

September 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Pasta with Meatballs Vegetables Italian Bread Fresh Apple	2 Open Faced Turkey Sandwich w/Gravy Potato Wedges Vegetables Wheat Bread Cookie	3 Labor Day Special BBQ Beef on Wheat Roll Spinach Au Gratin Potatoes Citrus Fruit Cup
6 	7 Chicken Dijon Sweet Potatoes Green Peas Dinner roll Tropical Fruit	8 Tuna & Macaroni Salad Cold Plate Whole Wheat Roll Marinated Cucumbers Cabbage Apple Sauce	9 Beef Tips W/Gravy Buttered Noodles Italian Green Beans Rue Bread Cherry Gelatin	10 Mrs. Fridays Fish O'Brien Potatoes Vegetables Wheat Bread Yogurt
13 Chicken Cacciatore Garlic & Red Pepper Penne Yellow & Zucchini Squash Italian Bread Fruit Cocktail	14 Stuffed Shells Broccoli Carrots Italian Bread Fruited Gelatin	15 Beef Pot Pie Green Beans Spiced Peaches	16 Caesar Salad with Chicken & Caesar Dressing & Croutons Pickled Beets Roll Fresh melon	17 Pulled BBQ Port Wheat Bun Green Peas Vegetables Apricot Halves
20 Salisbury Steak Gravy Mashed Potatoes Brussels Sprouts Rye Bread Mandarin Oranges	21 Oven Fried Chicken Confetti Rice Was Beans Wheat Bread	22 Macaroni & Cheese Stewed Tomatoes Cornbread Warm Apples & Raisins	23 Stuffed Pepper Mexican Corn Garlic Bread Banana	24 Chef Salad Ham, Cheese, Egg Tomato & Dressing Dinner Roll Frozen Strawberries
27 Jumbo Hot dog Baked Beans Sauerkraut Pears	28 BBQ Chicken Baked Beans Cole Slaw Bread Apple Crisp	29 Roast Beef & Gravy Mashed Potatoes Cauliflower Rye Bread Yogurt	30 Ham Steak Scalloped Potatoes French Style Green Beans Pineapple	

Lunch reservations are required by noon on the previous day. LUNCH IS SERVED AT NOON. *Diabetics will receive substitutes. No substitutes for food allergies. Suggested contribution: \$2.00 per meal/\$3.00 under 60. Make checks payable to: Prestige Service, Inc. No one will be denied a meal if they are unable to make a contribution. Served daily at sites: coffee, tea, milk and margarine.

DAYS TO REMEMBER

Every Monday	9:00AM	Painting Class
	9:45AM	Osteoporosis Class
	11:30AM	Poker
Every Tuesday	9:00AM	Woodcarving
	9:15AM	Aerobics Class
	10:30AM	P.A.C.E. Class
	12:30PM	Card Stamping
	12:30PM	Pinochle
Every Wednesday	9:45AM	Osteoporosis Class
Every Thursday	9:00AM	Crafts
	10:00AM	P.A.C.E. Class
	1:45PM	Beginner Line Dancing
	2:45PM	Advanced Line Dancing
Every Friday	10:00AM	Quilting Class
	12:30PM	Mah Jongg
	12:30PM	Dominoes
	12:30PM	Scrap Booking Class

Halfmoon Senior Citizen Assoc., Inc.

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