Senior Center Action News

Board of Directors

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Stella Michalak, Vice-President
Carol Kozlowski, Secretary/Treasurer

Barbara Barberich
Nancy Crandall
Irene Christopher
Janet Kasprzyk
Julian Niedbalski
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Senior Citizens Center of Dunkirk, Inc.
45 Cliffstar Court
Dunkirk, New York 14048

June 2012

Senior Center Action News

Senior Citizens Center of Dunkirk, Inc.
45 Cliffside Court
Dunkirk, New York 14048

June 2012

Dunkirk Senior Center

45 Cliffstar Court
Dunkirk, New York 14048
(716) 366-7530

A Note From The President:

Hello Everyone! Welcome to Summer as we begin updating the outside of the Center with 2 new flags mounted on the building as well as out new wooden planters and hanging basket. We will continue with the trimming of the bushes and some more colorful additions.

At our Board meeting, Gala has been scheduled for June 10th so no conflict with Father's Day would occur. (Congratulations to all the dads and granddads). Sign up is underway so please stop to get on the list. This will be the final Gala until September. However, we have scheduled two weekday evening ice cream socials, one in July and the other in August. Flyers will be out by the June Gala. ($1.00 for members and $3.00 for non-members). Pre-pay sign ups will continue same as for Gala.

Big Bingo will follow the socials in July and August. There will be only one Thursday afternoon bingo in June which will be held on Flag Day, June 14th (see calendar).

Trips for Salamanca and Atlantic City are full. (stand-bys only). A flyer enclosed for the Presque Isle Trip scheduled for Tuesday, July 10th. Sign up is underway – effective May 14th. A one day Amish Brown Bag Tour is scheduled for Tuesday, September 18th. (see flyer for trip details, including cost and departure/return).

Zumba Gold (Thursday's 5:30 p.m.) will resume for the fall session (September thru December).

Suggestions for the remainder of the year are varied with most wanting to wait until fall to begin new programs and workshops. We need volunteers who are knowledgeable to teach and give presentations for a Senior sponsored series of workshops. A list of volunteer openings will be forthcoming with the Board taking the lead in implementation.

Have a great June – Enjoy the moment!

Sincerely,

Barb Bajdas

Barbara Bajdas, President
Dunkirk Senior Center

Dunkirk Senior Center
45 Cliffstar Court
Dunkirk, New York 14048
(716) 366-7330

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Have a great June – Enjoy the moment!

Sincerely,

Barbara Hajdas, President
Dunkirk Senior Center

AN EQUAL OPPORTUNITY EMPLOYER

JUNE 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:00 Silver Sneakers	2
3	4 9:00 Silver Sneakers 10:00 Coffee Hour 1:00 Pinochle	5 9:30 Aerobics w/Catherine 10:30 Coffee Hour 12:00 Mah Jongg	6 9:00 Silver Sneakers 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	7 9:30 Aerobics w/Catherine	8 9:00 Silver Sneakers 10:00 Dk. Board Dir Mtg.	9 GALA PREP
10 GALA SUNDAY	11 9:00 Silver Sneakers 10:00 Coffee Hour 1:00 Pinochle	12 9:30 Aerobics w/Catherine 9:30 Salamanca Casino 10:30 Coffee Hour 12:00 Mah Jongg	13 9:00 Silver Sneakers 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	14 9:30 Aerobics w/Catherine 10:00 Blue Cross B/Shield 10:00 Independent Health 1:00 Big Bingo	15 9:00 Silver Sneakers 1:00 Craft Committee	16
17 Happy Father's Day!	18 9:00 Silver Sneakers 10:00 Coffee Hour 1:00 Pinochle 1:00 AARP Mtg.Local 299	19 9:30 Aerobics w/Catherine 10:30 Coffee Hour 12:00 Mah Jongg - Library	20 9:00 Silver Sneakers 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	21 9:30 Aerobics w/Catherine	22 9:00 Silver Sneakers	23
24	25 9:00 Silver Sneakers 10:00 Coffee Hour 1:00 Pinochle	26 9:30 Aerobics w/Catherine 10:00 Coffee Hour 12:00 Mah Jongg	27 9:00 Silver Sneakers 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	28 9:30 Aerobics w/Catherine	29 9:00 Silver Sneakers	30

Flag Day

GALA SUNDAY

June 10, 2012

Lunch Served at 12:15 p.m.

Menu Featuring: Tossed Salad
Bread & Butter
Goulash
Green Beans
Pina Colada Cake
Coffee/Tea

Hor'Dourves. . . . Punch. . . .Bingo. . . . Cards. . . . Prizes. . . . Lots of Fun!

Only pre-sale tickets will be sold at the Dunkirk Senior Center, 45 Cliffstar Court, Dunkirk, New York, Monday through Friday 9:00 a.m. – 12:00 noon Or by mail: Send check to the above address. Must be received by no later than June 8th.

Donation...$4.00 for Members and $5.00 for Non-Members

(MENU SUBJECT TO CHANGE)

First 100 Reservations Accepted

TO ALL NEW MEMBERS JOINING THE DUNKIRK SENIOR CENTER !

Kevin Ahlstrom
Claudia Ansell
Donna Bleck
Sharron Davis
Sandy Destro
Patricia Ebert
Terry Erwin
Rita Gestwicki
David Jagoda
Audrey Miga
John Miga
Mary Musso
Arlene Pachol
Thomas Pleszewski
Josephine Plucinski
Doris Sczerbacki
Pat Straight
Karlene Taylor
Paula Vogt

All About Our Newest Director. . . .

Nancy Crandall is the youngest of three children born to Edward and Estella Sinclair of Fredonia, New York. Her siblings are George and Jim Sinclair. She grew up in Fredonia, attended Fredonia Schools, graduating in 1962. In April of 1963, she married her high school sweetheart Leonard Crandall. They moved to Dunkirk to be closer to Leonard's work.

The Crandall's had two sons; Richard born in June, 1966 and Steven in March, 1968. Richard married Lisa Dziduch and they have 2 children. Zachary is 15 and a freshman at Dunkirk High School and Mackenzie who is 11 yrs. old and is a fifth grade student at Northern Chautauqua Catholic School. Nancy is a proud grandmother and is very supportive and involved in all of their academic and sports activities. Son Steven is single and lives in Cleveland, Ohio.

In 1975 Nancy began work at the Dunkirk Middle School as a head cook for the school district for 11 years. In 1986 she was hired as a Dietary Supervisor at Brooks Memorial Hospital. During her twenty years of employment, she worked on all shifts alongside of those she supervised. She was a hands-on supervisor who was fair and hard working. Many of her days started at 5:00 a.m. She was responsible for staffing and filling vacancies on very short notice.

Nancy and Len had a wonderful life together for 47 years. He passed away in April, 2010 but Nancy kept all of the traditions they enjoyed together alive. Their favorite past-time was to watch their grandson play baseball. Nancy was also very proud of her granddaughter who danced for many years at the Chadwick Bay Academy of Dance. The Senior Citizen bus trips which were always enjoyed by Len and Nancy continue to be a source of entertainment for Nancy.

Nancy can be found at the Senior Center quite frequently. She is a member of Silver Sneakers. She is often responsible for baking the treats and making coffee for the participants after class. On Mondays, Nancy is the coordinator of the pinochle tournaments. She is also the coordinator if the Thursday bingo games.

Nancy excels at crafting which includes quilting, sewing, flower arranging and gardening. Her cooking skills are superb. She also made the drapes in the library at the Senior Center.

Her memberships include the First United Methodist Church in Fredonia, the Spools and Spoons Craft Group, the Dunkirk Senior Citizens, Inc., Silver Sneakers, and the Dom Polski Club.

Congratulations!

Dunkirk Board of Directors Sponsored Bus Trip

to

PRESQUE ISLE CASINO

(ERIE GAMING)

Cost: $20.00 per person for members
$23.00 per person for non-members

Tuesday, July 10, 2012

Departure Time: 9:30 a.m.

Trip will include:

*** Bus Transportation & Driver's Gratuity
*** $20.00 Free Play
*** $5.00 Food Voucher
*** 2 - $5.00 Cash Prizes on the Bus
*** Other Prizes & Raffles

Each person may register themselves and one partner.

Registration for trip will be held at
The Dunkirk Senior Center
45 Cliffstar Court – Dunkirk, NY
9:00 a. m. to 12:00 noon weekdays

NO REFUNDS - Prepay at time of registration!

First Come – First Served

The City of Dunkirk
&
Dunkirk Senior Citizen's Board of Directors Sponsored Bus Trip

Amish Brown Bag Tour

Tuesday, September 18th, 2012

Price: $50.00 per person to be paid in full at time of registration – NO REFUNDS

Departure Time: 7:30 a.m. - 8:00 a.m. Returning Time: 7:00 p.m. - 8:00 p.m.
Registration will be held at the Dunkirk Senior Center, 45 Cliffstar Court
Dunkirk, NY from 9:00 a.m. to 12:00 noon weekdays starting Monday, June 4th
Dunkirk Senior Center Telephone Number: 366-7530

Prizes & Surprises !!

Experience Geauga County's Amish Country
Enjoy an Amish Brown Bag Tour

Middlefield Swiss Cheese House – Begin your day at Middlefield Swiss Cheese house. Play a game to win free Swiss cheese. Taste samples of fine cheese as you browse through the cheese store. A variety of cheeses are available for purchase. Visit the museum and see how the cheese industry has changed over the years. ***Bag of Cheese for your brown bag.***

Ridgeview Farm & Country Market – Visit the petting barn and meet our barn yard friends. Take a tour of the Amish Culture Center and learn about the Amish culture in Geauga County. Visit the farm market to purchase fresh produce and Amish canned goods.
Seasonal Treat for your brown bag.

Middlefield Bakery – Visit this quaint Amish bakery for some goodies to take home.
Small loaf of bread for your brown bag.

Amish Wedding Dinner – Hungry yet? Ready for a real Amish Wedding Dinner? Get your taste buds ready for great home cooking. To start your afternoon adventure your group will have the pleasure of eating in Ruth's of Rachael's Amish home. The Menu includes: baked chicken, real mashed potatoes & gravy, seasonal vegetable, seven layer salad, Amish date nut pudding, fresh bread and of course Amish pies. Coffee and tea are served. A guarantee no one will leave hungry. This experience is one you will not forget any time soon!

Amish Home Craft – Meet Emma and see her secret stash of beautiful homemade Amish quilts, weaved rugs, wall hangers and many other hand made items. ***Hand Made Item for your bag.***

Fig Tree Bulk Food Store – Sample your way through this unique bulk food store. You will have the opportunity to purchase those "hard to find" items at a great price. The customers often say "They have every ingredient I need, and they even have ingredients I didn't know I needed".
Jar of Amish Jam for your bag.

Spotlighting the Dunkirk OBSERVER
By John D'Agostino, publisher

For nearly 130 years, Dunkirk-Fredonia area residents have been reading the OBSERVER daily newspaper.

Our first edition was published on Dec. 4, 1882. Even then, the north and south county rivalry is evident as one headline proclaims "How Jealous and Egotistical Jamestown Loves to Throw Mud on Dunkirk." Of course, that north-south Chautauqua County divide continues to exist whether we like to admit it or not.

Founded by the Williams family, the newspaper has seen many changes over the past years including:

• The addition of a Sunday product, which began in 1995.

• A switch from afternoons to morning publication in 1999.

• The creation of a 24-7 web site — www.observertoday.com — that offers similar content of the newspaper as well as some extras.

In the 1980s, the circulation of the OBSERVER was at its highest levels. Some 30 years ago, we printed more than 15,000 newspapers. Today, our circulation hovers around 9,500 with the number of daily visits to our Web site at 7,000 per day. In all, we figure through print and our Web site, more than 34,000 people read our newspaper daily.

During the recent years, we have had a partnership with WDOE-AM and news director Dave Rowley. For the last six years, I have been on "Viewpoint" monthly to talk about major local issues. This has worked well for the newspaper and the radio station.

Our product's niche is local news. From covering the fires and arrests to area bowling scores and senior groups, our newspaper is filled with items highlighting some of the successes of residents and students.

Editorially, we are strong believers in government in school consolidation, which we believe will ease the tax burden that has put Chautauqua County in the top 10 in the nation for high taxes. We also believe in our community assets, which are its people, leaders and organizations.

Currently, there are 50 people working at the OBSERVER, which is open to the public from 8 a.m. to 5 p.m. Monday to Friday. We also publish every day of the year, including Christmas Day.

If you have any questions, or would like us to cover an event, call our Dunkirk office at 366-3000, ext. 401.

CHAUTAUQUA COUNTY OFFICE FOR THE AGING

Gregory J. Edwards
County Executive

Hi folks,

I want to take a moment to share some interesting information about 2 programs sponsored thru NYSERDA, New York State Energy Research and Development Agency. They are partnering with certified energy contractors to provide energy audits and energy savings measures to eligible households.

The Empower NY program is a free program to homeowners and renters with house hold income below 60% of the state median income (with in the HEAP guidelines) or have participated in a utility payment assistance program. Contractors will come out to the home to do the energy assessment and will pinpoint improvements that will make you home more energy efficiecent, healthier and more comfortable - and save you money. Examples of upgrades would be replace old inefficient appliances, new energy efficient lighting, insulation, and air sealing. Applications can be obtained thru the Office for the Aging or by calling NYSERDA directly at 1-800-263-0960.

The other program was NYSERDA's Home Performance with Energy Star program. This program also offers the comprehensive home energy audit through approved contractors. The audit will measure your homes energy performance and will perform health and safety tests on major combustion appliances. For most homeowners the assessment is free. Results will be reviewed and recommendations provided. The energy updates are at provided at no cost to low income household and at low cost to those with higher incomes. There are cash incentives up to 50% for qualifying households. In addition you may be eligible for a 10% tax credit. I have the income guidelines, applications and other information on this program as well. I also have the list of local approved BPI contractors who will help homeowners thru the entire process.

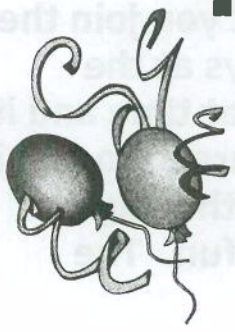
It is important to say as well that participation in either of these programs will not disqualify homeowners for eligibility in the more comprehensive Weatherization program that currently has a 5-6 year wait list.

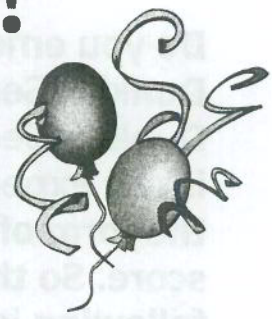
Call the OFA office at 363-3865 for more information.

Have a Happy Summer,
kate

CHOICES for Long Term Care: NY Connects – **OFA** (Community and Home-based Options for Independence through Care coordination, Education, empowerment, and Supportive services)
HALL R. CLOTHIER BUILDING • 7 N. ERIE STREET • MAYVILLE, NY 14757-1027
Phone: (716) 753-4471 • E-mail: ccofa@co.chautauqua.ny.us • Fax: (716) 753-4477

HAPPY BIRTHDAY!!!





June Birthdays

Bob Domkiewicz	(June 1)	Sandra Judkins	(June 18)
Gina Fedele	(June 3)	MaryAnn Corsoro	(June 20)
Margaret Williams	(June 3)	Patricia Kibbe	(June 21)
Nancy Valladarez	(June 4)	Jean Kubera	(June 22)
Judy Haynes	(June 5)	Maria Kuschel	(June 22)
John Kuschel	(June 5)	Norm Pieszak	(June 22)
Gertrude Majka	(June 5)	Loretta Hemink	(June 23)
Peter White	(June 6)	Art Purol	(June 24)
Florence Marut	(June 10)	Lorraine Mucha	(June 26)
Rita Szot	(June 12)	Carlos Harrington	(June 27)
June Stahley	(June 14)	Frank Kasprzyk	(June 27)
Pat Biscaro	(June 15)	Larry Wollert	(June 27)
Jeanne Hauser	(June 17)	Sandra Destro	(June 28)
Janet Jagoda	(June 17)	Betsy Standera	(June 28)
David Lajewski	(June 17)	Jane Pieszak	(June 30)
Phyllis Laurito	(June 17)		

Note: If we missed your birthday, please let us know. Thanks!

IMPORTANT PHONE NUMBERS

Dunkirk Senior Center..... 366-7530
Dunkirk Luncheon Site..... 363-3844
Chautauqua County Office for the Aging..... 363-4471
Dr. Mary Ann Spanos
Chautauqua County OFA Senior Services..... 363-3865
Kate Finch
Chautauqua County Veterans Services..... 363-3842
Jim Hurley
Legal Services for the Elderly..... 363-3865
Brenda Symans
CARTS..... 366-4500

Do you enjoy playing pinochle?? If you do, why don't you join the Dunkirk Senior Pinochle group that meets on Mondays at the Dunkirk Senior Center, at 1:00 p.m. They have a great time and it is not expensive. Just 25¢ a week and that is all returned to you in the form of table prizes. There is a prize for the monthly high score. So think about it and come down and join the fun. The following is the latest weekly winners.

High Score for the month of April: Phyllis Laurito 6090
High Score for the month of May: Ed Long 5870

April 23, 2012

Mariin Genovese	5690
Emily Wilcox	5060
Betty Korzeniewski	5030

Double Pinochle: Betty Korzeniewski

April 30, 2012

Jug Jensen	5540
Barbara Shalkowski	5410
Betsy Standera	5380
Betty Korzeniewski	5370
Nancy Crandall	5320

Double Pinochle: Betty Korzeniewski

May 6, 2012

Ed Long	5980
Nancy Crandall	5450
Pauline Sesnie	5190
Betsy Standera	5120

Double Pinochle: Betsy Standera

May 21, 2012

Ed Long	5870
Ray Dudek	5470
Carol Rusch	5290
Evelyn Ogden	5290
Gert Majka	5030

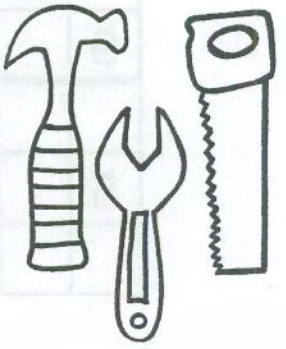
Double Pinochle: Jim Griswald

Card Player Quote:

When people want someone to openly reveal what their plans or intentions are, they usually ask them to "put (or lay) your cards on the table."

FOR THE HOME HANDYMAN

Auger	Glue	Punch	Snips
Bits	Hammer	Putty	Square
Bolts	Knife	Rasp	Tacks
Brace	Lathe	Ratchet	Vise
Chisel	Level	Router	Wrench
Crowbar	Miter box	Ruler	
Drill	Nails	Sand-paper	
Duct tape	Nuts		
File	Plane	Sawhorse	



R	S	X	S	R	S	H	B	C	C	K	R	L
A	T	E	O	Q	E	O	A	H	R	N	A	E
T	I	P	U	B	L	L	I	M	L	I	S	V
C	B	A	E	T	R	S	U	L	M	F	P	E
H	R	T	S	S	E	E	I	R	W	E	D	L
E	H	T	A	L	A	R	T	E	C	A	R	B
T	T	C	R	R	D	N	F	I	L	E	S	N
R	A	U	P	H	A	H	D	P	M	I	T	A
E	C	D	V	U	C	B	S	P	L	E	U	I
T	K	R	G	N	T	N	W	P	A	A	N	L
U	S	E	U	L	G	T	E	O	I	P	N	S
O	R	P	E	S	I	V	Y	R	R	N	E	E
R	S	A	W	H	O	R	S	E	W	C	S	R

Happy Father's Day !

SUDOKU PUZZLE

	1		4			7		
	4	7			2	5		3
	2		3			4		
2			6	7				9
	3	8		1		6	5	
9				4	5			1
		4			1		2	
5		2	7			1	6	
		3			6		7	

FLAG DAY
IS JUNE 14TH

Through the feel of war they brave this day
How proud they stand, their unselfish way

Our soldiers bear what we cannot see
They assure our right to live life free

Each trained will face an unknown fate
Our support they need, don't hesitate

Just imagine how this land would be
Without their courage - catastrophe

All the liberties we have grown to know
Would not exist, this life would go

Find a thankfulness within your mind
Speak gratitude for our bravest kind

Have the willingness to show you care
For fallen heroes, hold back no tear

Reach out to God with his guiding light
For our troops do pray, both day and night

America raise your flags to wave
For we truly are 'home of the brave'

©2003Roger J. Robicheau

Person, Place or Thing? Can you Guess who I am?

1. I'm a British character...
2. ...but am known in America.
3. My first and last names rhyme?
4. ...and were originally the nickname for a weapon.
5. I'm featured in Lewis Carroll's - Through the Looking Glass.
6. I'm often wearing a bow tie...
7. but in the 2011 movie Puss in Boots, I wear a cowboy hat.
8. I have a hard shell, but inside I'm a softie!
9. Some people would call me an egghead.
10. I have my own nursery rhyme.

Answer Key
Sudoku Solution

3	1	5	4	6	8	7	9	2
6	4	7	1	9	2	5	8	3
8	2	9	3	5	7	4	1	6
2	5	1	6	7	3	8	4	9
4	3	8	2	1	9	6	5	7
9	7	6	8	4	5	2	3	1
7	6	4	9	8	1	3	2	5
5	9	2	7	3	4	1	6	8
1	8	3	5	2	6	9	7	4

Person, Place or Thing?
I am Humpty Dumpty

CHAUTAUQUA COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION PROGRAM

HOT

JUNE 2012 - Hot **Noon** Menu

1/2 pint 1% Milk served with each meal / Meals subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
	June		Happy Father's Day **Sunday * June 17th**	1 Sweet 'n Sour Chicken Rice Oriental Vegetables Mandarin Gelatin Bread, Cake/M: no icing **(Margarine)**
4 BBQ Ribette on Bun Potato Nuggets Carrots, Fruit Dessert Chocolate Milk/ M:White **(Ketchup)**	5 Meatloaf w/gravy Mashed Potatoes Stewed Tomatoes & Zucchini Wheat Bread Pie / M: Fruit **(Margarine)**	6 Chicken ala King Corn Biscuit Tomato Juice Peaches **(Margarine)**	7 Roast Pork w/Gravy Mashed Potatoes Peas Bread Cookie **(Margarine)**	8 Sloppy Joe on Bun Green Beans Potato Salad Apple Slices Chocolate Milk/ M: White
11 Chicken Drumsticks Scalloped Potato Mixed Vegetables Bread Cake/ M: No icing **(Margarine)**	12 Stuffed Shells Spinach Garlic Roll Grape Juice Pudding/M: Diet Pudding **(Margarine)**	13 BBQ Chicken Baked Beans Carrots Bread Fruited Gelatin **(Margarine)**	14 Pepperoni Pizza Italian Vegetables Juice Fruit Crisp	15 Spaghetti & Meatballs Broccoli, Bread Tossed Salad, Peaches **(Margarine, Salad Dressing, Parmesan Cheese)**
18 Salisbury Steak with Gravy Mashed Potatoes Beets, Bread Pie / M: Fruit **(Margarine)**	19 Hot Dog on Bun Macaroni & Cheese Mixed Vegetables Fruit **(Ketchup & Mustard)**	20 Roast Turkey w/ Gravy Stuffing Green Beans Juice Cake / M: No Icing **(Cranberry)**	21 Cheeseburger on Bun Potato Nuggets Summer Squash Fruit Chocolate Milk/M: White **(Ketchup & Mustard)**	22 BBQ Pork on Bun Coleslaw Carrots Baker's Choice Dessert **(Margarine)**
25 Goulash Mixed Vegetables Cornbread or Muffin Juice Cookies/M: 1 cookie **(Margarine)**	26 Grilled Chicken Patty on Bun Stewed Toamatoes Succotash Fruited Yogurt **(Mayonnaise)**	27 Egg Breakfast Bake Broccoli w/ Cheese Sauce Orange Juice Biscuit Fruit	28 Fish Patty on Bun Coleslaw Mixed Vegetables Fruit Crisp **(Tartar Sauce)**	29 Vegetable Lasagna Broccoli Garlic Roll Tossed Salad Cookie **(Marg. & Dressing)**

COLD

CHAUTAUQUA COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION PROGRAM

JUNE 2012 - Alternate COLD **Noon** Menu

1/2 pint 1% Milk served with each meal / Meals subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
			Happy Father's Day *Sunday* June 17th*	1 Seafood Salad Croissant Pasta Vegetable Salad Gelatin Fruit
4 Egg Salad Sandwich Juice 24 Hour Fruit Dessert Pudding/M: Diet Pudding Chocolate Milk/M: White	5 Sliced Ham & Swiss Sandwich Pickled Beets, Fruit Pie / M: Graham Squares **(Mustard)**	6 Sliced Roast Beef Sandwich Marinated Veg. Salad Fruit Muffin **(Horseradish Sauce)**	7 Sliced Turkey Croissant Carrot-Raisin Salad Fruit Cookie **(Mayonnaise)**	8 Tuna Salad Sandwich Potato Salad Juice Baker's Choice Dessert Chocolate Milk/M: White
11 Cold Cut Sub w/ Cheese Pasta Vegetable Salad Fruit Cake / M: No icing **(Mayonnaise / Italian Dressing)**	12 Ham Salad Sandwich Juice Corn Relish Pudding / M: Diet Pudding	13 Seafood Salad Croissant Pineapple Coleslaw Gelatin Fruit	14 Sliced Ham & American Cheese Sandwich Potato Salad Juice Cookie **(Mustard)**	15 Sliced Turkey Sandwich 3-Bean Salad Fruit Brownie/M: Diet Pudding **(Mayonnaise)**
18 Chicken Salad Sandwich Pasta Vegetable Salad Fruit Pie / M: Graham Squares	19 Cold Meatloaf Sandwich Fruit Tomato Juice Cookies / M: 1 Cookie **(Ketchup)**	20 Tuna Salad Sandwich Macaroni Salad Fruit Cake / M: No icing	21 Egg Salad Sandwich Pickled Beets Gelatin Fruit Chocolate Milk/M: White	22 Sliced Roast Beef Sandwich Green Pea Salad Applesauce Baker's Choice Dessert **(Horseradish Sauce)**
25 Seafood Salad Cucumber Salad Juice, Roll Cookie **(Margarine)**	26 Chicken Salad Sandwich Potato Salad Fruit Fruited Yogurt	27 Cottage Cheese Peaches, Pears Muffin Pudding / M: Diet Pudding	28 Cold Meatloaf Sandwich Coleslaw, Juice Baker's Choice Dessert **(Ketchup)**	29 Ham Salad Sandwich 3-Bean Salad Pears Cookie