


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 9:15 Line Dancing 10:30 Mindful Meditation 11:30 Blood Pressure Checks w/ Lafayette Pointe</p> <p>Macaroni & Cheese Stewed Tomatoes Peas Tropical Fruit Bread & Milk</p>	<p>2 9:00 Geri-Fit 10:00 Senior Exercise 12:00 PERI</p> <p>Meatloaf Au Gratin Potatoes Brussels Sprouts Banana Dinner Roll & Milk</p>	<p>3 9:15 Cardio Drumming 11:30 Sgt. Stone– Scam Presentation</p> <p>Chicken Salad w/ Bun Cream of Potato Soup Carrots w/ Ranch 100% Fruit Juice Butterscotch Pudding Milk</p>	<p>4 9:00 Geri-Fit 10:00 Senior Exercise 11:00 Thanksgiving JINGO</p> <p>Swedish Meatballs w/ Alfredo Noodles Cauliflower Apple Slices Ambrosia Salad</p>
<p>7 10:00 Senior Exercise 11:00 Penny Bingo</p> <p>Taco Salad (Meat, Beans, Lettuce, Cheese, Sour Cream & Salsa) 100% Fruit Juice Sidekick Cookie Corn Chips & Milk</p>	<p>8 9:15 Line Dancing 10:30 Mindful Meditation <u>11:30 Commodity Box Pick-up</u></p> <p>Sweet & Sour Chicken over Rice Asian Blend Vegetables Veggie Egg Roll Mandarin Oranges Milk</p>	<p>9 9:00 Geri-Fit 10:00 Senior Exercise</p> <p>Vegetable Soup Cottage Cheese Carrot Raisin Salad Pear Chunks Muffin Crackers & Milk</p>	<p>10 8:00 Yoga 9:15 Cardio Drumming 11:30 Blood Pressure Checks w/ City Health</p> <p>Country Fried Steak Mashed Potatoes Succotash Side Salad w/ Dressing Bread & Milk</p>	<p>11 9:00 Geri-Fit 10:00 Senior Exercise 1:00 Euchre</p> <p>BBQ Pork “Plow Boy” Baked Potato Broccoli & Cheese Peaches Cookie Dinner Roll & Milk</p>
<p>14 10:00 Senior Exercise 11:00 Penny Bingo 1:00 Movie Matinee- <i>Planes, Trains & Automobiles</i></p> <p>Beef & Noodles Mashed Potatoes Corn Fresh Cut Fruit Dinner Roll & Milk</p>	<p>15 8:00 Yoga 9:15 Line Dancing 10:30 Mindful Meditation</p> <p>Hot Dog w/ Bun Baked Beans Tater Tots Coleslaw Brownie & Milk</p>	<p>16 9:00 Geri-Fit 9-3 Medicare Counseling- by appointment ONLY 10:00 Senior Exercise 12:00 Birthday Party- Sponsored by Altercare</p> <p>Egg Salad Croissant Celery Sticks w/ Cream Cheese Pasta Salad Banana Vanilla Pudding Milk</p>	<p>17 8:00 Yoga 9:15 Cardio Drumming 11:00 Honor Flight Presentation</p> <p>Roast Pork Cheddar Mashed Potatoes Sauerkraut Pineapple Chunks Dinner Roll & Milk</p>	<p>18 9:00 Geri-Fit 10:00 Senior Exercise 11:30 Blood Pressure Checks w/ Signature</p> <p>Cheeseburger w/ Bun (Lettuce, Tomato, Onion) Dill Pickle Spear Sweet Potato Tots Green Beans Milk</p>

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<p>21</p> <p>10:00 Senior Exercise 11:00 Penny Bingo 11:30 Blood Pressure Checks w/ Interim Hospice 1:00 Geri-Fit</p> <p>Grilled Chicken Salad (Lettuce, Tomato, Onion, Egg, Cheese) 100% Apple Juice Cookie Crackers & Milk</p>	<p>22</p> <p>8:00 Yoga 9:15 Line Dancing 10:30 Mindful Meditation 11:00 Mike Hoskins– Piano</p> <p>Hot Sliced Turkey over Bread Dressing Whipped Potatoes Green Bean Casserole Cranberry Sauce Pumpkin Pie Dinner Roll & Milk</p>	<p>23</p> <p>10:00 Senior Exercise</p> <p>Salisbury Steak w/ Mushroom & Onion Cheesy Hash Brown Casserole Lima Beans Fruit Cocktail Dinner Roll & Milk</p>		
<p>28</p> <p>10:00 Senior Exercise 11:00 Penny Bingo</p> <p>Sausage Gravy & Biscuit Scrambled Eggs Hash Brown Sliced Apples w/ Cinnamon Tomato Juice Milk</p>	<p>29</p> <p>8:00 Yoga 9:15 Line Dancing 10:30 Mindful Meditation</p> <p>Sliced Ham Au Gratin Potatoes Capri Blend Vegetables 100% Fruit Juice Macaroni Salad Bread & Milk</p>	<p>30</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>Philly Cheesesteak w/ Bun Peppers & Onions Battered Cauliflower w/ Ranch Loaded Potato Salad Milk</p>		



Soup of the Month:

Lasagna Soup

Take-Out Salads:

Choice of toppings and dressings, includes breadstick

***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.

