

SEPTEMBER 2019 MENU

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>2</p> 	<p>Brunch for 3 Lunch Served 10:00 to Noon Scrambled Eggs Pancakes / Sausage Patty Fruit Cup & Tomato or OJ (MOW menu - see below)</p>	<p>4</p> <p>Ham Balls Scalloped Potatoes Butter Beets WW Bread Mixed Fruit Cherry Jello</p>	<p>5</p> <p>Goulash Lettuce Salad Asst. Veggies Apple Crisp Garlic Bread Stick</p>	<p>6</p> <p>Pork Chop Dressing Mashed Potatoes w/ Gravy Corn and WW Roll Strawberry Applesauce</p>
<p>9</p> <p>Porcupine Meatballs Baked Potato Creamed Mix Veggies Cottage Cheese Fruit Salad Blueberry Muffin</p>	<p>10</p> <p>Pork Tenderloin On A Bun Au Gratin Potatoes Cole Slaw Salad Frozen Fruit and Yogurt</p>	<p>11</p> <p>Sliced Roast Beef Mashed Potatoes / Gravy Dilled Carrots Dinner Roll Mandarin Oranges</p>	<p>12</p> <p>Creamed Chicken Over A Biscuit Broccoli Fresh Seasonal Fruit Cherry Chocolate Cake</p>	<p>13</p> <p>Taverns Calico Beans Macaroni / Veggie Salad Fruit Salad Oatmeal Craisin Cookie</p>
<p>16</p> <p>Baked Chicken Breast Mashed Potatoes & Gravy Scalloped Corn Dinner Roll Hidden Pear Salad</p>	<p>17</p> <p>Baked Potato Bar Diced Ham & Fresh Veggies Sliced Tomatoes Asst. Quick Breads Fruit Pie</p>	<p>18</p> <p>Sliced Ham w/ Pineapple Glaze Mashed Sweet Potatoes Green Bean & Rye Bread Apple Sauce Bars</p>	<p>19</p> <p>Tater Tot Casserole 7 Layer Salad Mandarin Orange Jello Banana Muffin</p>	<p>Fine Dining 20 Friday Meat Loaf Mashed Potatoes w/ Gravy Creamed Corn & Dinner Roll Cheese Cake w/ Fruit Topping</p>
<p>23</p> <p>Salisbury Steak Scalloped Potato Green Bean Casserole White Bread Pears</p>	<p>24</p> <p>Breaded Chicken Sandwich On A Bun Tater Tots Cucumber Salad Cherry Jello w/ Fruit</p>	<p>25</p> <p>Sliced Pork Roast Mashed Potatoes w/Gravy Sr. Kraut Salad or Three Bean Salad Rye Bread & Cherry Crisp</p>	<p>26</p> <p>Fish Sandwich On A Bun Cheesy Hash Browns Cole Slaw Salad Strawberries and Bananas</p>	<p>27</p> <p>Spaghetti Lettuce Salad Asst. Veggies Garlic Bread Stick Peaches</p>
<p>30</p> <p>BBQ Chicken Breast Baked Potato Corn Dinner Roll Mandarin Oranges</p>	<p>Alternative menu for MOW Tuesday - 3rd (11:00 delivery) Egg Bake w/ Diced Ham Sausage Patty Banana Muffin Tomato Juice & Fruit Cup</p>	<p>September 8th Happy Grandparents day</p> 	<p>Enjoy Misty's Homemade Breads Baked Daily 2% or Skim Milk Coffee & Water</p>	<p>Monday - September 23rd</p> 

SEPTEMBER 2019 ACTIVITIES

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>2</p>  <p>For Labor Day</p>	<p>3</p> <p>Morning Walking Quilting</p> <p>Special Luncheon Drawing</p> <p>Afternoon Bridge Club</p> <p>Pitch - Hand & Foot</p>	<p>Monthly 4 B. Day Party</p> <p>Morning Walking Quilting & FROG's</p> <p>Birthday Celebration - Noon</p> <p>Music by Connie</p> <p>Hand & Foot - Pitch - Pool</p>	<p>5</p> <p>Morning Walking Quilting</p> <p>11:30: Music by Anne Isom</p> <p>Afternoon Bridge Club</p> <p>Pitch - Hand & Foot</p>	<p>6</p> <p>Morning Walking Quilting & FROG's</p> <p>11:00 to Noon: Spinal Clinic</p> <p>BINGO</p> <p>Hand & Foot - Pitch - Pool</p>
<p>9</p> <p>Morning Walking Quilting & FROG's</p> <p>9:15 Toe Nail Clinic</p> <p>Hand & Foot</p> <p>Pitch & Pool</p>	<p>10</p> <p>Morning Walking Quilting</p> <p>Afternoon Bridge Club</p> <p>Pitch</p> <p>Hand & Foot</p>	<p>11</p> <p>Morning Walking Quilting & FROG's</p> <p>Hand & Foot</p> <p>Pitch</p> <p>Pool</p>	<p>12</p> <p>Morning Walking Quilting</p> <p>Music by Connie</p> <p>Afternoon Bridge Club</p> <p>Pitch - Hand & Foot</p>	<p>13</p> <p>Morning Walking - Quilting</p> <p>FROG's - Wayne Eye Care</p> <p>11:30: - Music by Val Koeber</p> <p>Century Club Movie Drawing</p> <p>BINGO</p> <p>Hand & Foot - Pitch - Pool</p>
<p>16</p> <p>Morning Walking Quilting & FROG's</p> <p>Special Luncheon Drawing</p> <p>Hand & Foot</p> <p>Pitch & Pool</p>	<p>17</p> <p>Morning Walking Quilting</p> <p>11:30 - SOP</p> <p>Afternoon Bridge Club</p> <p>Pitch & Pool</p>	<p>18</p> <p>Morning Walking Quilting & FROG's</p> <p>9:30 to noon/Health Clinic</p> <p>12:30 Board Meeting</p> <p>Hand & Foot - Pitch - Pool</p>	<p>19</p> <p>Morning Walking Quilting</p> <p>Music by Connie</p> <p>Afternoon Bridge Club</p> <p>Pitch - Hand & Foot</p>	<p>Fine Dining 20 Friday</p> <p>Morning Walking Quilting & FROG's</p> <p>11:30 Music by Dan Hansen</p> <p>BINGO</p> <p>Hand & Foot - Pitch - Pool</p>
<p>FALL 23 BEGINS</p> <p>Morning Walking Quilting & FROG's</p> <p>Hand & Foot - Pitch</p> <p>Pool</p> <p>Wear Your Favorite Fall Hat</p>	<p>24</p> <p>Morning Walking Quilting</p> <p>Tips on Telecommunica- tions Related Issues</p> <p>Afternoon Bridge Club</p> <p>Pitch - Hand & Foot</p>	<p>25</p> <p>Morning Walking Quilting & FROG's</p> <p>11:45 - Nutrition Visit w/Ann</p> <p>Hand & Foot</p> <p>Pitch</p> <p>Pool</p>	<p>26</p> <p>Morning Walking Quilting</p> <p>Music by Connie</p> <p>Afternoon Bridge Club</p> <p>Pitch - Hand & Foot</p>	<p>27</p> <p>Morning Walking Quilting & FROG's</p> <p>Providence BINGO Drawing</p> <p>Hand & Foot</p> <p>Pitch</p> <p>Pool</p>
<p>30</p> <p>Morning Walking Quilting & FROG's</p> <p>11:45 Fire Safety w/ Phil</p> <p>Hand & Foot</p> <p>Pitch</p> <p>Pool</p>		<p>Daily Quilting & Puzzles</p> 	<p>Sunday September 8th</p> 	<p>Coffee time daily 8:00 am & 2:30 pm</p> 