

Carson City Senior Center Menu

MAY 2012

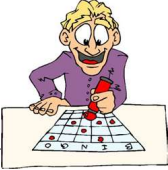

MENU SUBJECT TO CHANGE WITHOUT NOTICE.

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<p><u>BEEF TOSTADA</u></p> <p>REFRIED BEANS LETTUCE, TOMATO, ONIONS, CHEESE, SALSA CINNAMON PEARS COOKIE</p>	<p><u>BAKED COD</u></p> <p>BROCCOLI STUFFED POTATO GARDEN SALAD WW BREAD/W MARGARINE ORANGE</p> <p style="text-align: center;">#10</p>	<p><u>PORK</u></p> <p>STUFFING CARROTS THREE BEAN SALAD FRUIT CUP POKE CAKE</p>	<p><u>HAPPY BIRTHDAY</u></p> <p><u>ROAST BEEF</u></p> <p>MASHED POTATOES & GRAVY PEAS AMBROSIA ROLL W/MARGARINE CAKE & ICE CREAM</p> 
7	8	9	10	11
<p><u>MACARONIN & CHEESE</u> <u>W/HAM</u></p> <p>SPINACH WALDORF SALAD MIXED BERRIES CORNBREAD W/MARGARINE</p>	<p><u>HERB BAKED CHICKEN</u></p> <p>BAKED POTATO W/SOUR CREAM, CHIVES VEGETABLE MEDLEY WW BREAD W/MARGARINE APPLE</p> <p style="text-align: center;">#73</p>	<p><u>PORK TIPS W GRAVY</u> <u>OVER NOODLES</u></p> <p>ORIENTAL VEGETABLES SPINACH SALAD RASPBERRY JELLO W/PEACHES ROLL W/ MARGARINE</p>	<p><u>CABBAGE ROLL ON</u> <u>LINGUINI</u></p> <p>PEAS & ONIONS APRICOTS WW BREAD W/MARGARINE</p>	<p><u>CLAM CHOWDER</u></p> <p>CARROT RAISIN SALAD CARROT & CELERY STICKS BANANA SOURDOUGH BREAD W/MARGARINE COOKIE</p>
14	15	16	17	18
<p><u>CHICKEN BRATWURST</u> <u>ON A BUN</u></p> <p>POTATO SALAD COLESLAW SPICED APPLESAUCE ICE CREAM</p>	<p><u>MEATLOAF</u></p> <p>MACARONI & CHEESE PEAS & CARROTS GARDEN SALAD APRICOTS</p>	<p><u>LEMON BAKED FISH</u></p> <p>BROWN RICE BUTTERNUT SQUASH THREE BEAN SALAD BRAN ROLL PEACH BUTTER TANGERINE</p> <p style="text-align: center;">#79</p>	<p><u>JOE'S BBQ PORK RIBS</u></p> <p>SWEET POTATO BROCCOLI DINNER SALAD ORANGE CORN BREAD W/MARGARINE</p>	<p><u>TURKEY FAJITA</u></p> <p>SPANISH RICE RANCH STYLE BEANS SPINACH SALAD W/DRESSING PINEAPPLE CHUNKS</p> <p style="text-align: center;">#17</p>
21	22	23	24	25
<p><u>LIVER & ONIONS OR</u> <u>SAULISBURY STEAK</u></p> <p>MASHED POTATOES MEXICORN TOMATOES VINEGARETTE WW BREAD W/APPLE BUTTER SLICED PEACHES</p> <p style="text-align: center;">#101</p>	<p><u>SEAFOOD SALAD</u></p> <p>CARROT & CELERY STICKS CRACKERS ORANGE SCONE</p>	<p><u>POLISH SAUSAGE ON</u> <u>BUN</u></p> <p>SAUERKRAUT CARROT RAISIN SALAD MACARONI SALAD STRAWBERRIES</p>	<p><u>BAKED CHICKEN</u></p> <p>POTATO SALAD STEAMED SPINACH CORN WW ROLL W/MARGARINE BANANA</p> <p style="text-align: center;">#1</p>	<p><u>SPAGHETTI W/MEAT</u> <u>SAUCE</u></p> <p>ZUCCINI WALDORF SALAD SALAD W/DRESSING BREAD STICK ICE CREAM</p>
28	29	30	31	
<p>MEMORIAL DAY CENTER CLOSED</p> 	<p><u>BAKED HAM</u></p> <p>SCALLOPED POTATOES BROCCOLI BERRIES IN THE CLOUDS WW BREAD W/MARGARINE</p>	<p><u>GREEK SALAD</u></p> <p>W/SALAMI, FETA CHEESE, BLACK OLIVES, PEPORINCINI STRAWBERRY JELLO W/ PEACHES SOURDOUGH BREAD W/MARGARINE ICE CREAM</p>	<p><u>HAMBURGER ON BUN</u></p> <p>LETTUCE, TOMATO, ONION, CHEESE COLESLAW POTATO WEDGES APPLE BETTY</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 MAY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>bingo</p>  <p>May 13 & 27</p>	<p>1 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 Intro to Comp. 1-3 Medicare Counseling (appts.) 1:30-4 Tai Chi 2-4 RPEN Mtg. 2-4 Follies Rehearsal 6-9:30</p>	<p>2 Sr. Svc. Network 9-10:30 Watercolor 9-12 Resistance Exercise 9:30-10:30 Ping Pong 10:30-2 Blood Pressure 10:30-11:30 Lapidary 11-3 Yoga 1-2:30 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Q & A w/Dr. Fredericks 2-4 Al Anon 6-8 Merry Go Rounds 6:30-9</p>	<p>3 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 Intro to Comp. 1-3 Bingo 1-4 Zumba 4:30-5:30 Co-Dependent Anon 5:45-7:45 Barbershop 7-9</p>	<p>4 Resistance Exercise 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Blood Pressure 10:30-11:30 Pegs & Jokers Cards 12:30-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30</p> 
<p>7 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</p>	<p>8 Ping Pong 9:30-1 Rhythm Rockers 10-11 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Wills v Trusts (Nv Legal) 12:30-3 Pinochle 12:30-4 Intro to Comp. 1-3 Medicare Counseling (appts.) 1:30-4 Parkinson's Supp. Grp. 2-3 Tai Chi 2-4 Follies Rehearsal 6-9:30</p>	<p>9 Capitol Quilters II 9-11 Watercolor 9-12 Resistance Exercise 9:30-10:30 NV Legal Svcs 10-2 Blood Pressure 10:30-11:30 Lapidary 11-3 Ping Pong 11-2 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</p>	<p>10 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 Intro to Comp. 1-3 Al Anon 12-1:30 Bingo 1-4 Line Dance 2-3 Zumba 4:30-5:30 Co-Dependent Anon 5:45-7:45 Barbershop 7-9</p>	<p>11 Governing Board 7-8 Resistance Exercise 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Blood Pressure 10:30-11:30 Pegs & Jokers Cards 12:30-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30</p>
<p>14 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>	<p>15 AARP Driver Safety 9:30-2 Ping Pong 9:30-1 Rhythm Rockers 10-11 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Intro to Comp. 1-3 Advisory Board 1:30-2:30 Tai Chi 2-4 Follies Rehearsal 6-9:30</p>	<p>16 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</p>	<p>17 Scrapbooking 10-12 Medicare Counseling (walk-ins) 10-1:30 Rhythm Rockers 10-11 Casual Canasta 12:30-3:30 Al Anon 12-1:30 Intro to Comp. 1-3 NMSS Mtg. 1-2:30 Bingo 1-4 Line Dance 2-3 Co-Dependent Anon 5:45-7:45 NMSS Mtg. 6-7:30 Barbershop 7-9</p>	<p>18 Resistance Exercise 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Blood Pressure 10:30-11:30 Pegs & Jokers Cards 12:30-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30</p>
<p>21 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</p>	<p>22 Ping Pong 9:30-1 Rhythm Rockers 10-11 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Intro to Comp. 1-3 Medicare Counseling (appts.) 1:30-4 Tai Chi 2-4 Follies Rehearsal 6-9:30</p>	<p>23 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 Travel Mtg. 2-3 Al Anon 6-8 Merry Go Rounds 6:30-9</p>	<p>24 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 Al Anon 12-1:30 Intro to Comp. 1-3 Bingo 1-4 Line Dance 2-3 Zumba 4:30-5:30 Co-Dependent Anon 5:45-7:45 Barbershop 7-9</p>	<p>25 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</p>
<p>28 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>	<p>29 Ping Pong 9:30-1 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 Tai Chi 2-4 Follies Rehearsal 6-9:30</p>	<p>30 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</p>	<p>31 Scrapbooking 10-2 Medicare Counseling (walk-ins) 10-1:30 Rhythm Rockers 10-11 Casual Canasta 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 Barbershop 7-9</p>	