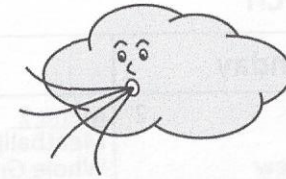





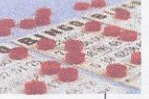



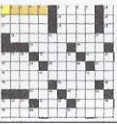






March, 2015



Clay Senior Activity Center

681-0238

Linda Plummer & Beth Petty, Co-Directors

Mon	Tue	Wed	Thu	Fri
2 Bingo and Bridge Jeri Troullier Sarah Nan King	3 UNO Games 	4 Chair Exercise 11:15 Blood Pressure Checks 10:30	5 Nutritional Information Games Gene Davis	6 Bobby Harris Hearing Test  Devotional with Beth
9 Bingo and Bridge 	10 Nutritional Information Bingo & Golf	11 Chair Exercise 11:15 	12 Games Bingo, Golf, RummiKub	13 Games  15 Becky Johnson
16 Bingo and Bridge	17 St. Patrick's Day Wear Green Games 	18 Chair Exercise 11:25 Games	19 Canasta  Games	20 Giant Crossword Puzzle Games 
23 Nutritional Information Bingo and Bridge	24 UNO Games 	25 3rd annual free breakfast @  	26 Board Games 	27 SHIP Information Games 29 Elaine Lowe
30 Trip to Bud's Best Cookies/ Paw Paw Patch Leave at 9:45	31 Nutritional Education UNO Janice Murray		March Birthdays In RED 	Center is open Monday-Friday 9:00am-1:00pm

March

ADSS Nutrition Program

Winter 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Menu 1</u> 2 Grape Juice Brunswick Stew Brown Rice Brussels Sprouts Wheat Breadstick Margarine Fig Bar Milk</p>	<p><u>Menu 2</u> 3 Meatball(3)/Spaghetti Sauce Whole Grain Penne/Tomatoes Corn O'Brien Fresh Fruit Texas Bread Margarine Orange Fruited Gelatin Milk</p>	<p><u>Menu 3</u> 4 Blended Juice Baked Ham Field Peas/Snaps Mustard Greens Cornbread Margarine Lemon Pudding Milk/Buttermilk</p>	<p><u>Menu 4</u> 5 Taco Salad: -Taco Meat -Lettuce/Tomato/Cheese -Pinto Beans Corn Chips Taco Sauce Pineapple Tidbits Milk</p>	<p><u>Menu 5</u> 6 Orange/Pineapple Juice BBQ Chicken/Bun Northern Beans Zucchini and Tomatoes Birthday Cake Milk</p>
<p><u>Menu 6</u> 9 Cranberry Juice Chicken and Rice Casserole Garden Vegetables Lima Beans Wheat Roll Margarine Nutty Buddy Milk</p>	<p><u>Menu 7</u> 10 Chopped Steak/Gravy Whipped Potatoes Collard Greens Fresh Fruit Cornbread Margarine Raspberry Gelatin Milk/Buttermilk</p>	<p><u>Menu 8</u> 11 Apple Cherry Juice Frankfurter/Bun Baked Beans Coleslaw with Carrots Diced Onion Ketchup/Mustard/Mayonnaise Hot Apple Cobbler Milk/Chocolate Milk</p>	<p><u>Menu 9</u> 12 Taco Soup Cabbage Green Beans/Potatoes Sliced Peaches Saltine Crackers Yellow Cake Milk</p>	<p><u>Menu 10</u> 13 Orange Juice Spaghetti Casserole Green Peas Tossed Salad/Ranch Dressing Wheat Breadstick Margarine Chocolate Chip Cookies-2 each Milk</p>
<p><u>Menu 11</u> 16 Apple Juice Meatloaf/Brown Gravy Ranch Potatoes Mixed Vegetables Wheat Breadstick Margarine Strawberry Cake Milk</p>	<p><u>Menu 12</u> 17 Orange Juice Sausage Patty-2 Cheese Grits Tropical Fruit Biscuit Margarine Jelly Cinnamon Raisin Bread Milk</p> 	<p><u>Menu 13</u> 18 Vegetable Plate: -Macaroni & Cheese -Black-eyed Peas -Turnip Greens Fresh Fruit Cornbread Margarine Gingerbread Cookie Milk/Buttermilk</p>	<p><u>Menu 14</u> 19 Blended Juice BBQ Rib Patty Butter Beans Buttered Carrots Wheat Roll Margarine Cherry Fruited Gelatin Milk</p>	<p><u>Menu 15</u> 20 Teriyaki Meatballs(3) Buttered Rice Green Beans with Red Peppers Fresh Fruit Whole Wheat Bread Margarine Chocolate Pudding Milk</p>
<p><u>Menu 16</u> 23 Orange Juice Chicken Alfredo Country Corn Club Spinach Wheat Breadstick Margarine Oatmeal Cookie Milk</p>	<p><u>Menu 17</u> 24 Hamburger/Bun Baked Beans Macaroni Salad/Carrots Lettuce/Tomato/Onion Ketchup/Mustard/Mayonnaise Hot Peach Cobbler Milk/Chocolate Milk</p>	<p><u>Menu 18</u> 25 Orange/Pineapple Juice Chili with Beans Buttered Rice Rutabagas Saltine Crackers Chocolate Cake Milk Alternate: White Chicken Chili</p>	<p><u>Menu 19</u> 26 Smothered Chicken Breast Delmonico Potatoes Mixed Greens Fresh Fruit Cornbread Margarine Sugar Cookies-2 each Milk/Buttermilk</p>	<p><u>Menu 20</u> 27 Apple Juice Smoked Sausage Corn/Black Beans Creole Cabbage Diced Onions Hot Dog Bun Mustard/Ketchup Strawberry Fruited Gelatin Milk</p>
<p><u>Menu 1</u> 30 Grape Juice Brunswick Stew Brown Rice Brussels Sprouts Wheat Breadstick Margarine Fig Bar Milk</p>	<p><u>Menu 2</u> 31 Meatball(3)/Spaghetti Sauce Whole Grain Penne/Tomatoes Corn O'Brien Fresh Fruit Texas Bread Margarine Orange Fruited Gelatin Milk</p>	 <p>Spring is here!</p>		