

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>All meals must be reserved the day before or by 9 A.M. the day of by calling 402-367-6131</b></p>	<p>3 Meatloaf, hash brown Casserole, Scandinavian vegetables, pears</p>	<p>4 Cornflake chicken, mashed potatoes &amp; gravy, corn, tropical fruit, salad bar <u>9:30 A.M. – Tai Chi</u> <u>12:30 Bingo</u> <u>Van to Omaha</u></p>	<p>5 Baked fish, tator tots, toss salad, jello &amp; fruit salad</p>	<p>6 Polish sausage, dumplings &amp; sauerkraut, mandarin oranges, salad bar <u>9:30 A.M. – Tai Chi</u> <u>1pm cards</u> <u>Van to Columbus</u></p>	<p><b>Accordion Day 7</b> Tuna noodle casserole, peas &amp; carrots, Ambrosia salad</p>
<p>9 <b>Daylight Savings Time Begins</b></p>	<p>10 Cheeseburger casserole, mixed vegetables, strawberry &amp; bananas</p>	<p>11 Smothered pork chop, garden rice, green beans, pudding, salad bar <u>9:30 A.M. – Tai Chi</u> <u>12:30 Music Bingo</u> <u>Van to Lincoln</u></p>	<p>12 Hot Beef sandwich, mashed potatoes &amp; gravy, carrots, peaches</p>	<p>13 <b>Potato Bake 11:15-12:45</b> Cream Chicken, Baked Potato, peas &amp; peaches <u>9:30 A.M. – Tai Chi</u> <u>1pm Cards</u> <u>Van to Omaha</u> <b>Beltone 2-4pm</b></p>	<p>14 Salmon Loaf, creamed potatoes, broccoli, Chocolate Chip Bar</p>
	<p>17 Corned beef, cabbage, carrots potatoes, pistachio fluff</p>	<p>18 Porcupine meatballs, baked potato, creamed peas, rosy applesauce, salad bar <u>9:30 A.M. – Tai Chi</u> <u>12:30 Bingo</u> <u>Van to Columbus</u></p>	<p>19 Ham or Liver &amp; Onions, Au gratin Potatoes, Brussel Sprouts, fruit cocktail</p>	<p>20 Chicken fried chicken, mashed potatoes w/gravy, Italian vegetables, pears, salad bar <u>9:30 A.M. – Tai Chi</u> <u>12:30 Bingo</u> <u>Van to Lincoln</u> <b>David Place Speaker &amp; Dessert</b></p>	<p>21 Fish on a bun, potato wedges, fresh salad, pineapple upside down cake</p>
<p><b>Suggested cost for 60 &amp; up \$4.00 &amp; Fee for under 60 is \$5.00</b></p>	<p>24 Taco salad, corn &amp; black bean salad, mexi fries, banana</p>	<p>25 <b>Rising City Pop Up Meal</b> Chicken Spaghetti, California blend, garlic bread, jello with fruit, salad bar <u>9:30 A.M. – Tai Chi</u> <u>12:30 Bingo</u> <u>Van to Omaha</u></p>	<p>26 Hamburger Steak, mashed potatoes &amp; gravy, green beans, cherry bars, salad bar</p>	<p>27 <b>Birthday Day</b> Parmesan chicken over noodles, Cauliflower, apricots, salad bar <u>9:30 A.M. – Tai Chi</u> <u>1pm Cards</u> <u>Van to Columbus</u></p>	<p>28 Grilled Cheese Sandwich, tomato &amp; lentil soup, Scandinavian vegetables, fruit cocktail</p>
<p>To go meals are now available 60 &amp; over is a suggested price of \$4.25 &amp; under 60 cost is \$5.25</p>	<p>31 Oven fried Chicken, stuffing, Harvard beets, mandarin oranges</p>		<p><b>All meals are served with bread, milk, coffee, and water All ages welcome</b></p>	<p><b>Menu is subject to change.</b></p>	