

February-11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Stuffed Cabbage Mashed Potato Broccoli Lemon Pudding  10 am Knit/Crochet Club meets weekly - join the fun!	2 Baked Stuffed Fish Roasted Potatoes Beets Banana  9 am Wood Carving Class all levels welcome - pg 5	3 Roast Pork w/gravy Sweet Potato Green Beans Applesauce  9 am Chess - all levels welcome - meets weekly	4 Spaghetti & Meatballs Tossed Salad Cake  8:45 am Gentle Yoga meets weekly
7 Salisbury Steak Mashed Potatoes Whole Baby Carrots Pears  1 pm Healthy Steps class meets weekly	8 Chicken Parmesan Wild Rice Zucchini Jell-o  12:35 Keep Your Heart Healthy	9 Tilapia Roasted Potato Stewed Tomatoes Apple  1 pm Book Chats <i>Sullivan's Island</i> - pg 5	10 Meatloaf Mashed Potato California Blend Veg. Frosted Cake	11 Manicotti w/sauce Tossed Salad Fruit Cocktail  5 pm Artist Reception
14 Baked Stuffed Chicken Breast Brown Rice Peas & Carrots Assorted Pies	15 Sweidsh Meatballs Egg Noodles Italian Green Beans Mandarin Oranges  12:45 Dry Eye Syndrome	16 Pulled Pork Sandwich Cole Slaw Orange	17 Roast Turkey/gravy Mashed Potato Winter Blend Veg. Butterscotch Pudding  11 am Free Health Screenings in Chester! See page 4	18 American Chop Suey Zucchini Brownies  12:45 Homecare Eligibility
21 President's Day Holiday  Closed	22 Lemon Pepper Fish Mashed Potatoes Spinach Sherbet	23 Chicken Florentine Rice Palf Broccoli Peaches  12:45 Nutrition for the Heart	24 Beef Stroganoff Egg Noodles Carrots Crushed Pineapple	25 Lasagna Tossed Salad Cookies  Trip to Rhode Island Flower Show - see page 10
28 Estuary Burger on a roll 3-Bean Salad Ice Cream  Trip to Mohegan Sun See page 10				Date Activity