

# Carson City Senior Center Menu

MENU SUBJECT TO CHANGE WITHOUT NOTICE

**DECEMBER 2012**

SUGGESTED MEAL DONATION FOR AGE 60 & OVER IS \$2.25 THOSE UNDER 60 MUST PAY \$6.00.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><u>CHICKEN ENCHILADA</u></p> <p>MEXI CORN RICE CINNAMON APPLESAUCE SHERBET</p>	<p>4</p> <p><u>CHEESE RAVIOLI W/MEAT SAUCE</u></p> <p>GREEN BEANS MIXED FRUIT BREAD STICK ICE CREAM</p>	<p>5</p> <p><u>CHILI &amp; CHEESE STUFFED POTATO</u></p> <p>MIXED VEGETABLES CORN BREAD RAISINS COOKIE</p>	<p>6</p> <p><u>HERB SEASONED FISH OVER NOODLES</u></p> <p>MIXED VEGGIES PEACHES FRENCH BREAD W/MARGARINE</p>	<p>7</p> <p><u>HAPPY BIRTHDAY</u></p> <p>PINEAPPLE BAKED HAM SCALLOPED POTATOES BROCCOLI WALDORF SALAD BIRTHDAY CAKE ICE CREAM</p> 
<p>10</p> <p><u>LASAGNA</u></p> <p>ITALIAN VEGGIES BANANA BREAD STICK PUDDING</p>	<p>11</p> <p><u>CLAM CHOWDER</u></p> <p>CARROT RAISIN SALAD SOURDOUGH BREAD W/MARGARINE BERRIES IN THE CLOUD</p>	<p>12</p> <p><u>CHICKEN CACCIATORE</u></p> <p>LINGUINI GARDEN SALAD DICED PEARS GARLIC BREAD #97</p>	<p>13</p> <p><u>BEEF TOSTADA</u></p> <p>REFRIED BEANS LETTUCE, TOMATO, ONIONS, CHEESE, SALSA PINEAPPLE ICE CREAM</p>	<p>14</p> <p><u>SEASONED TILAPIA</u></p> <p>RICE ORIENTAL VEGGIES ORANGE BISCUIT W/ MARGARINE POKE CAKE</p>
<p>17</p> <p><u>MACARONI &amp; CHEESE W/HAM</u></p> <p>STEAMED SPINACH PEARS CORN BREAD/W HONEY BUTTER #62</p>	<p>18</p> <p><u>BBQ CHICKEN</u></p> <p>ACORN SQUASH CUCUMBERS IN SOUR CREAM AMBROSIA BISCUIT W/HONEY BUTTER</p>	<p>19</p> <p><u>ROAST BEEF W/</u></p> <p>MASHED POTATOES /GRAVY PEAS &amp; ONIONS CRANBERRY JUICE AMBROSIA</p>	<p>20</p> <p><u>PORK TIPS OVER NOODLES</u></p> <p>MIXED VEGETABLES RASPBERRY JELLO W/PEARS DINNER ROLL W/MARGARINE</p>	<p>21</p> <p><u>EGGPLANT PARMESAN</u></p> <p>GREEN BEANS FRUIT CUP BISCUIT W/MARGARINE CAKE</p>
<p>24</p> <p><u>CHRISTMAS MEAL</u> CRANBERRY DIJON CHICKEN OVEN ROASTED POTATOES ZUCHINI MANDARIN ORANGES ROLL W/MARGARINE BREAD PUDDING ICE CREAM</p> 	<p>25</p> <p><u>CENTER CLOSED FOR CHRISTMAS</u></p> 	<p>26</p> <p><u>LEMON BAKED FISH</u></p> <p>BROCCOLI CHEESE STUFFED POTATO CINNAMON APPLESauce WW/BREAD W/MARGARINE #60</p>	<p>27</p> <p><u>LIVER &amp; ONIONS OR SALISBURY STEAK</u></p> <p>SEASONED POTATO WEDGES PEAS PEACHES #101</p>	<p>28</p> <p><u>SPAGHETTI W/MEAT SAUCE</u></p> <p>ITALIAN VEGETABLES PINEAPPLE BREAD W/MARGARINE</p>
<p>31</p> <p><u>NEW YEAR'S EVE DINNER</u></p> <p><u>JOE'S BBQ PORK RIBS</u></p> <p>BBQ BEANS COLESLAW CORN BREAD W/MARGARINE ICE CREAM</p>	<p><u>JANUARY 1<sup>ST</sup> CLOSED FOR NEW YEAR'S</u></p> 			

NOTE: A NUMBER AT THE BOTTOM OF A MENU ITEM INDICATES THAT IT HAS BEEN APPROVED BY A NUTRIONIST.

# ACTIVITIES DECEMBER 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Medicare (by appts) 9-4 Resistance Exercise 9-10 Ping Pong 9:30-12 Rhythm Rockers 10-11 Beg/Inter Line Dance 11-12:45 Lapidary 11-3 Mex Train Dominos 12:30-3:30 Better Breathers 1:15-2:15 Mah Jongg 1-3 Capitol Quilters 6:30-8	<b>4</b> Medicare (by appts) 9-4 Ping Pong 9:30-1 Rhythm Rockers 10-11 Yoga 10-11:30 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Tai Chi 2-4	<b>5</b> Medicare (by appts) 9-4 Watercolor 9-12 Sr. Svc. Network 9-11 Resistance Exer. 9:30-10:30 Blood Pressure 10:30-11:30 Lapidary 11-3 Ping Pong 11-2 Mah Jongg 1-3:30 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Al Anon 6-8 Merry Go Rounds 6:30-9	<b>6</b> Medicare (by appts) 9-4 Rhythm Rockers 10-11 Scrapbooking 10-2 Yoga 10-11:30 Casual Canasta 12:30-3:30 Al Anon 12-1:30 Bingo 1-4 Co-Dependent Anon 5:45-7:45 Barbershop 7-9	<b>7</b> Medicare (by appts) 9-4 Resistance Exercise 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Pegs & Jokers 12:30-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30  <b>HAPPY BIRTHDAY!</b>
<b>10</b> Resistance Exercise 9-10 Ping Pong 9:30-12 Rhythm Rockers 10-11 Beg/Inter Line Dance 11-12:45 Lapidary 11-3 Mex Train Dominos 12:30-3:30 Better Breathers 1:15-2:15 Mah Jongg 1-3:30	<b>11</b> Ping Pong 9:30-1 Rhythm Rockers 10-11 Yoga 10-11:30 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Medicare (by appt.) 1:30-4 Parkinson's Supp. Grp. 2-3 Tai Chi 2-4	<b>12</b> Watercolor 9-12 Capitol Quilters II 9-11 Resistance Exer. 9:30-10:30 Lapidary 11-3 Ping Pong 11-2 Mah Jongg 1-3:30 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Al Anon 6-8 Merry Go Rounds 6:30-9	<b>13</b> Rhythm Rockers 10-11 Medicare (walk-ins) 10-1:30 Scrapbooking 10-2 Yoga 10-11:30 Casual Canasta 12:30-3:30 Al Anon 12-1:30 Bingo 1-4 Co-Dependent Anon 5:45-7:45 Barbershop 7-9	<b>14</b> Governing Board 7-8 Resistance Exercise 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Pegs & Jokers 12:30-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30
<b>17</b> Resistance Exercise 9-10 Ping Pong 9:30-12 Rhythm Rockers 10-11 Beg/Inter Line Dance 11-12:45 Lapidary 11-3 Mex Train Dominos 12:30-3:30 Better Breathers 1:15-2:15 Mah Jongg 1-3:30 Senior Awareness Pres. 2-4 Capitol Quilters 6:30-8	<b>18</b> Medicare (by appts) 9-4 Ping Pong 9:30-1 Rhythm Rockers 10-11 Yoga 10-11:30 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Advisory Board 1:30-3 Tai Chi 2-4	<b>19</b> Watercolor 9-12 Resistance Exer. 9:30-10:30 Blood Pressure 10:30-11:30 Lapidary 11-3 Ping Pong 9:30-2 Mah Jongg 1-3:30 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Al Anon 6-8 Merry Go Rounds 6:30-9	<b>20</b> Rhythm Rockers 10-11 Medicare (walk-ins) 10-1:30 Scrapbooking 10-2 Yoga 10-11:30 Casual Canasta 12:30-3:30 Al Anon 12-1:30 NMSS Mtg. 1-2:30 Bingo 1-4 Co-Dependent Anon 5:45-7:45 NMSS Mtg. 6-7:30 Barbershop 7-9	<b>21</b> Resistance Exercise 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Pegs & Jokers 12:30-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30
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