

GOLDEN OLIVES EXTRA

FEBRUARY 2009

ATTENTION!! New Activities Scheduled!

Beginning February 2, 2009, there will be line dancing at the senior center each Monday morning at 10:30 a.m.

Scrap-booking class is also coming to the senior center on Wednesday mornings at 9:30 beginning February 25, 2009.

COME JOIN THE FUN!

The OSU Geriatric dental clinic will be back on March 12 and March 30, 2009. Please call the Senior Program Office at 740-947-5555 to get on the schedule.

Please remember that the 2009 membership dues are due. The next issue of the Golden Oldies newsletter will only be mailed to seniors who have paid their dues. If you have any questions or, if you are not sure if you have paid, please call the Senior Program Office at 740-947-5555.

WAVERLY GARDEN CLUB

The Community Action Committee of Pike County Senior Programs would like to thank the Waverly Garden Club for the special treat they provided for homebound seniors this past holiday season.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat or alternate 3 oz.	POLISH SAUSAGE-3oz KRAUT-1/2 cup MASHED POTATOES-1/2 cup MIXED FRUIT-1/2 cup WHOLE GRAIN BREAD-2 MILK 2	BEEF STEW w./Pots/Carrots/Celery Onions/Peas - 8 oz. GARDEN SALAD w./ Dressing- 1cup PEARS-1/2 cup BISCUIT - 2 oz. MILK 3	OVEN BAKED FISH-3 oz with WHOLE GRAIN BUN-tartar sauce HASH BR. POTS w/ ONIONS-1/2 cup SUCCOTASH-1/2 cup TROPICAL FRUIT BLEND-1/2 cup MILK 4	CHICKEN NOODLE CASSEROLE-8oz GREEN BEANS-1/2 cup CARROTS-1/2 cup WHOLE GRAIN BREAD-1 /MILK WHITE CAKE w/ WHIPPED TOPPING & MANDARINE ORANGE SLICES-1/2 CUP 5	CHILI-8oz GARDEN SALAD/DRESSING-1cup CHEESE WEDGE-1oz APPLESAUCE-1/2 cup 1-CAN 100% FRUIT JUICE-4oz MILK / CRACKERS-4 or 5 packs 6
vegetable or fruit 1-1/2 cup total	TACO MACARONI-8 oz COLE SLAW-1/2 cup PEAS-1/2 cup TANGERINE-1 each CHEESY GARLIC BISCUIT-1 oz MILK 9	HAM LOAF-3 oz SWEET POTATO PATTY- 4oz BRUSSEL SPROUTS-1/2 cup WHOLE GRAIN BREAD-1 PEACH COBBLER w/biscuit topping 1/2-cup fruit MILK 10	CREAM OF BROCCOLI SOUP - 8 oz. Chicken-3oz on BUN w/ mustard & salad dressing packets. TOSSED SALAD-1 cup BANANA-1 / CRACKERS-1 (4 count) MILK / VALENTINE CUPCAKE 11	TURKEY-3 oz & GRAVY-1 oz MASHED POTATOES-1/2 cup CALIFORNIA BLEND VEGS.-1/2cp. ORANGE JELL-O w./1/2 fruit ROLL-2 oz MILK 12	MEAT LOAF-3 oz SCALLOPED POTATOES-1/2 cup CARROTS & CELERY-1/2 cup PEARS-1/2 cup WHOLE GRAIN BREAD-2 MILK 13
Bread 2 serving Butter 1 tsp.	CLOSED FOR PRESIDENT'S DAY 16	SALMON PATTY-3oz with PEA SAUCE-1 oz MACARONI & TOMATOES-1 cup CARROTS-1/2 cup APPLESAUCE-1/2 cup WHOLE GRAIN BREAD-1 / MILK 17	SPAGHETTI w./ MEAT SAUCE-8 oz GARDEN SALAD w/ DRESSING-1 cp ITALIAN BREAD-1 slice MIXED FRUIT-1/2 cup 100% CAN OF FRUIT JUICE-1 MILK 18	PORK TENDERLOIN-3 oz. DRESSING-1 oz COOKED CABBAGE-1/2 cup MASHED POTATOES-1/2 cup MANDARIN ORANGE SLS.-1/2 cup WHOLE GRAIN BREAD-1 / MILK 19	BEEF BARLEY SOUP-8oz 3 oz meat serving / 1/2 cp vgs. Broccoli/Cauliflower Salad-1/2 cp. Apple Brown Betty-1 c. serving 1/2 apples / 1-serving bread CRACKERS-1(4ct.) MILK 20
Dessert 1/2 cp.	CUBE STEAK-3oz w./ MUSHROOM GY. WILD RICE-1/2 cup HARVARD BEETS-1/2 cup MIXED FRUIT-1/2 cup ROLL-1 / MILK 23	CHICKEN VEGETABLE SOUP-8 oz 3 oz meat / 1/2 vgs. / 2 oz noodles Pineapples-1/2 cup / Crackers-1-4ct 1 CAN 100% FRUIT JUICE OAT BRAN MUFFIN-1 oz / MILK 24	HAM & BEANS w. ONIONS-8oz CHEESE CUBE-1 oz SPINACH-3/4 cup/ vinegar packet PEACHES-3/4 cup CORNBREAD MUFFIN - 2 oz./ MILK 25	CHICKEN & CHEESE ENCHILADAS-2 3-oz serving meat & 2-bread TOSSED SALAD-1 cup RED JELL-O w/PEARS-1/2cp fruit 100% CAN OF FR. JUICE / MILK 26	SLOPPY JOE-3oz meat on WHOLE WHEAT BUN/pickle slices OVEN BAKED POTS. WEDGES-4oz COLE SLAW / APPLESAUCE-1/2 cup each MILK 27

Choice of Beverages Available
MENU IS SUBJECT TO CHANGE

Condiments Available

Low Sugar Desserts Available

TO OBTAIN INGREDIENT INFORMATION, CONTACT THE MANAGER AT YOUR NUTRITION SITE (947-5555 OR 1-800-820-1165)