

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1
 9:00 Walk & Talk
 11:15 Walhonding Rube Band
 Shredded Chicken w/ Bun
 Cheesy Hash Brown Casserole
 Baked Beans
 Red, White & Blue Fruit
 Dessert
 Milk

4

HAPPY 4th of July

We will be closed and NO meals will be delivered.

5
 8:00 Yoga
 10:30 Mindful Meditation
 11:30 Blood Pressure Checks w/ Lafayette Pointe
 Hot Dog w/ Bun
 Tater Tots
 Corn
 Mandarin Oranges
 Brownie & Milk

6
 12:00 PERI
1:00 Produce Pick-up
 Mac & Cheese
 Stewed Tomatoes
 Peas
 Mixed Fruit
 Dinner Roll & Milk

7
 8:00 Yoga
 9:00 Cardio Drumming
 Taco Salad (Meat, Beans, Lettuce, Tomato, Cheese, Sour Cream & Salsa)
 Apple Slices
 Rice Krispy Treat
 Corn Chips & Milk

8
 9:00 Walk & Talk
 1:00 Euchre
 Ham & Bean Soup
 String Cheese
 Banana
 Frosted Lime Salad
 Cornbread & Milk

11
 11:00 Penny Bingo
 Chicken Cavatappi
 Italian Vegetables
 Caramel Apple Crisp
 Banana Pudding
 100% Fruit Juice
 Breadstick & Milk

12
 8:00 Yoga
 10:30 Mindful Meditation
11:30 Commodity Box Pick-up
 Meatloaf
 Scalloped Potatoes
 California Blend Veggies
 Peaches
 Dinner Roll & Milk

13
 11:00 Summer Fun JINGO
 1:00 Movie Matinee – *My Girl*
 Smoked Sausage w/ Bun
 Potatoes & Cabbage
 Lima Beans
 Tropical Fruit
 Milk

14
 8:00 Yoga
 9:00 Cardio Drumming
 11:30 Blood Pressure Checks w/ City Health
 Spinach Salad (Boiled Egg, Bacon, Mozzarella Cheese)
 Cream of Potato Soup
 Banana
 Fruit Muffin
 Crackers & Milk

15
 9:00 Walk & Talk
 11:30 Blood Pressure Checks w/ Signature
 Swiss Steak w/ Onions & Tomatoes
 Cheddar Mashed Potatoes
 Broccoli & Cauliflower Cuts
 Apricots
 Dinner Roll & Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>18</p> <p>11:00 Penny Bingo 11:30 Blood Pressure Checks w/ Interim Hospice</p> <p>Veggie Lasagna Green Beans Cherry Crisp Cucumber Ranch Salad w/ Onions Cheddar Biscuit & Milk</p>	<p>19</p> <p>8:00 Yoga 10:30 Mindful Meditation</p> <p>Cheeseburger w/ Bun (Lettuce, Tomato, Onion, Pickle) Baked Beans Potato Wedges Orange Milk</p>	<p>20</p> <p>11:00 Mike Hoskins– Piano 12:00 Birthday Party- Sponsored by Altercare</p> <p>Roast Pork Loin w/ Gravy Mashed Potatoes Sauerkraut Applesauce Dinner Roll & Milk</p>	<p>21</p> <p>8:00 Yoga 9:00 Cardio Drumming</p> <p>Breaded Fish Filet w/ Bun Breaded Cauliflower w/ Ranch Au Gratin Potatoes Fresh Cut Fruit Milk</p>	<p>22</p> <p>9:00 Walk & Talk</p> <p>Chicken Breast w/ Cheese & Mushrooms Baby Bakers Peas & Carrots Jell-O w/ Fruit Milk</p>
<p>25</p> <p>11:00 Penny Bingo</p> <p>Chef Salad (Boiled Egg, Ham, Turkey, Cheese, Tomato, Cucumber, Onion) Dragon Punch Cookie Crackers & Milk</p>	<p>26</p> <p>8:00 Yoga 10:30 Mindful Meditation</p> <p>Stuffed Pepper w/ Tomato Sauce Cheddar Mashed Potatoes Brussels Sprouts Pears Dinner Roll & Milk</p>	<p>27</p> <p>12:30 Blood Pressure Checks w/ Community Hospice 1:00 Open House Bingo</p> <p>Chicken Salad Croissant Broccoli Cheese Soup Banana Cottage Cheese Milk</p>	<p>28</p> <p>8:00 Yoga 9:00 Cardio Drumming</p> <p>Sausage Breakfast Burrito Tater Kegs Blueberry Cobbler Fresh Peach Bagel w/ Cream Cheese Milk</p>	<p>29</p> <p>9:00 Walk & Talk</p> <p>Pizza Burger w/ Bun Onion Petals Capri Blend Veggies Baby Carrots w/ Ranch Strawberry Jell-O w/ Whipped Topping Milk</p>



Soup of the Month:

Chicken Noodle

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.

