


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>10:00 Senior Exercise 11:00 Penny Bingo</p> <p>Salisbury Steak w/ Gravy & Onions Cheddar Mashed Potatoes Green Beans Pineapple Chunks Dinner Roll & Milk</p>	<p>2 8:00 Yoga 9:15 Line Dancing 10:30 Mindful Meditation 11:30 Blood Pressure Checks w/ Lafayette Pointe</p> <p><u>1:30 Produce Pick-up</u> Shredded Chicken w/ Bun Sweet Potato Tots Brussels Sprouts Cantaloupe Rice Krispy Treat & Milk</p>	<p>3</p> <p>10:00 Senior Exercise 12:00 PERI</p> <p>Pulled BBQ Pork Plow Boy Baked Potato Broccoli w/ Cheese Sauce Grapes Dinner Roll & Milk</p>	<p>4</p> <p>8:00 Yoga 9:15 Cardio Drumming</p> <p>Ham Salad Croissant Macaroni Salad Baby Carrots w/ Ranch Banana Milk</p>	<p>5</p> <p>9:00 Walk & Talk 10:00 Senior Exercise</p> <p>Hamburger Gravy over Noodles Mashed Potatoes Peas Tropical Fruit Dinner Roll & Milk</p>
<p>8</p> <p>10:00 Senior Exercise 11:00 Penny Bingo</p> <p>Turkey Cobb Salad (Romaine Lettuce, Grape Tomatoes, Onion, Cucumbers, Peas) Fresh Orange Crackers Animal Cookies & Milk</p>	<p>9</p> <p>8:00 Yoga 9:15 Line Dancing 10:30 Mindful Meditation</p> <p><u>11:30 Commodity Box Pick-up</u> Smoked Sausage w/ Bun Mashed Potatoes Sauerkraut Fruit Cocktail Milk</p>	<p>10</p> <p>10:00 Senior Exercise 11:30 Brain Injury Presentation</p> <p>Chili w/ Beans Baby Bakers Corn Peaches Cornbread & Milk</p>	<p>11</p> <p>8:00 Yoga 9:15 Cardio Drumming 11:30 Blood Pressure Checks w/ City Health</p> <p>Egg Salad w/ Bun Cottage Cheese Celery Sticks w/ Cream Cheese Raisins Fresh Pear & Milk</p>	<p>12</p> <p>9:00 Walk & Talk 10:00 Senior Exercise 1:00 Euchre</p> <p>Mushroom Swiss Burger w/ Bun Potato Wedges Mixed Vegetables Caesar Trio Pasta Salad Dill Pickle Spear Milk</p>
<p>15</p> <p>10:00 Senior Exercise 11:00 Penny Bingo 11:30 Blood Pressure Checks w/ Interim Hospice</p> <p>Breakfast Scramble Hash Brown Warm Applesauce 100% Orange Juice Bagel & Cream Cheese Milk</p>	<p>16</p> <p>8:00 Yoga 9:15 Line Dancing 10:30 Mindful Meditation</p> <p>Chicken Strips Mac & Cheese California Blend Veggies Loaded Potato Salad Apple Slices Dinner Roll & Milk</p>	<p>17</p> <p>10:00 Senior Exercise 11:30 Interim Hospice-Palliative Home Health Presentation 12:00 Birthday Party-Sponsored by Altercare</p> <p>Coney Dog w/ Bun Tater Tots Peas & Carrots Fresh Cut Fruit Cookie & Milk</p>	<p>18</p> <p>8:00 Yoga 9:15 Cardio Drumming 1:00 Movie Matinee—<i>Forrest Gump</i></p> <p>Beef & Noodles Mashed Potatoes Green Beans Jell-O w/ Mixed Fruit Banana Dinner Roll & Milk</p>	<p>19</p> <p>9:00 Walk & Talk 10:00 Senior Exercise 11:30 Blood Pressure Checks w/ Signature</p> <p>Chicken Patty w/ Bun Cheesy Hash Brown Casserole Baked Beans Mandarin Oranges Milk</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>22</p> <p>10:00 Senior Exercise 10:30 Penny Bingo 11:15 Mike Hoskins– Piano *PLEASE NOTE DIFFERENT TIME FOR BINGO TODAY!*</p> <p>Taco Salad (Meat, Beans, Cheese, Lettuce, Tomato, Sour Cream & Salsa) Fresh Orange Tortilla Chips & Milk</p>	<p>23</p> <p>8:00 Yoga 9:15 Line Dancing 10:30 Mindful Meditation</p> <p>Seasoned Baked Chicken Breast Parslied Red Potatoes California Blend Vegetables Pears Milk</p>	<p>24</p> <p>10:00 Senior Exercise 11:00 Around the House JINGO</p> <p>Spaghetti w/ Meat Sauce Asparagus Warm Cinnamon Applesauce Tossed Salad w/ Dressing Garlic Bread & Milk</p>	<p>25</p> <p>8:00 Yoga 9:15 Cardio Drumming</p> <p>Broccoli Cheese Soup Ham & Swiss Croissant Banana Tapioca Pudding Crackers & Milk</p>	<p>26</p> <p>9:00 Walk & Talk 10:00 Senior Exercise</p> <p>Pizza Burger w/ Bun Battered Cauliflower w/ Ranch Cherry Crisp Carrot Raisin Salad Milk</p>
<p>29</p> <p>10:00 Senior Exercise 11:00 Penny Bingo</p> <p>Sausage Gravy w/ Biscuit Hash Brown Warm Spiced Peaches 100% Tomato Juice Yogurt & Milk</p>	<p>30</p> <p>8:00 Yoga 9:15 Line Dancing 10:30 Mindful Meditation</p> <p>Swedish Meatballs w/ Alfredo Noodles Broccoli & Cauliflower Apple Crisp Baby Carrots w/ Ranch Breadstick & Milk</p>	<p>31</p> <p>10:00 Senior Exercise 12:30 Blood Pressure Checks w/ Community Hospice 1:00 Open House Bingo</p> <p>BBQ Beef w/ Bun Yellow Squash Feather River Potatoes Fresh Peach Milk</p>		



Soup of the Month:

Ham & Bean

Take-Out Salads:

Choice of toppings and dressings, includes cornbread

***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.

