

MAY MENU

ROCK SENIOR CENTER

Mon

Tue

Wed

Thu

Fri

<p>1 BEEF STEAK FRITTER with SAUCE POTATOES WINTER BLEND VEG FRUIT</p>	<p>2 TURKEY ALFREDO MASHED POTATOES CORN LEMON BAR</p>	<p>3 BAKED BOURBON CHICKEN and RICE PEAS COLESLAW FRESH FRUIT</p>	<p>4 STUFFED GREEN PEPPERS GARLIC BREAD GREEN BEANS FRUIT</p>	<p>5 CHEF'S SALAD COPPER PENNY SALAD TROPICAL FRUIT BREADSTICK</p>
<p>8 HAMBURGER STROGANOFF+LIGUINI BACON RANCH GREEN BEANS BEETS FRUIT</p>	<p>9 PORK LOIN GARLIC MASHED POTATOES PEAS and CARROTS APPLE SAUCE</p>	<p>10 MOM DAY CHICKEN CORDON BLEU POTATO KEY LARGO VEGGIES SPINACH SALAD STRAWBERRY SHORT CAKE</p>	<p>11 EGG OMELET MUFFIN AMERICAN FRIES GRAPE JUICE FRESH ORANGE</p>	<p>12 BACON LETTUCE TOMATO WRAP BROCCOLI RAISIN SALAD YOGURT and FRUIT</p>
<p>15 CHICKEN BREAST POTATOES CALIFORNIA BLEND FRUIT</p>	<p>16 SHEPARD'S PIE (GRAVY, BEEF, CORN, MASHED POTATOES, CHEESE) SALAD DINNER ROLL FRESH FRUIT</p>	<p>17 TURKEY SLICE OVER DRESSING MASHED POTATOES and GRAVY CARROTS CRANBERRY JELLO</p>	<p>18 DINNER FRANK BAKED BEANS MIX MACARONI & CHEESE GARDEN SALAD FRUIT</p>	<p>19 COLD TACO SALAD CORN BREAD APPLESAUCE DESSERT</p>
<p>22 SALISBURY STEAK CHEESY HASHBROWNS PEAS AND CARROTS FRUIT</p>	<p>23 PORCUPINE MEATBALLS MASHED POTATOES GREEN BEANS PEACH DUMP CAKE</p>	<p>24 BBQ RIBS TWICE BAKED POTATOES CREAM CORN GRAPES</p>	<p>25 HAM SLICE SWEET POTATOES CAPRI BLEND VEG APRICOTS</p>	<p>26 CHICKEN SALAD with TOMATO WEDGES PEAS + CHEESE SALAD FRUIT</p>
<p>29 CLOSED MEMORIAL DAY</p>	<p>30 SWISS STEAK MASHED POTATOES SQUASH FRUIT</p>	<p>31 BEEF BARLEY SOUP EGG SALAD SANDWICH THREE-BEAN SALAD COTTAGE CHEESE with PINEAPPLE</p>	<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>	

HOW DO I GET TO THE SENIOR CENTER?

WEEKLY ACTIVITIES (center closed on Fridays): **ROCK** 356-6420

Every Monday, Tai Chi, 8:30 a.m. Dime bingo, 12:30-2:15 p.m.

Every Tuesday, Play cards, 1-4:30 p.m. Evening meal, 5 p.m.

Every Wednesday, Tai Chi, 9:30 a.m. Play cards, 10:30 a.m. to 3 p.m.

Every Thursday, Walk Club, 9:30 a.m.

OTHER ACTIVITIES:

Bake sale, May 9, 4-6 p.m. Game night, May 9, 6 p.m. Mother's Day Dinner, May 10, noon (call 356-6420 at least one day prior to reserve a seat). Craft Day, May 11, 10 a.m. Spin the wheel, May 16, 6 p.m. Monthly Food Distribution, May 17, 8 a.m. to 3 p.m. Walk the U.P. ends, May 25. Birthday Party, May 24, noon (call 356-6420 at least one day prior to reserve a seat). May 29, closed for Memorial Day. Memorial Day Reception following 10 a.m. ceremony at cemetery.