

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 9:00 Geri-Fit 10:00 Senior Exercise 12:00 PERI</p> <p>Chicken Fajitas (Tortilla, Lettuce, Tomato, Cheese, Salsa & Sour Cream) Peppers & Onions Fire Roasted Corn Fresh Orange Cookie & Milk</p>	<p>2 8:00 Yoga 9:15 Cardio Drumming 11:00 Senior Benefit Advantage—Medicare Education</p> <p>Beef Stew w/ Biscuit Warm Cinnamon Applesauce Strawberry Fluff Graham Crackers Cottage Cheese Milk</p>	<p>3 9:00 Geri-Fit 10:00 Senior Exercise 1:00 Euchre</p> <p>Pimento Cheese Spread w/ Croissant Creamy Tomato Soup Loaded Potato Salad Carrots w/ Ranch Milk</p>
<p>6 10:00 Senior Exercise 11:00 Penny Bingo 1:00 Geri-Fit</p> <p>Turkey Tetrazzini Mashed Potatoes Carrots Peaches Dinner Roll & Milk</p>	<p>7 8:00 Yoga 9:15 Line Dancing 10:30 Mindful Meditation 11:30 Blood Pressure Checks w/ Lafayette Pointe 1:00 Hausey</p> <p>Meatloaf Au Gratin Potatoes Brussels Sprouts Orange Jell-O w/ Mandarin Oranges Vanilla Wafers Dinner Roll & Milk</p>	<p>8 10:00 Senior Exercise 11:30 Nutrition Education “Aging and Nutrition Myths”</p> <p>Chicken Breast Strips over Pasta w/ Alfredo Sauce California Blend Vegetables Cherry Crisp Tossed Salad w/ Dressing Breadstick & Milk</p>	<p>9 8:00 Yoga 9:15 Cardio Drumming 11:00 Leprechaun Craft Celebration 11:30 Blood Pressure Checks w/ Coshocton Public Health</p> <p>Italian Sub Chicken & Wild Rice Soup Pea Salad Fresh Cut Fruit Crackers & Milk</p>	<p>10 9:00 Geri-Fit 10:00 Senior Exercise 1:00 Euchre</p> <p>Pancakes Scrambled Eggs Hash Brown Banana Yogurt w/ Granola Milk</p>
<p>13 10:00 Senior Exercise 11:00 Penny Bingo 1:00 Paint Party w/ Coshocton Art Guild</p> <p>Taco Salad (Meat, Beans, Lettuce, Tomato, Cheese, Sour Cream & Salsa) 100% Fruit Juice Sidekick Corn Chips Rice Krispy Treat & Milk</p>	<p>14 8:00 Yoga 9:15 Line Dancing 10:30 Mindful Meditation 1:00 Hausey</p> <p>11:30 Commodity Box Pick-up</p> <p>Roasted Pork Loin w/ Gravy Mashed Potatoes Sauerkraut Tropical Fruit Dinner Roll & Milk</p>	<p>15 9:00 Geri-Fit 10:00 Senior Exercise 11:00 Ken & Mary—Turbo Accordions 12:00 Birthday Party—Sponsored by Altercare</p> <p>Chili Baby Bakers Succotash Vanilla Pudding Apple Slices Bread & Milk</p>	<p>16 8:00 Yoga 9:15 Cardio Drumming 11:00 St. Patrick’s Day Bingo</p> <p>Beef & Noodles Mashed Potatoes Peas & Carrots Mixed Fruit Dinner Roll & Milk</p>	<p>17 9:00 Geri-Fit 10:00 Senior Exercise 11:00 Mike Hoskins—Piano 11:30 Blood Pressure Checks w/ Signature 1:00 Euchre</p> <p>Battered Fish Filet Potatoes w/ Cabbage Green Beans Tossed Salad w/ Dressing Watergate Salad Breadstick & Milk</p>

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20 10:00 Senior Exercise 11:00 Penny Bingo 11:30 Blood Pressure Checks w/ Interim Hospice Tuna Noodle Casserole Sweet Potato Tots Peas Tropical Fruit Cookie Bread & Milk	21 8:00 Yoga 9:15 Line Dancing 10:30 Mindful Meditation 11:00 Line Dance Demo w/ Russell Gephart 1:00 Hausey Hamburger Gravy over Mashed Potatoes Lima Beans Cherry Crisp Bread & Milk	22 9:00 Geri-Fit 10:00 Senior Exercise 1:00 Easter Craft– Sign-up is required as space is limited. Shredded Chicken w/ Bun Tater Tots Mixed Veggies Cucumber & Onion Salad Milk	23 8:00 Yoga 9:15 Cardio Drumming Coney Dog w/ Bun Cheesy Hash Brown Casserole Baked Beans Apricots Milk	24 9:00 Geri-Fit 10:00 Senior Exercise 11:30 Acute Nursing Care 1:00 Euchre Cheese Pizza Battered Mushrooms Corn Ambrosia Salad Milk
27 10:00 Senior Exercise 11:00 Penny Bingo Stuffed Peppers Diced Red Skin Potatoes Carrots Cottage Cheese Dinner Roll & Milk	28 8:00 Yoga 9:15 Line Dancing 10:30 Mindful Meditation 1:00 Hausey Cheeseburger w/ Bun (Lettuce, Tomato, Onion & Pickle) Potato Wedges Broccoli & Cheese Grapes Milk	29 9:00 Geri-Fit 10:00 Senior Exercise 1:00 Open House Bingo Chicken Cavatappi Asparagus Spiced Peaches Tossed Salad w/ Dressing Cheddar Biscuit & Milk	30 8:00 Yoga 9:15 Cardio Drumming 1:00 Movie Matinee– <i>I Can Only Imagine</i> Sausage Gravy w/ Biscuit Bacon & Cheese Tater Kegs Blueberry Cobbler 100% Orange Juice Milk	31 9:00 Geri-Fit 10:00 Senior Exercise 1:00 Euchre Egg Salad Croissant Cream of Potato Soup Banana Angel Food Cake w/ Strawberries Crackers & Milk



Soup of the Month:
Beef Vegetable Soup

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 with meal. There are no substitutions available.

Menu subject to change.