
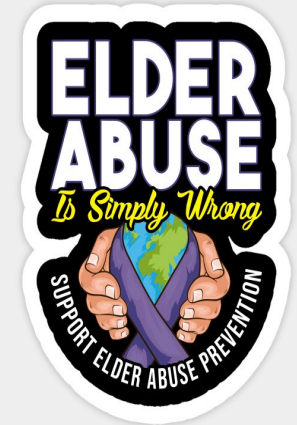


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>*NO MEAL DELIVERY*</p>	<p>2</p> <p>9:00 Cardio Drumming</p> <p>Chili Baby Bakers Corn Pears Cornbread Milk</p>	<p>3</p> <p>Pizza Green Beans Apple Crisp Side Salad w/ Dressing Brownie & Milk</p>	
<p>6</p> <p>11:00 Penny Bingo</p> <p>Taco Salad (Meat, Beans, Lettuce, Tomato, Cheese, Sour Cream & Salsa) Apple Slices Cookie Doritos & Milk</p>	<p>7</p> <p>9:00 Yoga 10:30 Mindful Meditation 11:30 Blood Pressure Checks w/ Lafayette Pointe</p> <p>Chicken Cordon Bleu Parslied Red Potatoes Broccoli Pineapple Chunks Dinner Roll & Milk</p>	<p>8</p> <p><u>1:00 Produce Pick-up</u></p> <p>*NO MEAL DELIVERY*</p>	<p>9</p> <p>9:00 Cardio Drumming 11:30 Blood Pressure Checks w/ City Health</p> <p>Philly Cheesesteak w/ Bun Sweet Potato Tots Mixed Veggies Cottage Cheese Banana Milk</p>	<p>10</p> <p>11:45 Senior Scams Presentation</p> <p>Turkey Bacon Ranch Wrap Cream of Potato Soup Carrots w/ Ranch Orange Jell-O w/ Mandarin Oranges Milk</p>
<p>13</p> <p>11:00 Penny Bingo</p> <p>Goulash California Blend Vegetables Spiced Peaches Pea Salad Dinner Roll & Milk</p>	<p>14</p> <p>9:00 Yoga 10:30 Mindful Meditation <u>11:30 Commodity Box Pick-up</u></p> <p>Tater Tot Casserole Succotash Cherry Crisp Side Salad w/ Dressing Bread & Milk</p>	<p>15</p> <p>*NO MEAL DELIVERY*</p> 	<p>16</p> <p>9:00 Cardio Drumming 1:00 Painting Class— Sign-up Required</p> <p>Swedish Meatballs Alfredo Noodles Italian Blend Veggies Tropical Fruit Butterscotch Pudding Dinner Roll & Milk</p>	<p>17</p> <p>Sliced Turkey w/ Dressing Mashed Potatoes Whole Baby Carrots Fruit Cocktail Bread & Milk</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>20</p>  <p>JUNE TEENTH FREEDOM DAY</p> <p>Center closed in observance of Juneteenth- NO MEAL DELIVERY</p>	<p>21</p> <p>9:00 Yoga 10:30 Mindful Meditation 11:30 Blood Pressure Checks w/ Interim Hospice</p> <p>Creamed Chicken & Biscuit Mashed Potatoes Peas Peach Halves Milk</p>	<p>22</p> <p>12:00 Parking Lot Bingo Call to reserve your spot!</p> <p>*NO MEAL DELIVERY*</p>	<p>23</p> <p>9:00 Cardio Drumming</p> <p>Italian Sub Sandwich Redskin Potato Salad Grapes Spinach Salad w/ Egg Oatmeal Cream Pie Milk</p>	<p>24</p> <p>Baked Fish Square w/ Bun Potato Wedges Mac-n-Cheese Coleslaw Banana & Milk</p>
<p>27</p> <p>11:00 Penny Bingo</p> <p>Grilled Chicken Salad (Lettuce, Tomato, Cucumber, Egg & Cheese) 100% Juice Sidekick Cookie Crackers & Milk</p>	<p>28</p> <p>9:00 Yoga 10:30 Mindful Meditation</p> <p>French Toast Hash Brown Sausage Patty 100% Fruit Juice Fruit Yogurt w/ Granola Milk</p>	<p>29</p> <p>*NO MEAL DELIVERY*</p>	<p>30</p> <p>9:00 Cardio Drumming</p> <p>Slow Roast Pork Loin Roasted Sweet Potatoes Brussels Sprouts 100% Fruit Juice Orange Pineapple Fluff Milk</p>	



Soup of the Month:

Chili with cornbread

Take-Out Salads:

Choice of toppings and dressings, includes crackers

***Served 11-1. Cost is \$3 each.**

To access ingredient content, visit www.knohoco.org or call 740-622-4852. Choice of bread & milk. There are no substitutions available.

Menu subject to change.

