





# Carson City Senior Center Menu

## NOVEMBER 2013





MENU SUBJECT TO CHANGE WITHOUT NOTICE.

Monday	Tuesday	Wednesday	Thursday	Friday
				<p><u>HAPPY BIRTHDAY</u> <u>PORK LOIN</u></p> <p>PEAS &amp; CARROTS PINEAPPLE BREAD W/ MARGARINE BIRTHDAY CAKE ICE CREAM #81</p> 
<p>4</p> <p><u>MAC &amp; CHEESE W/ HAM</u></p> <p>SPINACH PEACHES COOKIE</p>	<p>5</p> <p><u>ROAST BEEF</u></p> <p>BROCCOLI SPICED PEARS FRENCH BREAD W/ MARGARINE</p> <p>#104</p>	<p>6</p> <p><u>LEMON BAKED COD</u></p> <p>WILD RICE BRUSSELS SPROUTS RAISINS</p> <p>#79</p>	<p>7</p> <p><u>CHICKEN NOODLE</u> <u>SOUP W/ VEGGIES</u></p> <p>JELLO W/ MANDARIN ORANGES BLUEBERRY PIE</p>	<p>8</p> <p><u>LIVER AND ONIONS OR</u> <u>SALISBURY STEAK</u></p> <p>MASHED POTATOES MIXED VEGGIES GRAPES</p> <p>#101</p>
<p>11</p> <p><u>CLOSED FOR VETERANS</u> <u>DAYS</u></p> 	<p>12</p> <p><u>CHICKEN ALFREDO</u></p> <p>ITALIAN VEGETABLES BREAD STICK BANANAS IN ORANGE JUICE</p> <p>#109</p>	<p>13</p> <p><u>STUFFED CABBAGE</u> <u>OVER LINGUINI</u></p> <p>PEAS APRICOTS POKE CAKE</p> <p># 122</p>	<p>14</p> <p><u>CHILE RELLENO</u></p> <p>SPANISH RICE CORN AMBROSIA CHURRO</p>	<p>15</p> <p><u>SALMON</u></p> <p>SCALLOPED POTATOES ASPARAGUS BERRIES IN A CLOUD CHOCOLATE PUDDING</p>
<p>18</p> <p><u>EGG AND SAUSAGE ON</u> <u>CROISSANT</u></p> <p>MUFFIN TOMATO JUICE APRICOTS</p>	<p>19</p> <p><u>CLAM CHOWDER</u></p> <p>SOURDOUGH BREAD W/ MARGARINE APPLE SAUCE CARROT RAISIN SALAD</p>	<p>20</p> <p><u>BBO CHICKEN</u></p> <p>GLAZED CARROTS FRUIT CUP STRAWBERRY ICE CREAM</p> <p>#143</p>	<p>21</p> <p><u>BEEF CHILI</u></p> <p>BEETS CORN BREAD JELLO W/ PEACHES LEMON BARS</p>	<p>22</p> <p><u>JOE'S RIBS</u></p> <p>BAKED BEANS PEAS YOGURT W/ STRAWBERRIES BISCUIT W/ HONEY</p> <p>#105</p>
<p>25</p> <p><u>MEATLOAF</u></p> <p>MASHED POTATOES ZUCCHINI PINEAPPLE COOKIE</p> <p>#86</p>	<p>26</p> <p><u>TOMATO BASIL SOUP</u></p> <p>1/2 HAM AND CHEESE SANDWICH CRANBERRY JUICE AMBROSIA</p>	<p>27</p> <p><u>THANKSGIVING</u></p> <p>TURKEY W/CRANBERRY SAUCE STUFFING GREEN BEANS SPICED APPLES ROLL W/ MARGARINE PUMPKIN PIE</p>	<p>28</p> <p><u>CLOSED</u> <u>HAPPY THANKSGIVING</u></p> 	<p>29</p> <p><u>CLOSED FOR FAMILY DAY</u></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 NOVEMBER 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BINGO</b>  <small>©/iFinger™ www.OpenID.com/100710</small>  November 10 <sup>th</sup> & 24 <sup>th</sup>				<b>1</b> <b>Medicare 9-4 Appt only</b> Resistance Exer 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Visionscope 11:30-12:30 Pegs & Jokers 12:30-3:30 Mah Jongg 1-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30 
<b>4</b> Resistance Exercise 9-10 Medicare 9-4 Appt only Bridge 9:30-11:30 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 Bridge 1-3:30 Better Breathers 1:15-2:15 Mah Jongg 1-3:30 Capital Quilters I 6:30-8	<b>5</b> Medicare 9-4 Appt only Rhythm Rockers 10-11 Ping Pong 9:30-1 Veterans Admin 10-2 Yoga 10-11:30 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 RPEN Board 1-2 RPEN General 2-4 Tai Chi 2-4	<b>6</b> Watercolor 9-12 Medicare 9-4 Appt only SSN 9-11 Resistance Exer. 9:30-10:30 Computer Group 10-12 Blood Pressure 10:30-11:30 Lapidary 11-3 Ping Pong 11-1 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Al Anon 6-8 Merry Go Rounds 6:30-9:30	<b>7</b> Medicare 9-4 Appt only Rhythm Rockers 10-11 Scrapbooking 10-2 Yoga 10-11:30 CUBE Bridge 12-4 Casual Canasta 12:30-3:30 Al Anon 12-1:30 Bingo 1-4 Co-Dependents Anon 5:45-7:45 Ping Pong 6-8 Barbershop 7-9	<b>8</b> Governing Board 7-8 Medicare 9-4 Appt only Resistance Exercise 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Pegs & Jokers 12:30-3:30 Mah Jongg 1-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30
<b>11</b> <b>Center Closed</b> <b>Veterans Day</b> 	<b>12</b> AARP Driver Safety 9:30-2 Medicare 9-4 Appt only 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 Parkinson Support Group 2-3 Tai Chi 2-4	<b>13</b> Watercolor 9-12 Medicare 9-4 Appt only Capital Quilters II 9-11 Resistance Exer. 9:30-10:30 Lapidary 11-3 Ping Pong 9:30-1 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Al Anon 6-8 Merry Go Rounds 6:30-9:30	<b>14</b> Medicare 9-4 Appt only SSA 9:30-12 Rhythm Rockers 10-11 Scrapbooking 10-2 Yoga 10-11:30 CUBE Bridge 12-4 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Bingo 1-4 Co-Dependents Anon 5:45-7:45 Ping Pong 6-8 Barbershop 7-9	<b>15</b> Medicare 9-4 Appt only Resistance Ex 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Pegs & Jokers 12:30-3:30 Mah Jongg 1-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30
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