


Carson City Senior Center Menu

APRIL 2012


MENU SUBJECT TO CHANGE WITHOUT NOTICE.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><u>SAULSBURY STEAK</u> <u>W/GRAVY</u></p> <p>CHEESY RICE PEAS & CARROTS PEACHES</p> <p>#3</p>	<p>3</p> <p><u>BBO PORK RIBS</u></p> <p>SWEET POTATO BROCCOLI ORANGE SALAD CORN BREAD W/MARGARINE</p>	<p>4</p> <p><u>SWEET & SOUR</u> <u>CHICKEN</u></p> <p>RICE STIR FRY VEGGIES LIME JELLO W/PINEAPPLE ROLL W/MARGARINE</p>	<p>5</p> <p><u>ROAST BEEF</u></p> <p>MASHED POTATOES W/GRAVY SPINACH WW ROLL W/MARGARINE TANGERINE</p>	<p>6</p> <p><u>HAPPY BIRTHDAY/</u> <u>EASTER</u> <u>FISH OR HAM</u> <u>W/PINEAPPLE &</u> <u>CRANBERRY SAUCE</u> YAMS GREEN BEANS ROMAINE SALAD W/DRESSING CAKE W/ICE CREAM</p> 
<p>9</p> <p><u>CHEF SALAD</u></p> <p>FRENCH BREAD W/ MARGARINE STRAWBERRIES SCONE</p>	<p>10</p> <p><u>CHICKEN TERIYAKI</u></p> <p>FRIED RICE GREEN PEA SALAD ORANGE WEDGES WW BREAD W/ MARGARINE</p> <p># 95</p>	<p>11</p> <p><u>SPAGHETTI W/ MEAT</u> <u>SAUCE</u></p> <p>TOSSED SALAD GARLIC BREADSTICK RASPBERRY JELLO /FRUIT SALAD</p>	<p>12</p> <p><u>PORK LOIN</u></p> <p>STUFFING BABY CARROTS PEACHES APPLE BETTY</p>	<p>13</p> <p><u>CHICKEN ENCHILADA</u></p> <p>SPANISH RICE SOUTHWESTERN CORN BLUSHING PEARS COOKIE</p>
<p>16</p> <p><u>BEEF STIR FRY OVER</u> <u>WHITE RICE</u></p> <p>BEEF SALAD MANDARIN ORANGES WW ROLL W/ MARGARINE</p> <p>#23</p>	<p>17</p> <p><u>CHILI DOG</u></p> <p>MACARONI SALAD BROCCOLI MARINADE MIXED FRUIT COOKIE</p>	<p>18</p> <p><u>ASIAN CHICKEN SALAD</u> <u>BREADSTICK</u></p> <p>FRESH MELON LEMON CUPCAKE</p>	<p>19</p> <p><u>EGGPLANT PARMESAN</u></p> <p>DINNER SALAD WW BREAD W/ MARGARINE AMBROSIA</p>	<p>20</p> <p><u>OVEN ROASTED TURKEY</u> <u>W/ GRAVY</u></p> <p>MASHED POTATOES PEAS PLUM</p>
<p>23</p> <p><u>PULLED PORK ON A BUN</u></p> <p>BAKED BEANS DICED CARROTS WALDORF SALAD</p> <p>#34</p>	<p>24</p> <p><u>CABBAGE ROLL ON</u> <u>LINGUINI</u></p> <p>MIXED VEGGIES WW BREAD W/ MARGARINE GRAPES</p>	<p>25</p> <p><u>LEMON & HERB BAKED</u> <u>COD</u></p> <p>SCALLOPED POTATOES TOMATOES VINAGARETTE CHANTILLY FRUIT CUP WW ROLL W/ JELLY</p> <p>#101</p>	<p>26</p> <p><u>COTTAGE CHEESE</u> <u>SALAD W/ FRESH FRUIT</u></p> <p>MARINATED CUCUMBERS ORANGE JELLO GEMS BROWNIE</p>	<p>27</p> <p><u>LASAGNA</u></p> <p>ZUCCHINI ROMAINE SALAD WALDORF SALAD BROWNIE</p>
<p>30</p> <p><u>CHICKEN MARSALA</u></p> <p>MASHED POTATOES BROCCOLI W/ CHEESE CHERRY JELLO W/ MIXED FRUIT</p>			<p>28</p>	<p>29</p>

NOTE: A number at the bottom of a menu item indicates that it has been approved by a nutritionist.

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

ACTIVITIES APRIL 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Resistance Exercise 9-10 Ping Pong 9:30-12 Rhythm Rockers 10-11 Beg/Inter Line Dance 11-12:45 Lapidary 11-3 Taxes 12-4 Mexican Train Dominos 12:30-3:30 Yoga 1-2:30 Better Breathers 1:15-2:15 Adv Line Dancing 2:30-4 Leisure Hour Brd Mtg 3-4 Capitol Quilters 6:30-8 Follies Rehearsal 6-9:30	3 Ping Pong 9:30-1 Rhythm Rockers 10-11 VisionScope Grp 11:15-1 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Medicare Counseling (appts.) 1:30-4 Tai Chi 2-4 RPEN Mtg. 2-4 Follies Rehearsal 6-9:30	4 Sr. Svc. Network 9-10:30 Resistance Exercise 9:30-10:30 Watercolor 9-12 Ping Pong 10:30-2 Blood Pressure 10:30-11:30 Lapidary 11-3 Taxes 12-4 Yoga 1-2:30 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	5 Scrapbooking 10-2 Rhythm Rockers 10-11 Medicare Counseling (walk-ins) 10-1:30 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pegs & Jokers Cards 12:30-3:30 Bingo 1-4 Line Dance 2-3 Zumba 4:30-5:30 Co-Dependent Anon 5:45-7:45 Ping Pong 6-8 Barbershop 7-9	6 Governing Board 7-8 Resistance Exercise 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Blood Pressure 10:30-11:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30 
9 Resistance Exercise 9-10 Ping Pong 9:30-12 Rhythm Rockers 10-11 Beg/Inter Line Dance 11-12:45 Lapidary 11-3 Taxes 12-4 Mexican Train Dominos 12:30-3:30 Yoga 1-2:30 Better Breathers 1:15-2:15 Adv. Line Dance 2:30-4 Follies Rehearsal 6-9:30	10 Ping Pong 9:30-1 AARP Driver Safety 9:30-2 Rhythm Rockers 10-11 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Medicare Counseling (appts.) 1:30-4 Parkinson's Supp. Grp. 2-3 Tai Chi 2-4 Follies Rehearsal 6-9:30	11 Capitol Quilters II 9-11 Resistance Exercise 9:30-10:30 Watercolor 9-12 Blood Pressure 10:30-11:30 Lapidary 11-3 Ping Pong 11-2 Taxes 12-4 Yoga 1-2:30 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	12 Jewelry Sale 9-2 SSA Mtg. 9:30-11 Scrapbooking 10-2 Medicare Counseling (walk-ins) 10-1:30 Rhythm Rockers 10-11 Casual Canasta 12:30-3:30 Pegs & Jokers Cards 12:30-3:30 Al Anon 12-1:30 Bingo 1-4 Line Dance 2-3 Zumba 4:30-5:30 Co-Dependent Anon 5:45-7:45 Ping Pong 6-8 Barbershop 7-9	13 Jewelry Sale 9-2 Governing Board 7-8 Resistance Exercise 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Blood Pressure 10:30-11:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30
16 Resistance Exercise 9-10 Ping Pong 9:30-12 Rhythm Rockers 10-11 Beg/Inter Line Dance 11-12:45 Lapidary 11-3 Mexican Train Dominos 12:30-3:30 Yoga 1-2:30 Better Breathers 1:15-2:15 Adv. Line Dance 2:30-4 Capitol Quilters 6:30-8 Follies Rehearsal 6-9:30	17 Ping Pong 9:30-1 Rhythm Rockers 10-11 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Internet/Email 12:30-3:30 Pinochle 12:30-4 Advisory Board 1:30-2:30 Tai Chi 2-4 Follies Rehearsal 6-9:30	18 Watercolor 9-12 Resistance Exercise 9:30-10:30 Blood Pressure 10:30-11:30 Lapidary 11-3 Ping Pong 9:30-2 Yoga 1-2:30 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	19 Scrapbooking 10-12 Medicare Counseling (walk-ins) 10-1:30 Rhythm Rockers 10-11 Casual Canasta 12:30-3:30 Internet/Email 12:30-3:30 Pegs & Jokers Cards 12:30-3:30 Al Anon 12-1:30 NMSS Mtg. 1-2:30 Bingo 1-4 Line Dance 2-3 Zumba 4:30-5:30 Co-Dependent Anon 5:45-7:45 Ping Pong 6-8 NMSS Mtg. 6-7:30 Barbershop 7-9	20 Resistance Exercise 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Blood Pressure 10:30-11:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30
23 Resistance Exercise 9-10 Ping Pong 9:30-12 Rhythm Rockers 10-11 Beg/Inter Line Dance 11-12:45 Lapidary 11-3 Mexican Train Dominos 12:30-3:30 Yoga 1-2:30 Better Breathers 1:15-2:15 Adv. Line Dance 2:30-4 Follies Rehearsal 6-9:30	24 Ping Pong 9:30-1 Rhythm Rockers 10-11 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Internet/Email 12:30-3:30 Pinochle 12:30-4 Medicare Counseling (appts.) 1:30-4 Tai Chi 2-4 Follies Rehearsal 6-9:30	25 Capitol Quilters II 9-11 Watercolor 9-12 Resistance Exercise 9:30-10:30 Blood Pressure 10:30-11:30 Lapidary 11-3 Ping Pong 9:30-2 Yoga 1-2:30 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	26 Social Security 8-12:30 Scrapbooking 10-2 Medicare Counseling (walk-ins) 10-1:30 Rhythm Rockers 10-11 Casual Canasta 12:30-3:30 Internet/Email 12:30-3:30 Pegs & Jokers Cards 12:30-3:30 Al Anon 12-1:30 Bingo 1-4 Line Dance 2-3 Zumba 4:30-5:30 Co-Dependent Anon 5:45-7:45 Ping Pong 6-8 Barbershop 7-9	27 Resistance Exercise 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Blood Pressure 10:30-11:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30
30 Resistance Exercise 9-10 Ping Pong 9:30-12 Rhythm Rockers 10-11 Beg/Inter Line Dance 11-12:45 Lapidary 11-3 Mexican Train Dominos 12:30-3:30 Yoga 1-2:30 Better Breathers 1:15-2:15 Adv. Line Dance 2:30-4 Follies Rehearsal 6-9:30		<p style="text-align: center;">bingo</p>  <p style="text-align: center;">April 11 & 25</p>		