

MENU -- subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Swedish meatballs Mashed potatoes Carrots Fruit juice rolls	2 Spaghetti Green beans Tossed salad Garlic bread	3 Tuna cakes Baked potatoes Peas oranges rolls	4 Herbed baked chicken Scalloped potatoes Capri veggies pears rolls	5 Enchiladas Spanish rice Corn Orange juice rolls
8 Salisbury steak Mashed potatoes Mixed vegetables Peaches rolls	9 Taco casserole: beans, cheese, tortillas, Corn Dinner salad fruit	10 Beef stroganoff Peas Green salad peaches rolls	* 11 Chicken cacciatore Egg noodles Green salad apples rolls	12 Hot turkey sandwich Sweet potatoes Green beans Cranberry sauce Orange juice
15 Sloppy Joes Green salad sliced tomatoes peaches	16 Tuna casserole w/peas Broccoli Pears rolls	17 Irish Stew	18 BBQ Chicken Pork & Beans Mixed veggies Orange juice rolls	19 Swiss Steak Mashed potatoes Peas pineapple rolls
22 Deli turkey & cheese sandwich Beef barley soup Apples Spinach salad	23 ?	24 Chicken Pot Pie Vegetables Pears Fruit juice	25 Lasagna Green beans Tossed salad applesauce Garlic bread	26 Oven fried chicken Scalloped potatoes Green salad Pineapple rolls
29 Baked fish Scalloped potatoes Peas & carrots Oranges rolls	30 Ham Sweet potatoes Green beans Apples rolls	31 Pot roast Red potatoes Fruit salad rolls	• Thursday, • March 11 5:00 pm Dinner Traditional cornbeef + cabbage Irish dinner	

The Senior Nutrition Program is operated by Senior Services for South Sound and is supported by the United Way and the Area Agency on Aging. Meals are served from 11:45 am. to 12:30 pm There is a suggested donation of \$2.50 for people over 60; under 60, \$5.62. You will not be refused a meal if you do not make a donation.

SERVICES

360-407-3967

Acupuncture: 1st, 3rd, and 4th Tuesdays 2:00 - 4:00 pm. \$10.00 per half hour appointment.

Blood Pressure Checks: 1st & 3rd Tuesdays; 2nd & 4th Wednesdays, 10:30 - 12 noon

Chiropractor: 4th Wednesday 12:30 - 2:00 pm. \$25.00 initial exam; \$15.00 per. subsequent appointment.

Food Bank Distribution: 3rd Wednesday 10:00 am to 12:30 pm. You need to sign up for this service

Foot Care: 2nd Monday of every month 9 am. - 4 pm. (\$25, by appointment).

Haircut: Nathalie Daisy, Hairstylist ...hair cuts & styles for \$5.00 donation on the 1st & 3rd Fridays from 9 - 2.

Reflexology Therapy: -- \$25.00 for 45 minutes. 1st & 3rd Mondays, 9:00 am - 12 noon - - make appointments with Ines.

Area Agency on Aging: 1st Tuesdays, 11:45 to 12:00 noon.

STARS Services to at Risk Seniors: Mon., Tues., Thurs., Friday -- speak with Victoria for more details. 407-3967