

MAY MENU

GLADSTONE SENIOR CENTER

Mon	Tue	Wed	Thu	Fri
1 BEEF STEAK FRITTER with SAUCE POTATOES WINTER BLEND VEG BROCCOLI FRUIT	2 TURKEY ALFREDO MASHED POTATOES CORN LEMON BAR	3 BAKED BOURBON CHICKEN and RICE PEAS COLESLAW FRESH FRUIT	4 STUFFED GREEN PEPPERS GARLIC BREAD GREEN BEANS FRUIT	5 EGG OMELET MUFFIN AMERICAN FRIES GRAPE JUICE FRESH ORANGE
8 HAMBURGER STROGANOFF+LIGUINI BACON RANCH GREEN BEANS BEETS FRUIT	9 PORK LOIN GARLIC MASHED POTATOES PEAS and CARROTS APPLE SAUCE	10 MOM DAY CHICKEN CORDON BLEU POTATO KEY LARGO VEGGIES SPINACH SALAD STRAWBERRY SHORT CAKE	11 CHEF'S SALAD COPPER PENNY SALAD TROPICAL FRUIT BREADSTICK	12 BACON LETTUCE TOMATO WRAP BROCCOLI RAISIN SALAD YOGURT and FRUIT
15 CHICKEN BREAST POTATOES CALIFORNIA BLEND FRUIT	16 SHEPARD'S PIE (GRAVY, BEEF, CORN, MASHED POTATOES, CHEESE) SALAD DINNER ROLL FRESH FRUIT	17 TURKEY SLICE OVER DRESSING MASHED POTATOES and GRAVY CARROTS CRANBERRY JELLO	18 DINNER FRANK BAKED BEANS MIX MACARONI & CHEESE GARDEN SALAD FRUIT	19 COLD TACO SALAD CORN BREAD APPLESAUCE DESSERT
22 SALISBURY STEAK CHEESY HASHBROWNS PEAS AND CARROTS FRUIT	23 PORCUPINE MEATBALLS MASHED POTATOES GREEN BEANS PEACH DUMP CAKE	24 BBQ RIBS TWICE BAKED POTATOES CREAM CORN GRAPES	25 HAM SLICE SWEET POTATOES CAPRI BLEND VEG APRICOTS	26 CHICKEN SALAD with TOMATO WEDGES PEAS + CHEESE SALAD FRUIT
29 CLOSED MEMORIAL DAY	30 SWISS STEAK MASHED POTATOES SQUASH FRUIT	31 BEEF BARLEY SOUP EGG SALAD SANDWICH THREE-BEAN SALAD COTTAGE CHEESE with PINEAPPLE	<div style="border: 1px solid black; padding: 5px;"> <p>All meals served with milk. Bread won't be served with pasta, rice or stuffing. Suggested donation \$3 per person. Menu modifications may be necessary at times.</p> </div>	

HOW DO I GET TO THE SENIOR CENTER?

GLADSTONE 428-2201

WEEKLY ACTIVITIES:

Every Monday, Sit N Be Fit, 10-10:45 a.m. Cribbage, noon. Hand & Foot, noon. Painting, 12:30 p.m.

Every Tuesday, Card making 12:30 p.m. 500 cards, 12:30 p.m. Evening bingo, 6:45 p.m.

Every Wednesday, Sit N Be Fit, 10-10:45 a.m. Pinochle, 12:30 p.m. Diabetes Prevention.

Every Thursday, Tai Chi, 10-10:45 a.m. Hand & Foot, 12:30 p.m. Bingo, 1 p.m.

Every Friday, Line Dancing (beginners), 9:30- 10 a.m. Line Dancing (anyone), 10-11 a.m.

OTHER ACTIVITIES:

Omelet Brunch, May 3, 11:30 a.m. (call 428-2201 at least one day prior to reserve a seat). Blood Pressure Clinic, May 19, 11 a.m. Mother's Day Dinner, May 10, 11:30 a.m. (call 428-2201 at least one day prior to reserve a seat). Bonifas Art Project, May 12, 1-3 p.m. Foot Clinic, May 17, (by appointment only, call 428-2201). Birthday Lunch, May 23, 11:30 a.m. (call 428-2201 at least one day prior to reserve a seat). May 29, closed for Memorial Day.