



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey Grilled Chicken w/ Peppers, Onions & Mozzarella Cheese Sweet Potato Tots Lima Beans Macaroni Salad Milk</p>	<p>2 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Spring JINGO Pork Patty w/ Bun Potato Wedges Brussels Sprouts Peaches Milk</p>	<p>3 8:00 Yoga 10:30 Chair Yoga 12:45 Bingocize Broccoli & Cheese Soup Egg Salad Croissant Cucumbers, Onions & Ranch Apricots Milk</p>	<p>4 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre Baked Fish Au Gratin Potatoes & Mixed Veggies Coleslaw Milk</p>
<p>7 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize 2:00 Cold Case Christianity Book Study Chicken Cordon Bleu Parslied Redskin Potatoes Asparagus Cuts Mandarin Oranges Bread & Milk</p>	<p>8 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</u> <u>Recert. & Pick-up</u> Beef & Noodles Mashed Potatoes Corn Tropical Fruit Dinner Roll & Milk</p>	<p>9 10:00 Senior Exercise 10:00 Foster Grandparents 10:30 Geri-Fit Grilled Chicken Salad (Lettuce, Tomato, Cucum- ber, Onion, Egg & Cheese) Fresh Plum 100% Fruit Juice Crackers & Milk</p>	<p>10 8:00 Yoga 10:30 Chair Yoga 11:15 COAD RSVP Presentation w/ Trivia 12:45 Bingocize Mushroom & Swiss Burger Baked Potato w/ Butter & Sour Cream California Blend Vegetables Sugar-Free Jell-O w/ Mixed Fruit Sugar-Free Cookie & Milk</p>	<p>11 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre Creamy Potato Soup Tuna Salad w/ Bun Spinach Salad w/ Tomato Carrots w/ Ranch Milk</p>
<p>14 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize 2:00 Cold Case Christianity Book Study Philly Cheesesteak w/ Bun Battered Cauliflower Roasted Sweet Potato Diced Pineapple & Mango Milk</p>	<p>15 9:15 Line Dancing 10:00 Meditation 11:00 Coffee with a Doc 1:00 Hausey Chicken Strips Mac-n-Cheese Carrot Coins Grapes Apple Slices 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 1:00 Spring Craft Class Stuffed Green Pepper Soup Pickled Beets Cottage Cheese Dragon Punch Breadstick & Milk</p>	<p>17 8:00 Yoga 10:30 Chair Yoga 11:15 Mike Hoskins– piano 12:45 Bingocize <i>Easter Luncheon</i> Ham Slice Scalloped Potatoes Green Beans Angel Food Cake w/ Straw- berries Bread & 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/ Roscoe Gardens 1:00 Euchre Cheese Omelet Hash Brown Baked Cinnamon Apples Banana Blueberry Muffin & Milk</p>

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<p>21 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 11:30 Children's Services Levy 12:45 Bingocize 2:00 Cold Case Christianity Book Study</p> <p>Taco Salad (Meat & Beans, Lettuce, Tomato, Cheese, Taco Sauce & Sour Cream) Tortilla Chips Fresh Orange Rice Krispy Treat & Milk</p>	<p>22 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Book Club 1:00 Hausey</p> <p>Shredded Chicken w/ Bun Tater Tots Creamed Corn Apricots Milk</p>	<p>23 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Movie Matinee– <i>Fever Pitch</i></p> <p>Meatball Sub Cheesy Hash Brown Casse- role Italian Blend Vegetables Pea Salad Milk</p>	<p>24 8:00 Yoga 10:30 Chair Yoga 12:45 Bingocize</p> <p>Chili Baby Bakers Broccoli & Cheese Fresh Cut Fruit Cornbread & Milk</p>	<p>25 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Shrivrs Hospice 1:00 Euchre</p> <p>Turkey Tetrzzini Capri Blend Vegetables Warm Cinnamon Applesauce Tomato & Cucumber Salad Bread & Milk</p>
<p>28 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize 2:00 Cold Case Christianity Book Study</p> <p>Beef Stew Cherry Crisp Tossed Salad w/ Dressing Warm Biscuit w/ Honey Milk</p>	<p>29 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey</p> <p>Roasted Pork w/ Gravy Cheddar Mashed Potatoes Baked Beans Cantaloupe Chunks Bread & Milk</p>	<p>30 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Open House Bingo Sponsored by Traditions</p> <p>Chicken & Wild Rice Soup 3-Bean Medley Spinach Salad w/ Tomato Strawberry Cottage Cheese Fluff 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.