



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 9:15 Line Dancing 10:00 Meditation 1:00 Hausey</p> <p>Potato Soup Chicken Salad Croissant Fresh Orange Pickled Beets Milk</p>	<p>2 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Danbury Senior Living 1:00 Book Club</p> <p>Swiss Steak w/ Onion & Tomato Cheddar Mashed Potatoes Carrot Coins Tropical Fruit Dinner Roll & Milk</p>	<p>3 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize</p> <p>Plow Boy Baked Potato BBQ Pork Broccoli w/ Cheese Ambrosia Salad Cornbread & Milk</p>	<p>4 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre</p> <p>Chicken Fajita (Grilled Chicken Strips, Peppers & Onions, Lettuce, Tomato, Cheese, Sour Cream & Taco Sauce) Chicken Fried Rice Pineapple & Milk</p>
<p>7 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Pork Patty w/ Bun Sweet Potato Tots Peas w/ Pearl Onions Pear Halves Milk</p>	<p>8 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey 11:30-4 Commodity Box</p> <p><u>Pick-up</u> Scrambled Eggs Turkey Sausage Hash Brown Banana V8 Juice Bread & Milk</p>	<p>9 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Movie Matinee- Ghostbusters: Frozen Empire</p> <p>Taco Salad (Meat, Beans, Lettuce, Tomato, Cheese, Taco Sauce & Sour Cream) 100% Fruit Juice Sidekick Doritos Rice Krispy Treat & Milk</p>	<p>10 9:15 Cardio Drumming 10:30 Chair Yoga 11:30 Blood Pressure Checks w/ Coshocton Public Health 12:45 Bingocize</p> <p>Vegetable Soup Carrot Raisin Salad Cottage Cheese 100% Orange Tangerine Juice Fruit Muffin & Milk</p>	<p>11 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Mike Hoskins- piano 1:00 Euchre</p> <p>Shredded Chicken w/ Bun Scalloped Potatoes Asparagus Sugar-Free Jell-O w/ Fruit Milk</p>
<p>14 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>All Beef Hot Dog w/ Bun Cream Corn Peach Crisp Loaded Potato Salad Milk</p>	<p>15 9:15 Line Dancing 10:00 Meditation 11:00 Through the Years of Music w/ Sarah 1:00 Hausey</p> <p>Cod Nuggets Mac-n-Cheese Carrot Coins Grapes Coleslaw Bread & Milk</p>	<p>16 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Ember Complete Care 12:00 Birthday Party-sponsored by Altercare</p> <p>Baked Ziti w/ Marinara & Cheese Cauliflower Cherry Crisp Tossed Salad w/ Dressing Breadstick & Milk</p>	<p>17 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize</p> <p>Beef Stew Baked Cinnamon Apples Warm Biscuit w/ Honey Pea Salad 100% Fruit Punch Milk</p>	<p>18 10-2 Chair Massage w/ Krysten Smalley- by appt. 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Signature 1:00 Euchre</p> <p>Pizza Burger w/ Bun Tater Tots Yellow Squash Fruit Cocktail Milk</p>

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<p>21 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 11:30 Blood Pressure Checks w/ Interim 12:45 Bingocize</p> <p>Vegetable Lasagna California Blend Vegetables Spiced Peaches Cucumbers, Onions & Ranch Italian Bread & Milk</p>	<p>22 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey</p> <p>Sweet & Sour Chicken over Brown Rice Stir Fry Blend Vegetables Vegetable Egg Roll Apricots Milk</p>	<p>23 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Music by Request 1:00 Halloween Craft-Sign-up is required as space and is limited.</p> <p>Turkey Tetrizzini Deluxe Parslied Red Skin Potatoes Mixed Veggies Strawberry Fluff Bread & Milk</p>	<p>24 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize</p> <p>Broccoli & Cheese Soup Ham & Cheese Croissant Fresh Cut Fruit 100% Grape Juice String Cheese & Milk</p>	<p>25 9-3 Medicare Counseling w/ OSHIP by appointment 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre</p> <p>Cheeseburger w/ Bun (Lettuce, Tomato, Onion) Battered Cauliflower Tater Kegs Sugar-Free Jell-O w/ Fruit Milk</p>
<p>28 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Swedish Meatballs over Alfredo Noodles Lima Beans Warm Chunky Applesauce Spinach Salad w/ Tomato Breadstick & Milk</p>	<p>29 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey</p> <p>Grilled Chicken w/ Swiss, Mushrooms & Onions Au Gratin Potatoes Brussels Sprouts Mandarin Oranges Dinner Roll & Milk</p>	<p>30 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Open House Bingo</p> <p>Smoked Sausage Mashed Potatoes Sauerkraut Sugar-Free Pudding Raisins Dinner Roll & Milk</p>	<p>31 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize</p> <p>Beef & Noodles Mashed Potatoes Green Beans Dirt Pudding Cantaloupe & Honeydew Chunks Dinner Roll & Milk</p>	



Soups of the Month:

Cream of Potato

Ham & Bean

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.