:00 &amp; 1:00 Pool / 1:15 Bingo <b>11:30 "Spotlight on Promise"</b> 2:00 Chicken Foot Dominoes</p>
<p>28</p> <p>Morning Walking Quilting Cards 9:00 &amp; 1:00 Pool</p>	<p>29</p> <p>Morning Walking Quilting Cards <b>11:30 Pat Cook, Piano</b> Afternoon Bridge Club</p>	<p>30</p> <p>Morning Walking Quilting Cards Hand &amp; Foot 9:00 &amp; 1:00 Pool</p>	<p>31</p> <p>Walking Quilting Cards 1:00 Pitch Party Afternoon Bridge Club</p>	<p><b>Remember Fridays: Bingo at 1:15 pm Chicken Foot Dominoes At 2:00 pm</b></p>