

27 8:30am-Coffee Group 11:00am-Kelly Bianco of LIFE presents "Senior Health Presentation"

1:30am-Lunch & Social Hour 1:30pm-Coffee Group 28 8:30am-Coffee Group
10:30am-Puzzle Table Fun
11:00am-Primary Health Network
Senior Health Presentation
11:30am-Lunch & Social Hour
1:15pm-BINGO

29 8:30am-Coffee Group 10:30am-Crafts 11:30am-Lunch & Social Hour 12:15pm-Exercise w Lori 1:15pm-Coffee Group

30 8:30am-Coffee Group
10:00am-BINGO
11:30am-Lunch & Social Hour
2:00pm-Senior Bulling
Presentation by PA Attorney
General's Office

31 8:30am-Coffee Group 11:00am-Halloween Party & Special Halloween Luch

12:15pm-. Exercise Lori Richmond 1:15on-Coffee Group 2:00pm-Dominos

Group				
Monday	Tuesday	Wednesday	Thursday	Friday
Monday	lucsuay	1	2	3
ove City Senior Community Center		3oz Roast Beef w/ 2oz Gravy	Turkey w/ Provolone	1c Chili
724-458-6844		1/2c Mashed Potatoes	(2oz Turkey, 1slice Provolone)	1/2oz Cheddar cheese
Suggested Donations:		1/2c Carrots	Lettuce & Tomato	1/2c Side Salad w/ Toma
Daily-\$3.00 regular meals		Whole Wheat Bread	1c Corn Chowder W/ Crackers	1 Cornbread
\$4.00 special meals		Fresh Fruit	1/2c Apple Crisp	Fresh Fruit
Monthly-\$70.00		Trestribute	Hamburger Bun	rresirruit
6	7	8	9	10
Fish Sandwich	Swedish Meatballs (4)	Cheese Omelet	3oz Meatloaf with 2oz Gravy	4oz Sweet & Sour Por
1/2c Coleslaw	1/2c Buttered Pasta		1/2c Mashed Potatoes	1/2c Rice
1/2c Colesiaw 1/2c Mac & Cheese	1/2c Butter ed Pasta 1/2c Peas	2 Saus age Links Hash Browns	-	1/2c Broccoli and Cauliflo
•	•		1/2c Carrots	Wheat Bread
1/2c Blushed Fruit	1 Breadstick	1 English Muffin w/ Jelly	Wheat Bread Oatmeal Cream Pie	Fresh Fruit
Hamburger Bun	1/2c Gelatin	4oz Orange Juice	Oatmeal Cream Pie	Fresh Fruit
13	14	15 Birthday	16	17
15		4oz Sloppy Joe	Roasted Honey Garlic Pork Loin	
Classed	Chicken Paprikash		· · · · · · · · · · · · · · · · · · ·	Turkey Chef Salad
Closed	w/Creamy Tomato Sauce	1/2c Greens Beans	1/2c Steamed Broccoli	(2oz Turkey, 1oz Cheddar,
	1/2c Rice	1/2c Tater Tots	1/2c Rice	1c Mixed Greens w/Tom
	1/2c Brussel Sprouts	Hamburger Bun	Dinner Roll	1c Vegetable Soup
	Wheat Bread	Fresh Fruit	1/2c Fruited Gelatin	Dinner Roll
	NEW Cookie		NEW	Fresh Fruit
20	21	22	23	24
3oz Kielbasa with 1oz Kraut	Stuffed Pepper w/Sauce	Chicken Philly Sandwich	3oz Salisbury Steak with 2oz Gravy	Creamy Chicken Tortelli
1/2c Buttered Noodles	1/2c Garlic Mashed Potatoes	1c Cream of Spinach Soup	1/2c Whipped Potatoes	(3oz Chicken, 1/2c Tortel
/2c California Blend Vegetables	1/2c Carrots	1/2c Coleslaw	1/2c Peas	1/2c Side Salad w/ Toma
1/2c Applesauce	White Bread	Hoagie Roll	Dinner Roll	Garlic Breadstick
Hot Dog Bun	Cookie	Gelatin	Fresh Fruit	1/2c Spiced Fruit
27	28	30	30	Hallowson 21
Chees eburger	General Tso's Chicken	29 3oz Sliced Ham	Popcorn Chicken w/ Gravy	Halloween 31 Sweet Sausage
1/2c Tator Tots	1/2c Rice	with 1oz Pineapple Sauce	1/2c Whipped Potatoes	W/ Peppers & Onions
1/2c Baked Pineapple	1/2c Garlic Broccoli	1/2c Whipped Sweet Potatoes	1/2c Corn	1/2c Tater Tots
1c Tossed Salad w/ Tomato	1/2c Mandarin Oranges	1/2c Green Peas	Dinner Roll	1/2c Sliced Carrots
Hamburger Bun	,	Dinner Roll	Fresh Fruit	Hotdog Bun
		Cookie		Orange Poke Cake W/Top