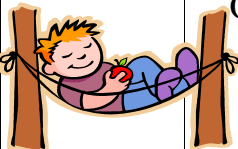







# Senior Nutrition Program - September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>4th</b> Labor Day Day <u>Holiday</u> Center Closed	<b>5th Chef Salad</b> Breadsticks, Peaches Apple Juice Orange Sherbet Pinochle after Lunch	<b>6th</b> Walkers 7:30am	<b>7th Baked Cod</b> Scalloped Potatoes Carrot Raisin Salad Broccoli, Tropical Fruit Bingo after Lunch	<b>8th</b> TOPS 9am  Sons of Italy Lodge at 6pm
<b>11th</b> Walkers 7:30am  	<b>12 BBQ Pork Sandwich</b> Green Beans Appleslaw Oatmeal Raisin Cookie Apricot Nectar Pinochle after Lunch	<b>13</b> Walkers 7:30am	<b>14 Salisbury Steak</b> Mashed Potatoes & Gravy Carrots, Spinach Salad Fig Newton, Wheat Roll <b>Dance with Stan's Band</b> Bingo after Lunch	<b>15</b> TOPS 9am  
<b>18</b> Walkers 7:30am ——— <b>AARP Class Day 1</b> 9:15-2:15	<b>19 Amandine Fish</b> White Potatoes Broccoli Wheat Roll Chocolate Pudding Pinochle after Lunch <b>AARP Class Day 2</b> 9:15am-2:15pm <b>Flu Shots 10:30am</b>	<b>20</b> Walkers 7:30am  	<b>21 Vegetable Lasagna</b> Salad, Green Beans French Bread Pears, Brownie <b>Footcare 9am-4pm</b> Bingo after Lunch	<b>22</b> TOPS 9am  
<b>25</b> Walkers 7:30am  	<b>26 Stuffed Bell Pepper Salad</b> Whole Wheat Roll Peach Crisp Pinochle after Lunch	<b>27</b> Walkers 7:30am	<b>28 Roast Beef</b> Mashed Potatoes Asparagus Roll Fruit Salad Bingo after Lunch	<b>29</b> TOPS 9am  

**Black Diamond Community Center — 31605 Third Ave (SR 169) — Black Diamond**  
**For reservations call Cheryl, Leslie, or Irene at 360-886-1011**

This Menu is subject to change. Consuming raw or undercooked eggs, meat, seafood, and unpasteurized milk and juices may increase your risk of food borne illness.