

# September 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
PLEASE LET THE COOK KNOW IF YOU HAVE ANY FOOD ALLERGIES.				1 Baked Ham & Beans, Corn Bread, Mixed Veggies, Cookies	2	3
4	5 <i>LABOR DAY CLOSED</i>	6 American Chop Suey, Veggie, Brownie	7 <i>Arthritis Exercise-11:00</i>	8 Meat Loaf, Mashed Potato, Veggie, Ice Cream <i>Yoga—10:00</i>	9	10
11	12 <i>Pitch-Noon</i>	13 Beef Stew, Bisquits, Jello	14 <i>Food Bank-10-12 Arthritis Exercise-11:00</i>	15 Tuna Pot Pie, Cake <i>Yoga-10:00 Strength Training-11:00</i>	16	17
18	19 <i>Pitch-Noon</i>	20 Grilled Ham & Cheese Sandwich, Italian Wedding Soup, Dessert	21 <i>Food Bank-10-12 Arthritis Exercise-11:00</i>	22 Macaroni & Cheese, Salad, Pudding <i>Yoga-10:00 Strength Training-11:00</i>	23	24
25	26 <i>Pitch-Noon</i>	27 Baked Chicken Leg, Rice, Stewed Toma- toes, Dessert	28 <i>Food Bank-10-12 Arthritis Exercise-11:00</i>	29 Stuffed Pork Chops, Sweet Potatoes, Corn <i>Yoga-10:00 Strength Training-11:00</i>	30	<i>MEALS MUST BE RESERVED AT LEAST 24 HRS. IN ADVANCE.</i>