

September 2017

Sun

Mon

Tue

Wed

Thu

Fri

Sat

					1 Shrimp Salad on Romaine Lettuce, Broccoli Salad, Roasted Corn & Red Pepper Salad, Apple Juice, Peach Cobbler	2
3 SUB FOR WEEK Sub for Week Chicken Salad on Wheat	4 HOLIDAY LABOR DAY BUILDING CLOSED	5 Chicken Tenders, Macaroni & Cheese, California Blend Vegetables, Orange Juice, Orange, Ice Cream	6 L.S Ham w/Apple Raisin Sauce, Baked Beans, Normandy Blend Vegetables, Orange Juice, Banana	7 L/S Cheeseburger Cole Slaw, Carrot, Apple & Raisin Salad Orange Juice Watermelon	8 Stuffed Flounder, Mashed Cauliflower, Asparagus, Apple Juice, Bread Pudding	7
10 SUB FOR WEEK L/S Turkey & L/S American-Cheese on Roll	11 Baked Ziti w/Ricotta & Mozzarella, Romaine Salad, Normandy Blend Veg., Orange Juice, Tapioca Pudding	12 Lemon Chicken & Mushrooms, Feta Cheese over Rice, Spinach, Garlic & Oil, California Blend Veg. Orange	13 Beef Stroganoff over Egg Noodles, Broccoli, String Beans, Apple Juice, Apple Pie	14 Bacon & Cheddar Quiche, Peas, Carrots, Orange Juice, Tropical Fruit	15 Krabby Cakes, Rice Pilaf, Brussel Sprouts, Apple-Carrot Juice, Diced Pears	16
17 SUB FOR WEEK Cheeseburger	18 Stuffed Cabbage, Rice, Green Beans, Orange Juice, Mixed Fruit	19 Chicken Cacciatore Penne Pasta, Mixed Vegetables, Brussel Sprouts, Pear/Peach Juice, Peach Pie	20 Soft Beef Taco w/Lettuce, Cheese, Sour Cream, Mexican Rice & Beans, Broccoli, Orange Juice, Fresh Fruit ROSH HASHANAH Begins @ SUNDOWN	21 Turkey w/Sausage Cranberry, Cornbread Stuffing, Mashed Cauliflower, Asparagus, Orange Juice, Chocolate Chip Cookies	22 Baked Cod, Potatoes O'Brien, Broccoli, Coleslaw, Melon	23
24 SUB FOR WEEK Chicken Parmesan on Roll	25 Chicken Cordon Bleu Quinoa w/Vegetables, Broccoli, Orange Juice, Pineapple	26 Breaded Pork Chops, Mashed Yams, Red Cabbage, Apple Sauce, Orange Juice, Banana	27 Meatloaf w/Gravy Mashed Potatoes, Brussel Sprouts, Apple Juice, Apple	28 Apricot Chicken, Roasted Potatoes, Asparagus, Carrots,	29 Shrimp Scampi, Wild Rice Spinach, Diced Carrots, Apple Juice, Apple Betty	30

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Wellness Series "Surgery and You" with Dr. John Cosgrove 1:00 pm Trip to Christmas Tree Store	2
3	4 HOLIDAY LABOR DAY BUILDING CLOSED	5 10:45 a.m. Tea Time 1:00 p.m. Trip to Farmers Market	6 9:00a.m. Caseworker Stella 10:00 a.m. Arts & Crafts 1:00 pm Grocery Shopping	7 9:00 a.m. Caseworker Phyllis	8 10:00 am Picnic at Veteran's Park	9
10	11 10:45 a.m. Tea Time 1:00 p.m. Monday Matinee	12 10:30 am Tai Chi Must sign up in Advance	13 9:00a.m. Caseworker Stella 10:00 a.m. Arts & Crafts 1:00 pm Grocery Shopping	14 9:00 a.m. Caseworker Phyllis 10:30 am Tai Chi Must sign up in Advance	15 11:00 am Memoir Writing Group Presentation 11:00 am Reiki Circle 1:00 pm Trip to Farmers Market	16
17	18 10:45 a.m. Tea Time 1:00 p.m. Monday Matinee	19 10:30 am Tai Chi Must sign up in Advance 10:30 Caregivers Support Group Must sign in Advance	20 9:00a.m. Caseworker Stella 10:00 a.m. Arts & Crafts 11:30 am Blood Pressure Clinic 1:00 pm Stop & Shop	21 9:00 a.m. Caseworker Phyllis 10:30 am Tai Chi Must sign up in Advance	22 1:00 pm Trip to DSW	23
24	25 10:45 a.m. Tea Time 1:00 p.m. Monday Matinee	26 10:30 am Tai Chi Must sign up in Advance	27 9:00a.m. Caseworker Stella 10:00 a.m. Arts & Crafts	28 9:00 a.m. Caseworker Phyllis 10:30 am Tai Chi, must sign up in advance 2:00 pm—3 30 pm Bereavement Group Must sign up in Advance	29 11:00 p.m. Show & Tell Share your Favorite item or Story 1:00 p.m. Trip to Target	30