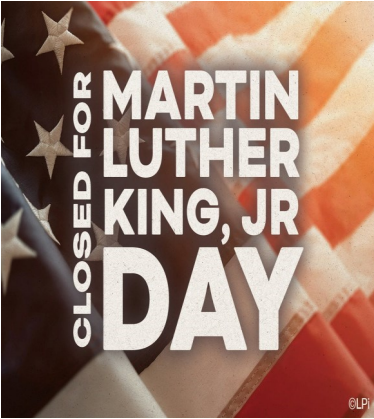


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> 	<p>2</p> <p>8:00 Yoga 10:30 Chair Yoga 12:45 Bingocize</p> <p>Swiss Steak w/ Tomatoes & Onions Parslied Red Skin Potatoes Brussels Sprouts Cantaloupe Dinner Roll & Milk</p>	<p>3</p> <p>10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre</p> <p>French Toast Casserole Cheese Omelet Country Apples Raisins 100% Orange Juice Milk</p>
<p>6</p> <p>10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Taco Salad (Lettuce, Tomato, Meat, Beans, Cheese, Sour Cream & Taco Sauce) Fresh Orange Tortilla Chips Brownie & Milk</p>	<p>7</p> <p>8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey</p> <p>Meatball Sub w/ Bun Hash Brown Casserole Peas Pineapple Tidbits Milk</p>	<p>8</p> <p>10:00 Senior Exercise 10:30 Geri-Fit 1:00 Book Club</p> <p>Cod Nuggets Roasted Red Skin Potatoes Normandy Blend Vegetables Apricots Sugar-Free Chocolate Pudding Milk</p>	<p>9</p> <p>8:00 Yoga 10:30 Chair Yoga 12:45 Bingocize</p> <p>Chicken & Wild Rice Soup 3-Bean Medley Tossed Salad w/ Dressing Carrots w/ Ranch Crackers & Milk</p>	<p>10</p> <p>10:00 Senior Exercise 10:30 Geri-Fit 11:15 Mike Hoskins– piano 11:15 Hot Tea & Danish 1:00 Euchre</p> <p>Pork Loin Fritter w/ Gravy Baked Potato w/ Butter & Sour Cream Carrot Coins 100% Fruit Juice Pasta Salad Milk</p>
<p>13</p> <p>10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Grilled Chicken Breast Strips w/ Peppers & Onions Alfredo Penne Pasta Harvest Blend Vegetables Pear Chunks Milk</p>	<p>14</p> <p>8:00 Yoga 9:15 Line Dancing 10:00 Meditation 11:30 Blood Pressure Checks w/ Interim 1:00 Hausey <u>11:30-4 Commodity Box Pick-up</u></p> <p>Beef Stew w/ Warm Biscuit Warm Cinnamon Applesauce Cucumber, Tomato & Onion Salad Banana Milk</p>	<p>15</p> <p>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>Chicken & Noodles Mashed Potatoes Carrot Coins Ambrosia Salad Graham Crackers Milk</p>	<p>16</p> <p>8:00 Yoga 10:30 Chair Yoga 12:45 Bingocize</p> <p>Vegetable Soup Turkey Bacon Ranch Wrap String Cheese Grapes 100% Fruit Juice Sidekick Milk</p>	<p>17</p> <p>10-2 Chair Massage w/ Krysten Smalley– by appt. 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Roscoe Gardens 1:00 Euchre</p> <p>Beef Soft Taco (Taco Beef, Lettuce, Tomato, Cheese, Sour Cream, Taco Sauce & Tortilla) Mexican Rice Fire Roasted Corn Guacamole Apple Slices & Milk</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>20</p>  <p>CLOSED FOR MARTIN LUTHER KING, JR DAY</p>	<p>21</p> <p>8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey</p> <p>Country Fried Steak w/ Country Gravy Scrambled Eggs Hash Brown V-8 Juice Fresh Cut Fruit & Milk</p>	<p>22</p> <p>10:00 Senior Exercise 10:30 Geri-Fit 1:00 Movie Matinee- <i>The Day After Tomorrow</i></p> <p>Sweet & Sour Chicken over Brown Rice Oriental Blend Vegetables Veggie Egg Roll Mandarin Oranges Milk</p>	<p>23</p> <p>8:00 Yoga 10:30 Chair Yoga 12:45 Bingocize</p> <p>Beef Goulash Italian Blend Vegetables Spiced Peaches Tossed Salad w/ Dressing Italian Bread & Milk</p>	<p>24</p> <p>10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre</p> <p>Chicken Strips Au Gratin Potatoes Peas w/ Pearl Onions Cucumbers, Onions & Ranch Vanilla Wafers Milk</p>
<p>27</p> <p>10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>All Beef Hot Dog w/ Bun Cheesy Tots Mixed Vegetables Fruit Cocktail Milk</p>	<p>28</p> <p>8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Book Club 1:00 Hausey</p> <p>Philly Cheesesteak w/ Peppers & Onions w/ Bun Potato Wedges Green Beans Apricots Milk</p>	<p>29</p> <p>10:00 Senior Exercise 10:30 Geri-Fit 1:00 Open House Bingo</p> <p>Chicken Parmesan Spaghetti w/ Marinara Asparagus Cuts Frosted Lime Salad Breadstick & Milk</p>	<p>30</p> <p>8:00 Yoga 10:30 Chair Yoga 12:45 Bingocize</p> <p>Stuffed Green Pepper Soup Potato Salad Ham Salad w/ Crackers Carrot & Celery Sticks 100% Grape Juice Milk</p>	<p>31</p> <p>10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre</p> <p>Hawaiian Chicken w/ Pineapple & BBQ Roasted Sweet Potatoes Malibu Blend Vegetables Macaroni Salad Cookie & Milk</p>



Soups of the Month:

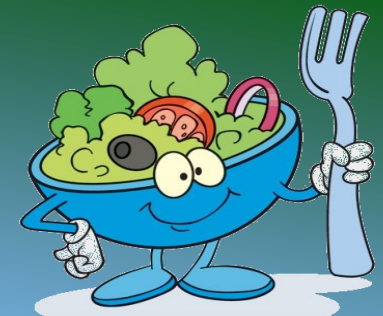
Chicken Noodle

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.