

SEPTEMBER 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Turkey Pot Pie w/veg & potato Pears Biscuit	2 Pot Roast Oven Roasted Potatoes Green Beans Assorted Pies 8:45 am Nutrition for Busy People	3 Lemon Pepper Fish Tator Tots Cole Slaw Banana 8:45 am Gentle Yoga Weekly Class
6 LABOR DAY HOLIDAY CLOSED	7 Manicotti w/sauce Italian Green Beans Sherbert	8 Chicken Teriyaki Brown Rice Oriental Blend Veg. Crushed Pineapple 9 am Wood Carving 1 pm Book Chats <i>A Tree Grows in Brooklyn</i>	9 Meatloaf Mashed Potato Broccoli Chocolate Pudding	10 Vegetable Soup Sliced turkey Sandwich 3-Bean Salad Apple 5 pm Artist Reception
13 Stuffed Pepper Mashed Potato Mixed Vegetables Mandarin Oranges 1 pm Emergency Preparedness	14 Chicken Florentine Wild Rice Carrot Coins Ice Cream 12:45 Glaucoma	15 Spaghetti w/meatballs Tossed Salad Peaches 12:45 Living with Pain	16 Roast turkey Gravy Cranberry Sauce Stuffing Green Beans Cookies 8:45 am Nutrition for Busy People	17 Baked Fish of the day Baked Potato Stewed tomatoes Orange 12:45 Living Wills
20 Salisbury Steak Mashed potato Peas & Carrots Fruit Cocktail	21 Stuffed Chicken w/broccoli Rice Pilaf Sonoma Blend Veg. Jell-o 1:15 Ice Cream Social	22 Beef Stew w/potatoes & veg. Banana	23 Tilapia Roasted Potato Whole Baby Carrots Fruit Shortcake	24 Roast Pork Sweet Potato Cauliflower Vanilla Pudding Get your tickets for the Auction!
27 Stuffed Shells Zucchini Pears	28 Beef Stroganoff Over rice Broccoli Apple Pie	29 Chicken Ceasar Salad Citrus Fruit 9:45 Free Fitness Training 12:15 9 Town Transit Public Bus Meeting	30 Baked Ham Scalloped Potatoes Spinach Pound Cake	Date Activity