






MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>2</b>	<b>Meat Loaf w/Gravy</b> Broccoli Mashed Potatoes Green Salad Peaches w/Yogurt WW Dinner Roll	<b>3</b>	<b>Cheesy Krab Cakes</b> Asparagus Tropical Mango Salsa Black Beans & Brown Rice	<b>4</b>	<b>BBQ Chicken</b> Green Beans Baked Sweet Potato Citrus Cup WW Dinner Roll	<b>5</b>	<b>Sweet &amp; Sour Pork</b> Green Salad Pears Asian Brown Rice Tapioca Pudding	<b>6</b>	<b>Swedish Meatballs</b> Broccoli Green Salad Warm Apricot Halves
				<i>12:30 Kelly Fleming</i>		<i>1:00 HICAP (by appt)</i>		<i>1:15 Bingo</i>	
<b>9</b>	<b>Honey Lemon Chicken</b> Capri Veggies Roasted Red Potatoes Green Salad Mixed Berries WW Dinner Roll	<b>10</b>	<b>Turkey Tetrazzini</b> Italian Green Beans Green Salad Tropical Fruit Salad	<b>11</b>	<b>Beef Bourguignon</b> Boiled Red Potatoes Green Salad Pineapple & Grapes WW Dinner Roll	<b>12</b>	<b>Grilled Cheese Sandwich</b> California Veggies Green Salad Sliced Peaches	<b>13</b>	<b>Finger Lickin Chicken w/Gravy</b> Sliced Zucchini Mashed Potatoes Mandarins & Strawberries WW Dinner Roll
				<i>11:15 Blood Pressure Chk 12:30 Carol Meals</i>				<i>1:15 Bingo</i>	
<b>16</b>	<b>Fiesta Wrap</b> California Veggies Green Salad Peach Crisp	<b>17</b>	 <b>Corned Beef &amp; Cabbage</b>  Glazed Carrots Boiled Potatoes Pears Bread Pudding	<b>18</b>	<b>Turkey Chili</b> Peas & Carrots Green Salad Mixed Berries Cornbread	<b>19</b>	<b>Beef Stroganoff</b> Brussel Sprouts Green Salad Apple Crisp	<b>20</b>	 <b>Chic Penne</b> California Veggies Green Salad Citrus Cup Garlic Breadstick
				<i>12:30 Tad &amp; Diane Kitada</i>				<i>1:15 Bingo</i>	
<b>23</b>	<b>California Pork w/Apricot Sauce</b> Green Beans Tropical Fruit Salad Brown Rice Pilaf	<b>24</b>	<b>Chicken Dijon</b> California Veggies Green Salad w/Beets Pears	<b>25</b>	<b>Pulled Pork Slider</b> Asparagus Carrot Raisin Salad Strawberries & Bananas	<b>26</b>	<b>Broccoli Beef</b> Green Salad Asian Brown Rice Apple Crisp	<b>27</b>	<b>Chicken Curry</b> Peas & Carrots Green Salad Citrus Cup Asian Brown Rice
				<i>12:30 Birthday Wednesday</i>		<i>1:00 HICAP (by appt)</i>		<i>1:15 Bingo</i>	
<b>30</b>	<b>Spaghetti w/Meat Sauce</b> French Cut Green Beans Green Salad Peaches w/Yogurt Garlic Bread	<b>31</b>	<b>Cheeseburger</b> Chuck Wagon Corn Potato Wedges Citrus Cup			<div style="border: 1px solid black; padding: 5px;">           When you see a salt shaker, it indicates the meal is higher in sodium.         </div>		<div style="border: 1px solid black; padding: 5px;">  When you see this Happy Star, it means a new menu item.         </div>	

Suggested voluntary contribution is \$3.00 for individuals 60 years of age and over.  
 \$7.00 fee for guests 59 years of age or younger.  
 For more information or to make a reservation, please call 273-4961.

This program is Supported by:

