

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1

8:00 Yoga
9:15 Cardio Drumming

Beef Vegetable Soup
Cottage Cheese
Carrot Raisin Salad
Pear Chunks
Cornbread
Crackers & Milk

2

9:00 Geri-Fit
10:00 Senior Exercise
11:00 Mike Hoskins– Piano

Pizza Casserole
Green Beans
Blueberry Cobbler
Tossed Salad w/ Dressing
Garlic Cheddar Biscuit & Milk

5

Closed in observance of



6 8:00 Yoga
9:15 Line Dancing
10:30 Mindful Meditation
11:30 Blood Pressure
Checks w/ Lafayette Pointe

1:30 Produce Pick-up

Taco Salad (Meat, Beans,
Lettuce, Tomato, Cheese,
Sour Cream & Salsa)
Fresh Orange
Doritos & Milk

7

9:00 Geri-Fit
10:00 Senior Exercise
12:00 PERI

Macaroni & Cheese
Stewed Tomatoes
Peas
Fresh Fruit
Cookie
Dinner Roll & Milk

8 8:00 Yoga

9:15 Cardio Drumming
11:30 Blood Pressure
Checks w/ City Health
1:00 Fall Bingo w/ Interim
Hospice

Smoked Sausage w/ Bun
Diced Potatoes w/ Cabbage
Succotash
Tropical Fruit
Milk

9

9:00 Geri-Fit
10:00 Senior Exercise
1:00 Euchre

Egg Salad Croissant
Carrots w/ Ranch
Banana
100% Fruit Juice Sidekick
Brownie
Milk

12

10:00 Senior Exercise
11:00 Penny Bingo
1:00 Geri-Fit

Chicken Broccoli Divan w/
Brown Rice
Asian Blend Vegetables
Mandarin Oranges
Dinner Roll & Milk

13 8:00 Yoga
9:15 Line Dancing
10:30 Mindful Meditation
**11:30 Commodity Box
Pick-up**

Turkey Noodles
Mashed Potatoes
Carrot Coins
Mixed Fruit
Dinner Roll & Milk

14

9:00 Geri-Fit
10:00 Senior Exercise
11:00 Medicare 101

Cheese Omelet
Sausage Links
Hash Browns
Cantaloupe Chunks
100% Tomato Juice
Fruit Muffin & Milk

15

8:00 Yoga
9:15 Cardio Drumming
1:00 Art Class w/ AETNA

Cheeseburger w/ Bun
(Lettuce, Tomato, Cheese)
Dill Pickle Spear
Battered Cauliflower w/
Ranch
Tater Tots
Milk

16

10:00 Senior Exercise
11:30 Blood Pressure Checks
w/ Signature

Italian Sub
Broccoli Cheese Soup
Celery Sticks w/ Ranch
Orange Pineapple Fluff
Crackers & Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>19</p> <p>10:00 Senior Exercise 11:00 Penny Bingo 11:30 Blood Pressure Checks w/ Interim Hospice</p> <p>Tater Tot Casserole Mixed Veggies Spiced Peaches String Cheese 100% Fruit Juice Sidekick Bread & Milk</p>	<p>20</p> <p>8:00 Yoga 9:15 Line Dancing 10:30 Mindful Meditation</p> <p>Chicken Parmesan Penne Pasta w/ Marinara Italian Blend Vegetables Banana Breadstick & Milk</p>	<p>21</p> <p>9:00 Geri-Fit 10:00 Senior Exercise 12:00 Birthday Party-Sponsored by Altercare</p> <p>Chef Salad (Ham, Turkey, Lettuce, Tomato, Onion, Cheese, Egg) Apple Slices Rice Krispy Treat Crackers & Milk</p>	<p>22</p> <p>8:00 Yoga 9:15 Cardio Drumming 11:00 A Healthy You JINGO</p> <p>Steak Fajita (Peppers, Onions, Lettuce, Tomato, Cheese, Sour Cream) Fire Roasted Corn Vanilla Pudding Tortilla & Milk</p>	<p>23</p> <p>9:00 Geri-Fit 10:00 Senior Exercise 11:45 Nutrition Education-“Dietary Guidelines are for you”</p> <p>Tuna Noodle Casserole Sweet Potato Tots Cherry Crisp Cucumber & Tomato Salad Bread & Milk</p>
<p>26</p> <p>10:00 Senior Exercise 11:00 Penny Bingo</p> <p>Meatloaf Au Gratin Potatoes Butter Beans Pineapple Tidbits Dinner Roll & Milk</p>	<p>27</p> <p>8:00 Yoga 9:15 Line Dancing 10:30 Mindful Meditation</p> <p>Chicken Pot Pie Lima Beans Warm Cinnamon Applesauce 100% Fruit Juice Sidekick Lime Jell-O w/ Pears Graham Crackers & Milk</p>	<p>28</p> <p>9:00 Geri-Fit 10:00 Senior Exercise 12:30 Blood Pressure Checks w/ Community Hospice 1:00 Open House Bingo</p> <p>Roast Pork w/ Gravy Mashed Potatoes Broccoli & Cauliflower Cuts Apricots Dinner Roll & Milk</p>	<p>29</p> <p>8:00 Yoga 9:15 Cardio Drumming 1:00 Movie Matinee–Grease</p> <p>Johnny Marzetti Maui Blend Vegetables Peach Cobbler Tossed Salad w/ Dressing Breadstick & Milk</p>	<p>30</p> <p>9:00 Geri-Fit 10:00 Senior Exercise 11:30 Senior Benefit Advantage– Medicare</p> <p>Chicken & Rice Soup Ham Salad Wrap w/ Lettuce Pita Chips w/ Hummus Grapes Crackers & Milk</p>



Soup of the Month:

Beef Vegetable

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.

