


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 9:30 Geri-Fit 10:30 Senior Exercise 11:00 Penny Bingo 12:45 Bingocize</p> <p>Mini Corndogs Au Gratin Potatoes Green Beans Mandarin Oranges Sugar-Free Pudding Milk</p>	<p>3 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey</p> <p>Spaghetti w/ Mini Meatballs Brussels Sprouts Cherry Crisp Spinach Salad w/ Tomato Italian Bread & Milk</p>	<p>4 9:30 Geri-Fit 10:30 Senior Exercise 1:00 Movie Matinee-</p> <p>Chicken Patty w/ Bun Potato Wedges Normandy Blend Vegetables Apricots Milk</p>	<p>5 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 12:45 Bingocize</p> <p>Hamburger Gravy Mashed Potatoes Carrots Pineapple Tidbits Macaroni Salad Milk</p>	<p>6 9:30 Geri-Fit 10:30 Senior Exercise 11:15 Mike Hoskins– piano 1:00 Euchre</p> <p>Cream of Tomato Soup Pimento Cheese Spread w/ Bun Grapes 100% Fruit Punch Crackers & Milk</p>
<p>9 9:30 Geri-Fit 10:30 Senior Exercise 11:00 Penny Bingo 12:45 Bingocize</p> <p>Chicken Bacon Ranch Pasta Bake Mixed Veggies Peach Crisp Cucumbers, Onions & Ranch Milk</p>	<p>10 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 11:30 Blood Pressure Checks w/ Interim 1:00 Hausey</p> <p><u>11:30-4 Commodity Box Pick-up</u> All Beef Hot Dog w/ Bun Tater Tots California Blend w/ Cheese Assorted Fruit Milk</p>	<p>11 9:30 Geri-Fit 10:30 Senior Exercise 1:00 Craft Class– sign-up is required as space and supplies are limited.</p> <p>Turkey & Noodles Mashed Potatoes Creamed Corn Pineapple Milk</p>	<p>12 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 12:45 Bingocize</p> <p>Plow Boy Baked Potato BBQ Chicken Broccoli w/ Cheese Strawberry Fluff Dinner Roll & Milk</p>	<p>13 9:30 Geri-Fit 10:30 Senior Exercise 1:00 Euchre</p> <p>Cod Nuggets Mac-n-Cheese Peas Fruit Cocktail V-8 Juice Milk</p>
<p>16 9:30 Geri-Fit 10:30 Senior Exercise 11:00 Penny Bingo 12:45 Bingocize</p> <p>Taco Salad (Meat & Beans, Lettuce, Tomato, Cheese, Taco Sauce & Sour Cream) Tortilla Chips Orange Rice Krispy Treat & Milk</p>	<p>17 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Bingo w/ Roscoe Gardens 1:00 Hausey</p> <p>Shepherd's Pie Green Beans Chunky Cinnamon Applesauce Lime Jell-O w/ Pineapple Tidbits Garlic Cheddar Biscuit & Milk</p>	<p>18 9:30 Geri-Fit 10:30 Senior Exercise 11:30 Blood Pressure Checks w/ Ember Complete Care 12:00 Birthday Party– sponsored by Altercare</p> <p>Smoked Sausage Cheddar Mashed Potatoes Sauerkraut Pears Pasta Salad Milk</p>	<p>19 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 11:15 Price is Right 11:30 Blood Pressure Checks w/ Lafayette Pointe 12:45 Bingocize</p> <p>Pizza Burger w/ Bun Ranch Potatoes Harvest Blend Vegetables Mandarin Oranges Milk</p>	<p>20 9:30 Geri-Fit 10-2 Chair Massage w/ Krysten Smalley– by appt. 10:30 Senior Exercise 11:30 Blood Pressure Checks w/ Roscoe Gardens 1:00 Euchre</p> <p>Vegetable Lasagna Roasted Sweet Potatoes Asparagus Fruit Cocktail Breadstick & Milk</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>23 9:30 Geri-Fit 10:30 Senior Exercise 11:00 Penny Bingo 12:45 Bingocize</p> <p>Country Fried Steak w/ Pepper Gravy Cheesy Hash Brown Casserole Carrots Mandarin Oranges Dinner Roll & Milk</p>	<p>24 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Book Club 1:00 Hausey</p> <p>Grilled Chicken w/ Swiss Cheese Parslied Red Skin Potatoes Capri Blend Vegetables Cantaloupe Chunks Vanilla Wafers & Milk</p>	<p>25 9:30 Geri-Fit 10:30 Senior Exercise 1:00 Open House Bingo Sponsored by Shrivvers Hospice</p> <p>Inside Out Stuffed Pepper Casserole Baked Beans Spiced Peaches Apple Slices Milk</p>	<p>26 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 12:45 Bingocize</p> <p>Liver & Onions Scalloped Potatoes Lima Beans Tropical Fruit Bread & Milk</p>	<p>27 9:30 Geri-Fit 10:30 Senior Exercise 11:30 Blood Pressure Checks w/ Shrivvers Hospice 1:00 Euchre</p> <p>Potato Soup Tossed Salad w/ Dressing Cottage Cheese Celery Sticks Fruit Muffin & Milk</p>
<p>30 9:30 Geri-Fit 10:30 Senior Exercise 11:00 Penny Bingo 12:45 Bingocize</p> <p>Cheese Omelet Turkey Sausage Links Tater Kegs Fresh Cut Fruit Bagel w/ Cream Cheese 100% Tomato Juice & Milk</p>	<p>31 8:00 Yoga 9:15 Line Dancing 10-12 Beltone Hearing 10:00 Meditation 1:00 Hausey</p> <p>Sloppy Cheeseburger w/ Bun Hash Browns Broccoli & Cauliflower Cuts Orange Pineapple Fluff Milk</p>			



Soups of the Month:

Beef Vegetable

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.