

May-10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Stuffed Pepper Mashed Potato Whole baby Carrots Ice Cream</p> <p>1 pm Wii Bowling 3:30 Tops Diet Support</p>	<p>4</p> <p>Chicken Florentine Brown Rice Broccoli Pears</p>	<p>5</p> <p>Beef Stroganoff Egg noddles Mixed Vegetables Assorted Pie</p>	<p>6</p> <p>Spaghetti & Meatballs Tossed Salad Citrus Fruit</p> <p>8:45 am Nutrition for Busy People</p>	<p>7</p> <p>Roast Turkey Cranberry Sauce Mashed Potatoes Green Beans Bread Pudding</p> <p>New! 8:45 am Gentle Yoga 1 pm Mother's Day Reception see Page 5</p>
<p>10</p> <p>Baked Stuffed Fish Mashed Poatoes Stewed Tomatoes Orange</p>	<p>11</p> <p>American Goulash Peas & Carrots Vanilla Pudding</p> <p>12:35 Fibromyalgia</p> <p>Buy Dinner Tix by 11 am today!</p>	<p>12</p> <p>Chicken Caesar Salad Tomato & cheese Peaches</p> <p>9 am Shopping Trip (Pg 10) Noon Fashion Show 12:45 Spring Saftey</p>	<p>13</p> <p>Meatloaf w/gravy Roasted Potatoes Carrots Coins Choclate Pudding</p>	<p>14</p> <p>Minestrone Soup Turkey Sandwich Cole Slaw Banana</p> <p>5 pm Artist Reception</p>
<p>17</p> <p>Stuffed Shells w/sauce Italian Green Beans Sherbert</p>	<p>18</p> <p>Swedish Meatballs Mashed Potatoes Scandinavian Blend Veg. Crushed Pineapple</p> <p>5 pm Friendship Dinner <i>Must by tickets before May 11 at 11 am!</i></p>	<p>19</p> <p>Tilapia Baked Potato Spinach Apple</p>	<p>20</p> <p>Chicken Teriyaki Wild Rice Cauliflower Assorted Pie</p> <p>8:45 am Nutrition for Busy People 5 pm River Cruise See Page 1</p>	<p>21</p> <p>Roast Pork w/gravy Sweet Potato California Blend Veg. Applesauce</p> <p>12:45 Learn about Medicaid</p>
<p>24</p> <p>Salisbury Steak Mashed Potatoes Broccoli Mandarin Oranges</p>	<p>25</p> <p>Chicken Rosemary Brown Rice Oriental Blend Veg. Jell-o</p> <p>Alzheimer Association - Pg 4</p>	<p>26</p> <p>Estuary Burger on Whole Wheat Roll Pears</p>	<p>27</p> <p>Lasagna Tossed Salad Garlic Bread Fruit Shortcake</p>	<p>28</p> <p>Beef Stew w/potato & Mixed Veg. Biscuit Fruit Cocktail</p>
<p>31</p> <p>MEMORIAL DAY HOLIDAY</p> <p>CLOSED</p>				