



Carson City Senior Center Menu

APRIL 2014


MENU SUBJECT TO CHANGE WITHOUT NOTICE.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <u>SEAFOOD LOUIE SALAD</u> PEACHES BREAD W/ MARGARINE SCONE	2 <u>FRENCH BREAD PIZZA W PEPPERONI</u> TOMATO VINAIGRETTE FRUIT CUP CHOCOLATE PUDDING	3 <u>STUFFED BELL PEPPERS</u> OVER NOODLES GREEN BEANS GRAPES #61	4 <u>HAPPY BIRTHDAY!</u> <u>TURKEY W/ GRAVY</u> MASHED POTATOES PEAS & CARROTS BLUSHED PEARS CAKE & ICE CREAM  #58
7 <u>TILAPIA</u> WILD RICE BROCCOLI W/ CHEESE SAUCE BERRIES IN A CLOUD #79	8 <u>CHILE RELLENO</u> REFRIED BEANS MIXED VEGETABLES CINNAMON APPLESAUCE CHURRO	9 <u>MEATBALL SANDWICH</u> PICKLED BEETS AMBROSIA	10 <u>ASIAN CHICKEN SALAD</u> FRENCH BREAD JELLO W/MANDARIN ORANGES	11 <u>JOE'S BBQ RIBS</u> BAKED BEANS POTATO SALAD APPLE JUICE BISCUIT W/ HONEY #105
14 <u>CHEESE RAVIOLI</u> 3 BEAN SALAD FRUIT COCKTAIL COOKIE	15 <u>MEATLOAF</u> MASHED POTATOES ROLL W/ MARGARINE PEA SALAD TRAIL MIX #3	16 <u>CHICKEN ALFREDO OVER LINGUINI</u> GREEN BEANS PINEAPPLE COOKIE	17 <u>CLAM CHOWDER</u> SOURDOUGH BREAD W/ MARGARINE TOMATO VINAIGRETTE BANANAS IN ORANGE JUICE #43	18 <u>EASTER DINNER</u> <u>HAM W/ APRICOT GLAZE</u> SCALLOPED POTATOES BRUSSELS SPROUTS BLUSHED PEARS COCONUT CREAM PIE 
21 <u>EGG & SAUSAGE CROISSANT SANDWICH</u> VEGETABLE JUICE MUFFIN AMBROSIA #119	22 <u>FRIED CHICKEN</u> MASHED POTATOES W/ GRAVY COLESLAW BISCUIT W/ MARGARINE ORANGE WEDGES #73	23 <u>BEAN AND CHEESE BURRITO BAKE</u> SPANISH RICE MEXICORN CANTALOUPE	24 <u>CABBAGE ROLLS OVER LINGUINI</u> ITALIAN VEGETABLES JELLO W/PEARS	25 <u>LOADED TURKEY SANDWICH</u> BAKED POTATO CHIPS CARROT RAISIN SALAD GRAPE JUICE
28 <u>SALISBURY STEAK</u> MASHED POTATOES W/ GRAVY CORN PEACHES #101	29 <u>BBQ PORK LOIN</u> MIXED VEGETABLES CORN BREAD W/ MARGARINE CRANBERRY JUICE	30 <u>CHICKEN SALAD CROISSANT SANDWICH</u> BROCCOLI SALAD YOGURT W/ STRAWBERRIES		

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 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>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 Tai Chi 2-4 RPEN 2-4 Follies Auditions 6:30-9</p>	<p>2</p> <p>Sr. Svcs. Network 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.</p>	<p>3</p> <p>Cribbage 9-12 Jewelry Sale 9-2 Scrapbooking 9-1 Rhythm Rockers 10-11 Yoga 10-11:30 Leisure Hr 10-11:30 Medicare 10-1:30 Walkins Casual Canasta 12:30-3:30 Vietnam Vets 12-1 Al Anon Supp 12-1:30 Bingo 1-4 Co-Dependents Anon 5:45-7:45 Ping Pong 6-8p.m. Barbershop 7-9p.m.</p>	<p>4</p> <p>Resistance Ex 9:30-10:30 Cribbage 9-12 Jewelry Sale 9-2 Ping Pong 9:30-12 CTRM 10:30- 1 Pegs & Jokers 12:30-3:30 Mah Jongg 1-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30p.m.</p> 
<p>7</p> <p>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.</p>	<p>8</p> <p>AARP Drivers Ed 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 Medicare 1:30-4 appt only Parkinsons Support 2-3 Tai Chi 2-4 Follies Rehearsal 6:30-9</p>	<p>9</p> <p>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</p>	<p>10</p> <p>Cribbage 9-12 Silver Sierra Adv. 9:30-12 Yoga 10-11:30 Medicare 10-1:30 Walkins Rhythm Rockers 10-11 Scrapbooking 9-1 Vietnam Vets 12-1 Casual Canasta 12:30-3:30 Al Anon Supp 12-1:30 Bingo 1-4 Co-Dependents Anon 5:45-7:45 Ping Pong 6-8p.m. Barbershop 7-9p.m. Follies Rehearsal 6:30-9</p>	<p>11</p> <p>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.</p>
<p>14</p> <p>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</p>	<p>15</p> <p>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 Tai Chi 2-4 Follies Rehearsal 6:30-9</p>	<p>16</p> <p>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 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Advisory Board 1-3 Al Anon Family 6-8p.m.</p>	<p>17</p> <p>Cribbage 9-12 Medicare 10-1:30 Walkins Rhythm Rockers 10-11 Yoga 10-11:30 Scrapbooking 9-1 Vietnam Vets 12-1 Al AnonSupp 12-1:30 Casual Canasta 12:30-3:30 Bingo 1-4 Co-Dependents Anon 5:45-7:45 Ping Pong 6-8p.m. Barbershop 7-9p.m. Follies Rehearsal 6:30-9</p>	<p>18</p> <p>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.</p>
<p>21</p> <p>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 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.</p>	<p>22</p> <p>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 Medicare 1:30-4 Appt only Tai Chi 2-4 Follies Rehearsal 6:30-9</p>	<p>23</p> <p>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 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.</p>	<p>24</p> <p>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 AnonSupp 12-1:30 Bingo 1-4 Co-Dependents Anon 5:45-7:45 Ping Pong 6-8p.m. Barbershop 7-9p.m. Follies Rehearsal 6:30-9</p>	<p>25</p> <p>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.</p>
<p>28</p> <p>Cribbage 9-12 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 Music Group 1-2 Joe & Bobs Bridge 1-3:30 Better Breathers 1:15-2:15 Mah Jongg 1-3:30</p>	<p>29</p> <p>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 Medicare 1:30-4 Appt only Tai Chi 2-4 Follies Rehearsal 6:30-9</p>	<p>30</p> <p>Cribbage 9-12 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 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Al Anon Family 6-8p.m.</p>	<p>COMM. BINGO</p>  <p>April 13th & 27th</p>	<p>CASI BINGO</p>  <p>April 6th</p>

