


Carson City Senior Center Menu

March 2014


MENU SUBJECT TO CHANGE WITHOUT NOTICE

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| 3 <u>ITALIAN SAUSAGE SANDWICH W/ ONIONS & PEPPERS</u> BBQ BAKED CHIPS FRUIT COCKTAIL | 4 <u>CHICKEN CORDON BLEU</u> SCALLOP POTATOES BRUSSELS SPROUTS BERRIES IN A CLOUD | 5 <u>BEAN & CHEESE BURRITO BAKE</u> SPANISH RICE MEXICORN APRICOTS | 6 <u>EGG & SAUSAGE SANDWICH</u> VEGETABLE JUICE APPLESAUCE POPPY SEED MUFFIN #119 | 7 <u>HAPPY BIRTHDAY ROAST BEEF W/ GRAVY</u> MASHED POTATOES PEAS PEACHES BIRTHDAY CAKE ICE CREAM #104 |
| 10 <u>CHILI RELLENO</u> REFRIED BEANS ZUCCHINI PINEAPPLE CHURRO | 11 <u>MEATLOAF</u> MASHED POTATOES MIXED VEGETABLES BLUSHED PEARS FRENCH BREAD #86 | 12 <u>SALMON PATTY ON A BUN W/ LETTUCE AND ONION</u> AMBROSIA COOKIE | 13 <u>CHICKEN ALFREDO OVER LINGUINI</u> GREEN BEANS PEACHES BREAD STICK #143 | 14 <u>CHEESE RAVIOLI</u> ITALIAN VEGETABLES ORANGES ICE CREAM |
| 17 <u>ST. PATRICK'S DAY IRISH STEW w/ BEEF</u> COLCANNON POTATOES PEARS LEMON MERINGUE PIE  | 18 <u>LEMON BAKED COD</u> BROCCOLI PEACHES BREAD W/ MARGARINE #60 | 19 <u>PULLED PORK ON A BUN</u> BAKED BEANS PEAS BANANAS IN ORANGE JUICE POKE CAKE #34 | 20 <u>COUNTRY FRIED STEAK</u> MASHED POTATOES CORN SPICED APPLES | 21 <u>LOADED TURKEY SANDWICH</u> COLESLAW BAKED POTATO CHIPS FRUIT CUP PUDDING |
| 24 <u>CLAM CHOWDER</u> SOURDOUGH BREAD W/ MARGARINE 3 BEAN SALAD | 25 <u>ASIAN CHICKEN SALAD</u> MANDARIN ORANGES W/ JELLO FORTUNE COOKIE | 26 <u>REUBEN SANDWICH</u> PICKLED BEETS GRAPES LEMON BAR | 27 <u>MANICOTTI</u> ITALIAN VEGGIES BERRIES IN A CLOUD BREAD W/ MARGARINE #61 | 28 <u>JOE'S RIBS</u> BAKED BEANS CARROTS AMBROSIA #105 |
| 30 <u>BBO CHICKEN</u> CORN MUFFIN MIXED VEGETABLES APRICOTS PUDDING | | | | |

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 MARCH 2014

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|--|
| 3 Resistance Exercise 9:30-10:30 Cribbage 9-12 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 Income Tax Prep 12-4 Music Group 1-2 Better Breathers 1:15-2:15 Mah Jongg 1-3:30 Joe & Bobs Bridge 1-3:30 Capital Quilters I 6:30-8p.m. | 4 Rhythm Rockers 10-11 Cribbage 9-12 Ping Pong 9:30-1 Yoga 10-11:30 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Medicare 1:30-4 appt only Inter Comp Class 1-3 Tai Chi 2-4 RPEN 2-4 | 5 SSN 9-11 Cribbage 9-12 Watercolor 9-12 Resistance Exer. 9:30-10:30 Comp lab Mtg 10-12 Blood Pressure 10:30-11:30 Lapidary 11-3 Ping Pong 11-1 CUBE Bridge 11:45-4 Income Tax Prep 12-4 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Al Anon Family 6-8p.m. | 6 Cribbage 9-12 Scrapbooking 9-1 Rhythm Rockers 10-11 Yoga 10-11:30 Medicare 10-1:30 Walkins Casual Canasta 12:30-3:30 Vietnam Vets 12-1 Al Anon 12-1:30 Inter Comp Class 1-3 Bingo 1-4 Co-Dependents Anon 5:45-7:45 Ping Pong 6-8p.m. Barbershop 7-9p.m. | 7 Resistance Ex 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 CTRMC 10:30-1 Visionscope 10:30-12:30 Pegs & Jokers 12:30-3:30 Mah Jongg 1-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30p.m.  |
| 10 Resistance Ex 9:30-10:30 Cribbage 9-12 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 Income Tax Prep 12-4 Music Group 1-2 Joe & Bobs Bridge 1-3:30 Better Breathers 1:15-2:15 Mah Jongg 1-3:30 | 11 AARP 9:30-2 Cribbage 9-12 Rhythm Rockers 10-11 Ping Pong 9:30-1 Yoga 10-11:30 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Inter Comp Class 1-3 Medicare 1:30-4 appt only Parkinsons Support 2-3 Tai Chi 2-4 | 12 Watercolor 9-12 Capital Quilters II 9-11 Cribbage 9-12 Resistance Exer. 9:30-10:30 Lapidary 11-3 Ping Pong 11-1 CUBE Bridge 11:45-4 Income Tax Prep 12-4 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Al Anon Family 6-8p.m. Merry-Go-Rounds 6:30-9:30 | 13 Cribbage 9-12 SSA 9:30-12 Medicare 10-1:30 Walkins Rhythm Rockers 10-11 Scrapbooking 9-1 Vietnam Vets 12-1 Casual Canasta 12:30-3:30 Al Anon 12-1:30 Inter Comp Class 1-3 Bingo 1-4 Co-Dependents Anon 5:45-7:45 Ping Pong 6-8p.m. Barbershop 7-9p.m. | 14 Governing Board 7-8 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 7-9:30p.m. |
| 17 Resistance Ex 9:30-10:30 Cribbage 9-12 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 Income Tax Prep 12-4 Music Group 1-2 Joe & Bobs Bridge 1-3:30 Better Breathers 1:15-2:15 Mah Jongg 1-3:30 Capitol Quilters I 6:30-8p.m. | 18 Cribbage 9-12 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 Inter Comp Class 1-3 Tai Chi 2-4 | 19 Watercolor 9-12 Cribbage 9-12 Resistance Exer. 9:30-10:30 Lapidary 11-3 Ping Pong 9:30-1 Blood Pressure 10:30-11:30 CUBE Bridge 11:45-4 Income Tax Prep 12-4 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Advisory Board 1-3 Alz Legal & Fin 2:45-3:45 Al Anon Family 6-8p.m. | 20 Cribbage 9-12 Medicare 10-1:30 Walkins Rhythm Rockers 10-11 Scrapbooking 9-1 Vietnam Vets 12-1 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Inter Comp Class 1-3 Bingo 1-4 Co-Dependents Anon 5:45-7:45 Ping Pong 6-8p.m. Barbershop 7-9p.m. | 21 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 7-9:30p.m. |
| 24 Cribbage 9-12 Resistance Exercise 9:30-10:30 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 Income Tax Prep 12-4 Music Group 1-2 Joe & Bobs Bridge 1-3:30 Better Breathers 1:15-2:15 Mah Jongg 1-3:30 | 25 Capital Quilters II 9-1 Cribbage 9-12 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 Inter Comp Class 1-3 Medicare 1:30-4 Appt only Tai Chi 2-4 | 26 Capital Quilters II 9-11 Watercolor 9-12 Resistance Exer. 9:30-10:30 Lapidary 11-3 Ping Pong 9:30-1 Dept of Veterans Affairs 10-2 Blood Pressure 10:30-11:30 CUBE Bridge 11:45-4 Income Tax Prep 12-4 Travel Mtg 1-3 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Alz Supp Grp 2:30-4:30 Merry-Go-Rounds 6:30-9:30 Al Anon Family 6-8p.m. | 27 Cribbage 9-12 Medicare 10-1:30 Walkins Rhythm Rockers 10-11 Scrapbooking 9-1 Yoga 10-11:30 Vietnam Vets 12-1 Casual Canasta 12:30-3:30 Al Anon 12-1:30 Inter Comp Class 1-3 Bingo 1-4 Co-Dependents Anon 5:45-7:45 Ping Pong 6-8p.m. Barbershop 7-9p.m. | 28 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 7-9:30p.m. |
| 31 Resistance Ex 9:30-10:30 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 Income Tax Prep 12-4 Music Group 1-2 Joe & Bobs Bridge 1-3:30 Better Breathers 1:15-2:15 Mah Jongg 1-3:30 | COMM. BINGO  <small>©KJ Pageer www.CipariID.com/1989753</small> March 9 th & 23 rd | | CASI BINGO  <small>©KJ Pageer www.CipariID.com/1989753</small> March 2 nd | |