

April 2010 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>NOTICE: Menus are subject to change by Dietitian.</p>		<p>2% Milk, Water, and Coffee are offered with every meal.</p>	<p>1 Soft Taco w/ Lettuce & Tomato, Mild Taco Sauce, Mexican Rice, Baby Carrots, Corn with Red Peppers, Sliced Bread & Promise, Cookie</p>	<p>2 Closed for Good Friday</p>
<p>5 Chicken Alfredo w/ Broccoli, Mixed Vegetables, Garlic Breadstick & Promise, Frozen Fruit With Yogurt</p>	<p>6 BBQ Beef Sandwich on a Bun, Baked Beans, Beets, Promise, Fruit Cocktail</p>	<p>7 Tuna Casserole Peas Baby Raw Carrots WW Bread & Promise Sliced Apples</p>	<p>8 Sliced Turkey Red Roasted Potatoes and Turkey Gravy, California Blend, Dinner Roll & Promise, Pineapple Chunks</p>	<p>9 Dill Baked Fish, Parsley Buttered Potatoes Cheesy Broccoli, Sliced Bread & Promise Pears</p>
<p>12 Beef Stroganoff and Noodles, Prince William's Veg., Vegetable Salad, Cottage Cheese on Lettuce and Pineapple Ring, Bread & Promise, Cookie</p>	<p>13 Polish Dog & Sauerkraut Mixed Vegetables Three Bean Salad Hot Dog Bun & Promise Mangos</p>	<p>14 Baked Lemon Chicken Ranch Roasted Potatoes Broccoli Fresh Sliced Bread & Promise Tropical Fruit</p>	<p>15 Hot BBQ Meatball Sandwich Scalloped Potatoes Stewed Tomatoes Hot Dog Bun & Promise Mandarin Oranges</p>	<p>16 Deli Fruited Chicken Salad Sand- wich, Potato Cheese Soup, Sliced Cucumbers in Sauce Crackers & Promise Strawberries in Juice</p>
<p>19 Salisbury Steak, Beef Gravy Baked Potatoes Dill Buttered Carrots Wheat Bread & Promise Apricots</p>	<p>20 Sliced Turkey & Poultry Gravy Stuffing Napoli Blend Dinner Roll & Promise Mandarin Oranges</p>	<p>21 Country Beef Steak Country Gravy Mashed Potatoes Corn Sliced Bread & Promise Strawberry Rhubarb Pie</p>	<p>22 Hot Beef Sandwich Mashed Potatoes Gravy Cauliflower Applesauce with Cinnamon Wheat Bread & Promise</p>	<p>23 Fish Squares Tartar Sauce Au Gratin Potatoes Peas Fresh Bread & Promise Frozen Mango</p>
<p>26 Crispy Chicken Baked Potato Peas and Carrots Dinner Roll & Promise Fruit Cocktail</p>	<p>27 Spaghetti & Meatballs Green Beans Shredded Lettuce with Carrots, Cheese and Dorothy Lynch Breadstick & Promise Cinnamon Applesauce</p>	<p>28 Baked Pork Chops with Celery Soup Red Roasted Potatoes Honey Glazed Carrots Fresh Bread & Promise Cherry Jell-O w/Oranges</p>	<p>29 Fish Sandwich Dill Pickle Spear Spinach Salad with Oranges, Red Peppers, & dressing, Bun & Promise, Tartar Sauce Pineapple Tidbits</p>	<p>30 Sliced Ham Sweet Potatoes Wax Beans Wheat Bread & Promise Tropical Fruit</p>

April 2010 Activities

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>Remember: Bingo every Friday at 1:15 pm</p> <p>Coffee Social served at 3:00 pm Daily</p>		<p>Let Penny know if you invite Someone to eat or to an activity at the Center. (Outreach)</p>	<p>1</p> <p>Morning Walk Quilting/Cards 1:00 Pitch Party Afternoon Bridge Club</p>	<p>2</p> <p>Closed for Good Friday</p>
<p>5</p> <p>Morning Walk Quilting/Cards 9:00 & 1:00 Pool</p>	<p>6</p> <p>Morning Walk Quilting/Cards 12:45 Joelle Herman - The Sciatica 1:15-3:00 Pitch Afternoon Bridge Club</p>	<p>7</p> <p>Morning Walk Quilting/Cards 9:00 & 1:00 Pool 11:30; 12:45; 3:00 Birthday Celebration with Ray Petersen on Accordion</p>	<p>8</p> <p>Morning Walk Quilting/Cards 1:00 Pitch Party Afternoon Bridge Club</p>	<p>9</p> <p>Morning Walk Quilting/Cards 9:00 & 1:00 Pool 1:15 Bingo</p>
<p>12</p> <p>Morning Walking Quilting/Cards 9:00 & 1:00 Pool 12:45 Marj Porter - "Dolls" Show & Tell</p>	<p>13</p> <p>Morning Walking Quilting/Cards 11:30 Pat Cook, Piano Afternoon Bridge Club</p>	<p>14</p> <p>Morning Walk Quilting/Cards 9:00 & 1:00 Pool</p>	<p>15</p> <p>Morning Walk Quilting/Cards 1:00 Pitch Party Afternoon Bridge Club Elderfest</p>	<p>16</p> <p>Morning Walk Quilting/Cards 9:00 & 1:00 Pool 11:30 Phil Pfaltzgraff - Spotlight on Promise 1:15 Bingo</p>
<p>19</p> <p>Morning Walking Quilting/Cards 1:00 Board Meeting 9:00 & 1:00 Pool</p>	<p>20</p> <p>Morning Walking Quilting/Cards 11:30 Val Koeber, Piano Afternoon Bridge Club</p>	<p>21</p> <p>Morning Walking/Quilting/Cards 9:00 & 1:00 Pool 9:00 Health Screenings & Chair Massage 12:00 Special Luncheon 12:45 Connie Vogt - Brain Games</p>	<p>22</p> <p>Morning Walking Quilting/Cards 1:00 Pitch Party Afternoon Bridge Club</p>	<p>23</p> <p>Morning Walking Quilting/Cards 9:00 & 1:00 Pool 1:15 Bingo</p>
<p>26</p> <p>Morning Walking Quilting/Cards 9:00 & 1:00 Pool</p>	<p>27</p> <p>Morning Walking Quilting/Cards Afternoon Bridge Club</p>	<p>28</p> <p>Morning Walking Quilting/Cards 12:45 Earl Fuoss - "Weather 's Effect on Barometers"</p>	<p>29</p> <p>Walking/Quilting/Cards 12:00 Free Meal 12:45 Mike Storjohann - "American Broadband" 1:00 Pitch Party Afternoon Bridge Club</p>	<p>30</p> <p>Morning Walking Quilting/Cards 9:00 & 1:00 Pool 11:30 Pat Cook, Piano 1:15 Bingo</p>