

JANUARY 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<p>Stuffed Cabbage Mashed Potato Whole Baby Carrots Peaches</p> <p>1 pm Healthy Steps (weekly)</p>	<p>Chicken Florentine Rice Pilaf Green Beans Ice Cream</p>	<p>Spaghetti w/meatballs Tossed Salad Mandarin Oranges</p> <p>1:45 Beginning Tai Chi</p>	<p>Meat Loaf Roasted Potatoes Mixed Vegetables Carrot Cake</p> <p>8:45 am Nutrition for Busy People 9 am Chess (weekly)</p>	<p>Vegetable Soup Tuna Fish Sandwich Banana</p> <p>8:45 am Gentle Yogo (weekly) Watercolor Art Classes (weekly)</p>
10	11	12	13	14
<p>BBQ Chicken Wild Rice Broccoli Chocolate Pudding</p>	<p>American Chop Suey Italian Green Beans Pears</p> <p>12:45 Osteoporosis</p>	<p>Tuekey Pot Pie w/potato & Veg. Cookies</p> <p>1 pm Book Chats <i>Tobacco Road</i> by Erskine Caldwell</p>	<p>Eggplant Parmesan Italian Blend Vegetables Assorted Pies Garlic Bread</p> <p>7:30-8:30 am Diabetes Screening</p>	<p>Pot Roast w/gravy Roasted Potatoes Peas & Carrots Jell-o</p> <p>5 pm Artist Gallery Reception</p>
17	18	19	20	21
<p>Martin Luther King Holiday</p> <p>Closed</p>	<p>Salisbury Steak w/gravy Mashed Potato Stewed Tomatoes Sherbet</p> <p>By appointment: Cholesterol Screenings</p>	<p>Chicken Caesar Salad Pineapple Whole Wheat Roll</p> <p>By appointment: Free Hearing Screening</p>	<p>Tilapia Baked Potato Spinach Apple</p> <p>8:45 am Nutrition for Busy People</p>	<p>Stuffed Shells Tossed Salad Citrus Fruit</p> <p>12:45 Protect Yourself from Scams</p>
24	25	26	27	28
<p>Fish & Chips Broccoli Orange</p>	<p>Chicken Cacciatore w/onions & peppers Brown Rice Cauliflower Vanilla Pudding</p>	<p>Swedish Meatballs Egg Noodles Carrot Coins Fruited Jell-o</p>	<p>Roast Turkey w/gravy Cranberry Sauce Stuffing Scandinavian Blend Veg. Peaches</p>	<p>Beef Stew w/potato & mixed vegetable Biscuit Pound Cake w/fruit topping</p>
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<p>Chicken Teriyaki Rice Pilaf Oriental Blend Vegetables Ice Cream</p>				