



# ◆ The Bugbee Bulletin ◆

Volume 2016  
Issue 10

Published monthly by White River Council on Aging  
262 N Main St., White River Jct., VT 05001-7027  
(802) 295-9068 www.bugbeecenter.org

July-August 2016



**“Crazy For You”**  
New London Barn  
Playhouse  
New London, NH  
Wednesday,  
August 17, 2016  
\$93/person

A zany romantic comedy bursting with song from the great George Gershwin, including “I Can’t Be Bothered Now”, “I Got Rhythm”, “Nice Work If You Can Get It”, “Embraceable You” and “Someone to Watch Over Me”.

Includes a sumptuous lunch at The Coach House Restaurant at the New London Inn:

Menu

Choice of Soup di Jour

Or

Artisan Salad

Fire Roasted Tomatoes, Cucumber, Manchego Cheese

Lemon Roasted Chicken

Whipped Potatoes, Spinach, Harticots Verts,  
Mustard Jus

Or

Horseradish Crusted Cod

Crispy Leeks, Rosemary Roasted Potatoes,  
Tarragon Cream Sauce

Chef’s Seasonal Dessert

Coffee/Tea/Soda

Limited reservations available. Call us now to get on the roster.

## Summer BBQ & Bingo Nights



Thursday, July 7th  
*Sign Up Required*

Dinner: Suggested donation (age 60+) \$5  
Under 60: \$6

Bingo: \$2.50/card (10 games)

4:00 Center Opens  
5:00 Dinner:

Hamburgers/Hot Dogs on Buns  
Potato Salad Pasta Salad  
Cole Slaw Deviled Eggs  
Watermelon/Ice Cream Sandwich

6:00 Bingo

Wednesday, August 24th  
*Sign Up Required*

Dinner: Suggested donation (age 60+) \$5  
Under 60: \$6

Bingo: \$2.50/card (10 games)

4:00 Center Opens  
5:00 Dinner:

BBQ Ribs  
Corn on the Cob Cole Slaw  
Potato Salad Deviled Eggs  
Corn Bread  
Watermelon/Ice Cream Sandwich

6:00 Bingo

<b>BINGO</b>				
12	25	41	51	63
3	30	37	54	66
7	21	FREE	56	74
1	26	35	50	69
10	17	45	47	64

MILTON BRADLEY COMPANY  
Springfield, Massachusetts




## Directors Corner

Our newsletter this month is our “summer” version, covering July and August. A few years ago we did one newsletter for the summer and for the most part it was well received so we thought we would continue to do it each year. If you get it a day or two late, our apologies as it can be challenging to get events and our menu done for two months when we are so used to doing it monthly. It is certainly nice to be doing a warm weather edition.

We do still have some space on some of our upcoming trips. You can call us or if you are here check out what is available. We also have planned two night openings which are always sign up type of meals so be attentive to those dates and times.

If you have not been in, the place has been spruced up very nicely by one of our volunteers. She has put great effort into planting around the main door people use to come in, and out behind the building in the perennial garden. We have also replaced the entry area old time linoleum and nasty carpet with a wood like look that cleaned up that space. And, after receiving numerous comments about the lavatory facilities we have done some replacement there too! The building is a very good place to run our programs, however it is now thirty-six years old and as we are able to do some improvements we will. Finally on this front, I have not put out tables and chairs behind the building as some trees are hanging precariously over the rear of the building and could hurt someone if they fell in a strong wind. I have had a tree service in and will tidy up that problem as soon as we can get them back to do the work.

On another note, we have been hearing about telephone and email “scams” targeting older folks. Just because you are older, does not mean it is alright to be gullible and fall for offers that sound “to good to be true”!! If some person calls and says you won a million bucks but need to send some money to claim your prize, you are PROBABLY being played for a fool. If someone calls and says they are from the IRS and you better pay NOW or you are going to jail, you are being played for a fool. If some person calls and says Bill Gates (Microsoft founder) is your new best friend and he wants to give you some of his “fortune” but you need to send him some cash to get your gazillion dollars, you are being played for a fool!! Do NOT get caught in one of these fraudulent schemes.

Often times, especially in the winter months, I write about how we are always trying to plan ahead for the “season we are not in”. I am not going to do that this month, since I do not wish to even think about anything other than the nice weather we have been having considering what other parts of our great country have endured. Just come on in and enjoy the place, people, staff and of course.....my dynamic personality!!! :-[ ) I can hear the “oh brothers” now!



Len Brown  
Executive Director



### Just for Fun...

John Doe is on his deathbed, knows the end is near, and his nurse and his family are gathered at his side. So he says to them: “Bernie, I want you to take the Mayfair houses. Sybil, take the apartments on the West Side. Jamie, I want you to take the downtown office buildings. Sara, my dear wife, I want you to take all the houses down by the river.”

The nurse is just blown away by all this and as Mr. Doe slips away she says “Mrs. Doe, your husband must have been a very good businessman to have accumulated so much property.” Sara replies, “Property? The old fool had a paper route!”



# July 2016 Meals



Monday

Tuesday

Wednesday

Thursday

Friday

	Please be seated by 11:50 to allow our wait staff to pour beverages before the entrée is served.	Be sure to SIGN UP for BBQ & Bingo Night on July 7th! Center opens at 4:00. NO NOON MEAL		1 Cole Slaw Grilled Hot Dog in a bun Baked Beans Potato Salad Strawberries & Blueberries w/ Cream
Center Closed  <small>shutterstock - 136152794</small>	5 Tossed Salad BUFFET Bread Assorted Desserts	6 Green Salad Oven-Roasted Chicken Rice Pilaf Brussels Sprouts Blondies	7 <u>BBO/BINGO NIGHT</u> Grilled Hamburgers & Hot Dogs Lettuce, Tomato, Cheese, Onion Deviled Eggs, Cole Slaw, Potato Salad, Pasta Salad Watermelon Ice Cream Sandwich	8 Turkey Waldorf Salad Cucumber Sticks Lettuce, Tomato Bread Jello w/Mandarin Oranges
11 Pickled Beets Macaroni & Cheese Stewed Tomatoes Green Beans Bread Strawberries	12 Cottage Cheese w/Peaches Chicken Kabobs w/ Tomatoes, Peppers, Onions over Rice Bread Sliced Kiwi	13 Summer Corn Salad Baked Ham Potato Salad Broccoli Bread Devil's Food Cake w/ Peanut Butter Frosting	14 Broccoli Salad Baked Haddock Rice Pilaf Carrots Bread Watermelon	15 Tossed Salad C & S Pizza Fresh Pineapple
18 Caesar Salad Swedish Meatballs Egg Noodles California Vegetables Bread Fruit Salad	19 Green Salad Chicken Parmesan Linguini Broccoli Garlic Bread Banana Pudding	20 4-Bean Salad Meatloaf Mashed Potato Brussels Sprouts Bread Gingerbread w/ Topping	21 Tossed Salad Sausage, Peppers & Onions Over Rice Mandarin Vegetables Vanilla Pudding w/ Cookie	22 Chef Salad w/Turkey, Ham, Cheese, Egg. Pickles Bread Fruit Salad
25 Tuna & Egg Salads Pasta Veggie Salad Bread Mixed Berries w/ Cream	26 Caesar Salad Roast Pork w/Gravy Mashed Potato Peas & Carrots Applesauce Bread Blondie	27 Tossed Salad Spaghetti & Meatballs Spinach Garlic Bread Fresh Pineapple	28 Roast Beef & Swiss Cheese Plate w/ Lettuce & Tomato Potato Salad Bread Jello w/Fruit	29 Dilled Cucumbers Seafood Roll Macaroni Salad Tomato Slices Ice Cream Cups



# July 2016




Monday

Tuesday

Wednesday

Thursday

Friday

	<p>Be sure to SIGN UP for BBQ &amp; Bingo Night on <u>July 7th</u></p> <p>Center opens at 4:00.</p> <p>NO NOON MEAL.</p>			<p>1</p> <p>12:45 Book Club</p> <p>1:00 Bingo</p> <p>1:00 Shopping</p> <div style="border: 1px solid black; padding: 2px; text-align: center;">Hot Dog/B Beans</div>
<p><b>CENTER CLOSED</b></p> 	<p>5</p> <p>8:45 Foot Care (by appointment only)</p> <p>10:00Aq.Aerobics*</p> <p>1:00 Cribbage</p> <p>1:00 Senior Fitness*</p> <div style="border: 1px solid black; padding: 2px; text-align: center;">BUFFET</div>	<p>6</p> <p>10:00 Poetry</p> <p>1:30 Linedancing**</p> <div style="border: 1px solid black; padding: 2px; text-align: center;">Oven Roasted Chicken</div>	<p>7</p> <p>BBQ &amp; Bingo Night*</p> <p>4:00 Center Opens</p> <p>5:00 Dinner</p> <p>6:00 Bingo</p> <div style="border: 1px solid black; padding: 2px; text-align: center;">Hamburgers/ Hot Dogs</div>	<p>8 9:30 Tai Chi 1*</p> <p>10:45 Tai Chi 2*</p> <p>1:00 Bingo</p> <p>1:00 Shopping</p> <p>3:00 Brain Injury Support Group</p> <div style="border: 1px solid black; padding: 2px; text-align: center;">Turkey Waldorf Salad</div>
<p>11</p> <p>10:00 Health Clinic</p> <p>1:00 Bingo</p> <p>1:00 Shopping</p> <div style="border: 1px solid black; padding: 2px; text-align: center;">Macaroni &amp; Cheese</div>	<p>12</p> <p>10:00 Aqua Aerobics*</p> <p>1:00 Cribbage</p> <p>1:00 Senior Fitness*</p> <div style="border: 1px solid black; padding: 2px; text-align: center;">Chicken Kabobs</div>	<p>13</p> <p>10:30 TOGETHER</p> <p><u>12:00 Birthday Day</u></p> <p>Audrey Lilly, pianist</p> <p>1:30 Linedancing*</p> <div style="border: 1px solid black; padding: 2px; text-align: center;">Baked Ham</div>	<p>14 8:45 Foot Care (by appointment only)</p> <p>9:00 Quilting</p> <p><u>12:30 Dick McCormick</u></p> <div style="border: 1px solid black; padding: 2px; text-align: center;">Baked Haddock</div>	<p>15</p> <p>9:30 Tai Chi 1*</p> <p>10:45 Tai Chi 2*</p> <p>1:00 Shopping</p> <p>1:00 Bingo</p> <div style="border: 1px solid black; padding: 2px; text-align: center;">C &amp; S Pizza</div>
<p>18</p> <p>8:30 Senior Smiles (by appointment)</p> <p>1:00 Bingo</p> <p>1:00 Shopping</p> <div style="border: 1px solid black; padding: 2px; text-align: center;">Swedish Meatballs</div>	<p>19</p> <p>10:00 Aqua Aerobics*</p> <p>1:00 Cribbage</p> <p>1:00 Senior Fitness*</p> <div style="border: 1px solid black; padding: 2px; text-align: center;">Chicken Parmesan</div>	<p>20</p> <p>10:00 Poetry</p> <p>1:30 Linedancing*</p> <div style="border: 1px solid black; padding: 2px; text-align: center;">Meatloaf</div>	<p>21</p> <p>8:45 Foot Care (by appointment only)</p> <p>9:00 Quilting</p> <div style="border: 1px solid black; padding: 2px; text-align: center;">Sausage, Peppers, &amp; Onions/Rice</div>	<p>22</p> <p>9:30 Tai Chi 1*</p> <p>10:45 Tai Chi 2*</p> <p>1:00 Shopping</p> <p>1:00 Bingo</p> <div style="border: 1px solid black; padding: 2px; text-align: center;">Chef Salad</div>
<p>25</p> <p>10:00 Health Clinic</p> <p>1:00 Bingo</p> <p>1:00 Shopping</p> <div style="border: 1px solid black; padding: 2px; text-align: center;">Tuna, Egg Salad Plate</div>	<p>26</p> <p>10:00 Aqua Aerobics*</p> <p>1:00 Cribbage</p> <p>1:00 Senior Fitness*</p> <div style="border: 1px solid black; padding: 2px; text-align: center;">Roast Pork</div>	<p>27</p> <p>1:30 Linedancing*</p> <div style="border: 1px solid black; padding: 2px; text-align: center;">Spaghetti &amp; Meatballs</div>	<p>28</p> <p>9:00 Quilting</p> <div style="border: 1px solid black; padding: 2px; text-align: center;">Roast Beef</div>	<p>29</p> <p>10:00 Suite Notes</p> <p>1:00 Shopping</p> <p>1:00 Bingo</p> <div style="border: 1px solid black; padding: 2px; text-align: center;">Seafood Roll</div>



# August 2016 Meals



Monday	Tuesday	Wednesday	Thursday	Friday
1 Broccoli Salad Chicken Parmesan Linguini Cauliflower w/Red Peppers Garlic Bread Mandarin Oranges	2 Tossed Salad <u>BUFFET</u> Bread Assorted Desserts	3 Tomato Basil Salad Salisbury Steak Mashed Potato Brussels Sprouts Bread Ice Cream	4 Green Salad Macaroni & Cheese Stewed Tomatoes Green Beans Bread Watermelon	5 Confetti Corn Salad Turkey Waldorf Salad On Lettuce Cucumbers Dinner Rolls Blondie
8 Carrot Raisin Slaw Turkey w/Gravy Mashed Potato Peas & Onions Cranberry Sauce Bread Baked Custard	9 Corn & Bean Salad Beef Stroganoff On Egg Noodles California Vegetables Bread Baked Pears	10 Green Salad Baked Haddock Roasted Potatoes Fresh Spinach Bread Yellow cake w/ Vanilla Frosting	11 Green Salad Sausage, Tomato & Cream on Bowtie Pasta Summer Squash & Zucchini Garlic Bread Tapioca Pudding	12 Dilled Cucumbers Cheeseburgers w/ Lettuce & Tomato Chips Ice Cream
15 Caesar Salad Meatloaf Mashed Potato Corn Bread Jello w/Fruit Cocktail	16 4 Bean Salad Cheddar Chicken Rice Pilaf Mandarin Vegetables Peach Cobbler	17 Seafood Pasta Salad Lettuce, Tomato, Cucumbers Bread Strawberries & Blueberries	18 Cole Slaw BBQ Chicken Tater Tots Corn Gingerbread w/ Topping	19 Tossed Salad C & S Pizza Honey Dew Melon
22 Green Beans Spaghetti & Meatballs Green Beans Garlic Bread Peaches	23 Dilled Cucumbers Roast Chicken Roasted Potato Peas Vanilla Pudding w/ Cookie	24 BBQ Spare Ribs * Corn on the Cob Deviled Eggs/ Cole Slaw Potato Salad Cornbread Watermelon Ice Cream Sandwich	25 3 Bean Salad Shepherds Pie Carrots Bread Sliced Kiwi	26 Chicken & Egg Salad Plate Potato Salad Lettuce, Tomato Cucumber Sticks Dinner Rolls Fruit Salad
29 Tossed Salad American Chop Suey Green Beans Garlic Bread Fruit	30 Green Salad Parmesan Pork Chop Seasoned Potato Bread Broccoli Chocolate Mousse	31 Summer Corn Salad Baked Ham Baked Beans Peas & Carrots Bread Watermelon	Be sure to SIGN UP for BBQ & Bingo Night on August 24th! Center opens at 4:00. NO NOON MEAL.	



# August 2016



Monday

Tuesday

Wednesday

Thursday

Friday

<p>1 1:00 Bingo 1:00 Shopping</p> <p>Chicken Parmesan</p>	<p>2 8:45 Foot Care (by appointment only) 10:00 Aqua Aerobics** 1:00 Cribbage 1:00 Sr. Fitness*</p> <p>BUFFET</p>	<p>3 10:00 Poetry</p> <p>Salisbury Steak</p>	<p>4 9:00 Quilting</p> <p>Macaroni &amp; Cheese</p>	<p>5 12:45 Book Club 1:00 Bingo 1:00 Shopping</p> <p>Turkey Waldorf Salad</p>
<p>8 10:00 Health Clinic 1:00 Bingo 1:00 Shopping</p> <p>Turkey w/Gravy</p>	<p>9 10:00 Aqua Aerobics* 1:00 Cribbage 1:00 Senior Fitness*</p> <p>Beef Stroganoff</p>	<p>10 10:30 TOGETHER <u>12:00 Birthday Day</u> Audrey Lilly, Pianist</p> <p>Baked Haddock</p>	<p>11 8:45 Foot Care (by appointment only) 9:00 Quilting <u>12:30 "Vertigo"</u> Anna Hecker, PT</p> <p>Sausage, Tomato &amp; Cream/Pasta</p>	<p>12 9:30 Tai Chi 1* 10:45 Tai Chi 2* 1:00 Bingo 1:00 Shopping 3:00 Brain Injury Support Group</p> <p>Cheeseburgers</p>
<p>15 1:00 Bingo 1:00 Shopping</p> <p>Meatloaf</p>	<p>16 10:00 Aqua Aerobics* 1:00 Cribbage 1:00 Senior Fitness**</p> <p>Cheddar Chicken</p>	<p>17 10:00 Poetry 10:30 New London Playhouse Trip*</p> <p>Seafood Pasta Salad</p>	<p>18 8:45 Foot Care (by appointment only) 9:00 Quilting</p> <p>BBQ Chicken</p>	<p>19 9:30 Tai Chi 1* 10:45 Tai Chi 2* 1:00 Shopping 1:00 Bingo</p> <p>C &amp; S Pizza</p>
<p>22 10:00 Health Clinic 1:00 Bingo 1:00 Shopping</p> <p>Spaghetti &amp; Meatballs</p>	<p>23 10:00 Aqua Aerobics* 1:00 Cribbage 1:00 Senior Fitness*</p> <p>Roasted Chicken</p>	<p>24 BBQ &amp; Bingo Night* 4:00 Center Opens 5:00 Dinner Music by Valley Chords 6:00 Bingo</p> <p>BBQ Spare Ribs</p>	<p>25 9:00 Quilting <u>12:30 Hartford Resiliency Committee</u> Laura Simon</p> <p>Shepherd's Pie</p>	<p>26 9:30 Tai Chi 1* 10:45 Tai Chi 2* 10:00 Suite Notes 1:00 Shopping 1:00 Bingo</p> <p>Chicken &amp; Egg Salad Plate</p>
<p>29 1:00 Bingo 1:00 Shopping</p> <p>American Chop Suey</p>	<p>30 1:00 Cribbage 1:00 Senior Fitness*</p> <p>Parmesan Pork Chop</p>	<p>31 10:00 Poetry</p> <p>Baked Ham</p>	<p>Be sure to SIGN UP for BBQ &amp; Bingo Night on <u>August 24th!</u> Center opens at 4:00. NO NOON MEAL.</p>	

## July Happenings

July 1 12:45 Bugbee Book Club. Marieke Sperry, librarian from the Quechee/Wilder Libraries, will facilitate a discussion of "Being Mortal" by Atul Gawande. Copies of the book are available from Quechee Library.

July 6 1:30 Linedancing Class with Jamie Orr. New 4-week session. \$28. Sign up required. This will be the last session until September.

July 7 BBQ & Bingo Night. Sign up required. The Center will open at 4:00. Dinner will be served at 5:00, followed by Bingo at 6:00. You do not have to stay for Bingo to come to dinner. You do not have to come to dinner to play Bingo, but you need to arrive by 5:45 to purchase cards.

July 13 10:30 TOGETHER women's support group, facilitated by Judy Adams. "What Are You Afraid Of?" (BHG March 2016) A reality check on 8 common fears. We will share our fears and learn of solutions. New participants welcome.

July 14 12:30 Dick McCormack, raconteur/folksinger (as well as VT State Senator) will join us for lunch and stick around afterwards to entertain us.

## August Happenings

August 2 10:00 Aqua Aerobics. New 10-week session. \$35 fee. Classes held at Upper Valley Aquatic Center but you must sign up at Bugbee Senior Center.

August 5 12:45 Bugbee Book Club, facilitated by Marieke Sperry from the Quechee/Wilder Libraries. Book to be decided upon at July meeting. New participants always welcome.

August 11 12:30 "Vertigo". Anna Hecker, PT, of Cioffredi & Associates, will give a presentation about the causes and treatments for this troublesome ailment.

August 24 BBQ & Bingo Night. Sign up required. The Center will open at 4:00. Dinner will be served at 5:00, with musical entertainment by The Valley Chords, Vermont's chapter of Sweet Adelines International. Bingo will start at 6:00. You do not have to stay for Bingo to come to dinner. You do not have to come to dinner to play Bingo, but you need to arrive by 5:45 to purchase cards.

August 25 12:30 Hartford Resiliency Committee. Who are these people and what do they do? What is their vision for the Town of Hartford? Come to lunch and find out!

### Vertigo

Vertigo is the sensation that the world around you is spinning. It is most often caused by an inner ear problem, though it can also be associated with head or neck injury, brain problems such as stroke or tumor, certain medications and migraine headaches. The dizziness may be accompanied by nausea, headache, sweating and ringing in the ears. Vertigo may be caused by tiny calcium particles in the inner ear or infection/inflammation in the inner ear around the nerves. It can also occur for no known reason and may be associated with age.

The treatment depends upon the cause. Physical therapy, medication, and in a few cases, surgery may be recommended treatments. For more information, come to Bugbee Senior Center on Thursday, August 11th, for an afternoon presentation by Anna Hecker of Cioffredi & Associates.



...but we need your help!  
Bugbee Senior Center needs

- ◆ Volunteer home-delivered meal drivers
- ◆ Dining room volunteers

Home-delivered meal drivers pick up meals at Bugbee Senior Center between 10:45 and 11:00. Meal routes generally take an hour or less. Meals are delivered Monday through Friday, no holidays or weekends. Substitutes are needed for routes in Quechee/West Hartford, Hartford/Wilder, White River Jct., Norwich and Thetford.

Dining room volunteers pour beverages and serve meals to the folks who come to our congregate lunches, Monday through Friday. No order-taking; no heavy trays. They also clear and wipe down the tables after lunch.

If you are interested in helping us out, please call Regina at 802-295-9068 to set up an appointment.

PLACE LABEL HERE

Non-profit Org.  
Presorted Standard  
U. S. Postage Paid  
WRJ VT 05001  
Permit #2

The Bugbee Bulletin  
White River Council on Aging  
262 N Main St  
WRJ, VT 05001  
Return Service Requested





# July 2016 Home-Delivered Meals



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

	If you will not be home to receive your meal, please be sure to call the Center before 9:30 AM. Our drivers can not leave your meal if we have not heard from you.			1 Cole Slaw Grilled Hot Dog in a bun Baked Beans Potato Salad Strawberries & Blueberries w/ Cream
<b>Center Closed</b>  <small>shutterstock - 136152794</small>	5 Tossed Salad Macaroni & Cheese Green Beans Bread Mandarin Oranges	6 Green Salad Oven-Roasted Chicken Rice Pilaf Brussels Sprouts Blondies	7 <u>Night Opening</u> No Home-Delivered Meals. A frozen meal will be sent in advance.	8 Turkey Waldorf Salad Cucumber Sticks Lettuce, Tomato Bread Jello w/Mandarin Oranges
11 Pickled Beets Macaroni & Cheese Stewed Tomatoes Green Beans Bread Strawberries	12 Cottage Cheese w/Peaches Chicken Kabobs w/ Tomatoes, Peppers, Onions over Rice Bread Sliced Kiwi	13 Summer Corn Salad Baked Ham Potato Salad Broccoli Bread Devil's Food Cake w/ Peanut Butter Frosting	14 Broccoli Salad Baked Haddock Rice Pilaf Carrots Bread Watermelon	15 Tossed Salad C & S Pizza Fresh Pineapple
18 Caesar Salad Swedish Meatballs Egg Noodles California Vegetables Bread Fruit Salad	19 Green Salad Chicken Parmesan Linguini Broccoli Garlic Bread Banana Pudding	20 4-Bean Salad Meatloaf Mashed Potato Brussels Sprouts Bread Gingerbread w/ Topping	21 Tossed Salad Sausage, Peppers & Onions Over Rice Mandarin Vegetables Vanilla Pudding w/ Cookie	22 Chef Salad w/Turkey, Ham, Cheese, Egg. Pickles Bread Fruit Salad
25 Tuna & Egg Salads Pasta Veggie Salad Bread Mixed Berries w/ Cream	26 Caesar Salad Roast Pork w/Gravy Mashed Potato Peas & Carrots Applesauce Bread Blondie	27 Tossed Salad Spaghetti & Meatballs Spinach Garlic Bread Fresh Pineapple	28 Roast Beef & Swiss Cheese Plate w/ Lettuce & Tomato Potato Salad Bread Jello w/Fruit	29 Dilled Cucumbers Seafood Roll Macaroni Salad Tomato Slices Fruit



# August 2016 Home-Delivered Meals



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Broccoli Salad Chicken Parmesan Linguini Cauliflower w/Red Peppers Garlic Bread Mandarin Oranges</p>	<p>2 Tossed Salad Goulash Green Beans Bread Fruit</p>	<p>3 Tomato Basil Salad Salisbury Steak Mashed Potato Brussels Sprouts Bread Fruit</p>	<p>4 Green Salad Macaroni &amp; Cheese Stewed Tomatoes Green Beans Bread Watermelon</p>	<p>5 Confetti Corn Salad Turkey Waldorf Salad On Lettuce Cucumbers Dinner Rolls Blondie</p>
<p>8 Carrot Raisin Slaw Turkey w/Gravy Mashed Potato Peas &amp; Onions Cranberry Sauce Bread Baked Custard</p>	<p>9 Corn &amp; Bean Salad Beef Stroganoff On Egg Noodles California Vegetables Bread Baked Pears</p>	<p>10 Green Salad Baked Haddock Roasted Potatoes Fresh Spinach Bread Yellow cake w/ Vanilla Frosting</p>	<p>11 Green Salad Sausage, Tomato &amp; Cream on Bowtie Pasta Summer Squash &amp; Zucchini Garlic Bread Tapioca Pudding</p>	<p>12 Dilled Cucumbers Cheeseburgers w/ Lettuce &amp; Tomato Chips Fruit</p>
<p>15 Caesar Salad Meatloaf Mashed Potato Corn Bread Jello w/Fruit Cocktail</p>	<p>16 4 Bean Salad Cheddar Chicken Rice Pilaf Mandarin Vegetables Peach Cobbler</p>	<p>17 Seafood Pasta Salad Lettuce, Tomato, Cucumbers Bread Strawberries &amp; Blueberries</p>	<p>18 Cole Slaw BBQ Chicken Tater Tots Corn Gingerbread w/ Topping</p>	<p>19 Tossed Salad C &amp; S Pizza Honey Dew Melon</p>
<p>22 Green Beans Spaghetti &amp; Meatballs Green Beans Garlic Bread Peaches</p>	<p>23 Dilled Cucumbers Roast Chicken Roasted Potato Peas Vanilla Pudding w/ Cookie</p>	<p>24 Night Opening No Home-Delivered Meals A frozen meal will be sent in advance.</p>	<p>25 3 Bean Salad Shepherds Pie Carrots Bread Sliced Kiwi</p>	<p>26 Chicken &amp; Egg Salad Plate Potato Salad Lettuce, Tomato Cucumber Sticks Dinner Rolls Fruit Salad</p>
<p>29 Tossed Salad American Chop Suey Green Beans Garlic Bread Fruit</p>	<p>30 Green Salad Parmesan Pork Chop Seasoned Potato Bread Broccoli Chocolate Mousse</p>	<p>31 Summer Corn Salad Baked Ham Baked Beans Peas &amp; Carrots Bread Watermelon</p>		