

JUNE 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Stuffed Cabbage Mashed Potato Green Beans Peaches Get your Birdies for Charity form & make your pledge - Page 11	2 Chicken Dijon Wild Rice Mixed Vegetables Citrus Fruit	3 Baked Fish of the day Baked Potato Montery Blend Veg. Banana 9 am Chess All levels welcome!	4 Roast Turkey Gravy Stuffing Peas & Pearl Onions Cranberry Sauce Cake Volunteer Fair Tomorrow!
7 Manicotti w/sauce Zucchini Ice Cream	8 American Goulash Peas & Carrots Cookies 12:40 Secret of Salt <i>Must buy Friendship dinner tickets by 11 am TODAY!</i>	9 Chicken Caesar Salad Tomato & Cheese Whole Wheat Roll Pears 12:45 Improve Your Balance	10 Baked Ham Sweet Potato Broccoli Brownies	11 Vegetable Soup Crabmeat Salad Sandwich Pickle & Chips Orange 5 pm Artist Reception
14 Chicken w/mushrooms Brown Rice Winter Blend Veg. Crushed Pineapple	15 Swedish Meatballs Mashed Potatoes Whole Baby Carrots Chocolate Pudding 5 pm Luau Friendship Dinner MUST buy tickets by 11 am June 8	16 Tilapia Baked Potato Beets Apple	17 Spaghetti & Meatballs Tossed Salad Garlic Bread Fruited Jell-O 11 am Health Screenings in CHESTER!	18 Pot Roast w/gravy Roasted Potato Green Bean Casserole Assorted Pies 12:45 Legal Paperwork that You Need 1 pm Father's Day Social
21 Salisbury Steak Mashed potatoes Broccoli Peaches	22 Chicken Parmesan Egg Noodles Mixed Vegetables Cake 1:30 Alzheimer's Association - Pg 4	23 Macaroni & Cheese Stewed Tomatoes Citrus Fruit	24 Pulled Pork on a roll Cole Slaw Butterscotch Pudding	25 Lemon Pepper Fish Tator Tots Carrot Coins Banana 5 pm Find us at the OS Stroll!
28 Chicken Rosemary Wild Rice Oriental Blend Veg. Mandarin Oranges	29 Beef Stew w/potato & mixed Veg. Yogurt Parfait 1:30 Alzheimer's Association - Pg 4	30 Eggplant Parmesan Tossed Salad Jell-o	Date Activity	Date Activity