

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 10:00 Senior Exercise 11:00 Penny Bingo 1:00 Geri-Fit</p> <p>Taco Salad (Meat, Beans, Lettuce, Tomato, Cheese, Sour Cream & Salsa) Corn Chips 100% Fruit Juice Cookie & Milk</p>	<p>2 8:00 Yoga 9:15 Line Dancing 10:30 Mindful Meditation 11:30 Blood Pressure Checks w/ Lafayette Pointe 1:00 Hausey</p> <p><u>1:30 Produce Pick-up</u> Vegetable Lasagna Italian Blend Vegetables Caramel Apple Oatmeal Bake Grapes Breadstick & Milk</p>	<p>3 9:00 Geri-Fit 10:00 Senior Exercise 11:30 Blood Pressure Checks w/ Danbury Senior Living 12:00 PERI 1:00 Spring Craft– Sign-up required as space is limited</p> <p>“Plow Boy” Shredded BBQ Pork Baked Potato Broccoli & Cheese Coleslaw Dinner Roll & Milk</p>	<p>4 8:00 Yoga 9:15 Cardio Drumming 1:00 Bingocize</p> <p>Mini Corn Dogs Tater Tots Peas & Carrots Orange Jell-O w/ Mandarin Oranges Vanilla Wafers & Milk</p>	<p>5 9:00 Geri-Fit 10:00 Senior Exercise 1:00 Euchre</p> <p>Italian Sub Chicken & Wild Rice Soup Mac Salad Banana 100% Fruit Juice Sidekick Milk</p>
<p>8 10:00 Senior Exercise 11:00 Penny Bingo 1:00 Geri-Fit 1:00 Paint Party w/ Coshocton Art Guild</p> <p>Popcorn Chicken w/ Gravy Mashed Potatoes Corn Tropical Fruit Dinner Roll & Milk</p>	<p>9 8:00 Yoga 9:15 Line Dancing 10:30 Mindful Meditation 1:00 Hausey</p> <p><u>11:30 Commodity Box Pick-up – Application Renewal</u> Sausage, Egg & Cheese Breakfast Burrito Hash Brown Patty Apple Crisp 100% Orange Juice Yogurt & Milk</p>	<p>10 9:00 Geri-Fit 10:00 Senior Exercise 11:00 Fun on the Farm JINGO 1:00 Movie Matinee– 80 for Brady</p> <p>Swiss Steak w/ Onion & Tomato Au Gratin Potatoes Normandy Blend Vegetables Peaches Dinner Roll & Milk</p>	<p>11 8:00 Yoga 9:15 Cardio Drumming 11:30 Blood Pressure Checks w/ Coshocton Public Health 1:00 Bingocize</p> <p>Turkey & Noodles Mashed Potatoes Carrot Coins Diced Pears Butterscotch Pudding Dinner Roll & Milk</p>	<p>12 9:00 Geri-Fit 10:00 Senior Exercise 1:00 Euchre</p> <p>Chicken Strips Mac-n-Cheese Green Beans Apricots Raisins Bread & Milk</p>
<p>15 10:00 Senior Exercise 11:00 Penny Bingo 11:30 Blood Pressure Checks w/ Interim Hospice 1:00 Geri-Fit</p> <p>Pork Patty w/ Bun Breaded Cauliflower w/ Ranch Mixed Vegetables Dragon Punch Milk</p>	<p>16 8:00 Yoga 9:15 Line Dancing 10:30 Mindful Meditation 1:00 Hausey</p> <p>“Kraut Dog” Hot Dog w/ Bun Sauerkraut Tater Tots Succotash Mandarin Oranges Milk</p>	<p>17 9:00 Geri-Fit 10:00 Senior Exercise 12:00 Birthday Party– Sponsored by Altercare</p> <p>Grilled Chicken Salad (Lettuce, Cheese, Tomato & Cucumber) Orange-Pineapple Juice Sliced Apples Cookie Crackers & Milk</p>	<p>18 9:15 Cardio Drumming 1:00 Bingocize</p> <p><u>10-1 SFMNP Voucher Pick-up</u> Cheddar Broccoli Soup Spinach Salad w/ Tomato Cottage Cheese 100% Fruit Juice Blueberry Muffin & Milk</p>	<p>19 9:00 Geri-Fit 10:00 Senior Exercise 11:30 Blood Pressure Checks w/ Signature 1:00 Euchre</p> <p>Breaded Fish Square w/ Bun Scalloped Potatoes Diced Beets Mixed Fruit Milk</p>

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<p>22 10:00 Senior Exercise 11:00 Penny Bingo 1:00 Geri-Fit</p> <p>Chicken Cordon Bleu Roasted Sweet Potatoes Peas Tropical Fruit Dinner Roll & Milk</p>	<p>23 8:00 Yoga 9:15 Line Dancing 10:30 Mindful Meditation 1:00 Hausey</p> <p>Sloppy Joe w/ Bun Potato Wedges Green Beans Cantaloupe Chunks Milk</p>	<p>24 9:00 Geri-Fit 10:00 Senior Exercise 11:00 Walkonding Rube Band 1:00 Bingo sponsored by Walnut Hills</p> <p><u>Senior Day</u></p> <p>Taco Salad (Meat, Beans, Lettuce, Tomato, Cheese, Sour Cream & Salsa) Doritos Grapes Rice Krispy Treat & Milk</p>	<p>25 8:00 Yoga 9:15 Cardio Drumming 1:00 Bingocize</p> <p>Bratwurst w/ Bun Diced Red Skin Potatoes European Blend Vegetables Orange Pineapple Fluff Milk</p>	<p>26 9:00 Geri-Fit 10:00 Senior Exercise 11:00 Mike Hoskins- Piano 1:00 Euchre</p> <p>Ham & Cheese on Bun Loaded Potato Salad Cucumber Onion Salad Carrots w/ Ranch Potato Chips Milk</p>
<p>29</p> 	<p>30 8:00 Yoga 9:15 Line Dancing 10:30 Mindful Meditation 1:00 Hausey</p> <p>Hamburger w/ Bun (Lettuce, Tomato, Onion) Cheesy Hash Brown Casserole Baked Beans Pasta Salad Pickle Spear Banana & Milk</p>	<p>31 9:00 Geri-Fit 10:00 Senior Exercise 1:00 Open House Bingo sponsored by Signature</p> <p>Beef & Noodles Mashed Potatoes California Blend Vegetables Pineapple Chunks Tapioca Pudding Dinner Roll & Milk</p>		



Soup of the Month:

Stuffed Pepper 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.