


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> 	<p>3 9:15 Line Dancing 10:30 Mindful Meditation 11:30 Blood Pressure Checks w/ Lafayette Pointe 1:00 Hausey</p> <p>Turkey Cobb Salad (Lettuce, Tomato, Onion, Cucumber, Peas) 100% Fruit Juice Cookie Crackers & Milk</p>	<p>4 9:00 Geri-Fit 10:00 Senior Exercise 12:00 PERI</p> <p>Beef Goulash Mixed Veggies Warm Cinnamon Applesauce Celery Sticks w/ Cream Cheese Bread & Milk</p>	<p>5 9:15 Cardio Drumming 1:00 Bingo sponsored by COAD</p> <p>Italian Sub Cream of Potato Soup Carrot Raisin Salad Grapes Milk</p>	<p>6 9:00 Geri-Fit 10:00 Senior Exercise 1:00 Euchre</p> <p>Monterey Chicken Breast Rice Pilaf Broccoli & Cauliflower Cantaloupe Chunks Tossed Salad w/ Dressing Dinner Roll & Milk</p>
<p>9 10:00 Senior Exercise 11:00 Penny Bingo</p> <p>Shredded Chicken w/ Bun Sweet Potato Tots Succotash Fruit Cocktail Cookie & Milk</p>	<p>10 9:15 Line Dancing 10:30 Mindful Meditation 1:00 Hausey</p> <p><u>11:30 Commodity Box Pick-up</u></p> <p>Sausage & Egg English Muffin Hash Brown Baked Apples Yogurt Banana & Milk</p>	<p>11 9:00 Geri-Fit 10:00 Senior Exercise 1:00 Movie Matinee— <i>Elvis</i></p> <p>Hamloaf Scalloped Potatoes Maple Glazed Carrots Red Jell-O w/ Fruit Dinner Roll & Milk</p>	<p>12 9:15 Cardio Drumming 11:30 Blood Pressure Checks w/ Coshocton Public Health</p> <p>Chicken Patty w/ Bun Tater Tots Broccoli & Cheese Mandarin Oranges Milk</p>	<p>13 9:00 Geri-Fit 10:00 Senior Exercise 1:00 Euchre</p> <p>Meatball Sub Baby Bakers Green Beans Apricots Milk</p>
<p>16</p> 	<p>17 9:15 Line Dancing 10:30 Mindful Meditation 1:00 Hausey</p> <p>Taco Salad (Meat, Beans, Lettuce, Tomato, Cheese, Sour Cream & Salsa) Fresh Orange Corn Chips Rice Krispy Treat & Milk</p>	<p>18 9:00 Geri-Fit 10:00 Senior Exercise 12:00 Birthday Party— Sponsored by Altercare</p> <p>Turkey Club Sub Broccoli & Cheese Soup Apple Slices Carrots w/ Ranch Chocolate Pudding Crackers & Milk</p>	<p>19 9:15 Cardio Drumming 11:00 Mike Hoskins— Piano 1:00 Winter Craft— Please sign up as space is limited!</p> <p>Mac & Cheese Stewed Tomatoes Peas Pineapple Tidbits Dinner Roll & Milk</p>	<p>20 9:00 Geri-Fit 10:00 Senior Exercise 11:30 Blood Pressure Checks w/ Signature 1:00 Euchre</p> <p>Pizza Burger on Bun Roasted Sweet Potatoes Lima Beans Grapes Milk</p>

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<p>23</p> <p>10:00 Senior Exercise 11:00 Penny Bingo 1:00 Paint Party w/ Coshocton Art Guild</p> <p>Vegetable Soup Cottage Cheese Pear Chunks String Cheese Cornbread Crackers & Milk</p>	<p>24</p> <p>9:15 Line Dancing 10:30 Mindful Meditation 1:00 Hausey</p> <p>Beef & Noodles Mashed Potatoes Butter Beans Diced Peaches Bread & Milk</p>	<p>25</p> <p>9:00 Geri-Fit 10:00 Senior Exercise 12:30 Blood Pressure Checks w/ Danbury Senior Living 1:00 Open House Bingo</p> <p>Bratwurst w/ Bun Potato Wedges Baked Beans Macaroni Salad Fresh Cut Fruit & Milk</p>	<p>26</p> <p>9:15 Cardio Drumming 11:00 Weather JINGO</p> <p>French Toast Casserole Hash Brown Sausage Links Banana 100% Orange Juice & Milk</p>	<p>27</p> <p>9:00 Geri-Fit 10:00 Senior Exercise 1:00 Euchre</p> <p>Chicken Parmesan Spaghetti California Blend Vegetables Apple Crisp Garlic Biscuit & Milk</p>
<p>30</p> <p>10:00 Senior Exercise 11:00 Penny Bingo</p> <p>BBQ Rib Sandwich on Bun Cheesy Hash Browns Green Beans Tropical Fruit Vanilla Pudding & Milk</p>	<p>31</p> <p>9:15 Line Dancing 10:30 Mindful Meditation 1:00 Hausey</p> <p>Chicken Fajita (Chicken, Lettuce, Tomato, Cheese, Sour Cream) Peppers & Onions Fire Roasted Corn Tortilla Shell Brownie & 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.

