

Senior Center Action News



Co-Coordinators

Barbara Bajdas, President/Vice-President
Carol Kozlowski, Secretary/Treasurer

Board of Directors

Nancy Crandall Robert Sobczak
Patricia Kibbe Nancy Woloszyn
Cheryl Sheedy

Senior Citizens Center of Dunkirk, Inc.
45 Cliffstar Court
Dunkirk, New York 14048
366-7530

July 2014



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

A Note From the Coordinators

Dear Members:

Along with the nicer weather you may have noticed the arrival of a new 12 by 12 ft. shed made and purchased from the Amish. It is located on the east side of the building and will be used basically for storage. The wood is not treated so it will need to be varnished or painted. Adjacent to our shed are the two community gardens beautifully planted by Delphine Woloszyn and Nancy Jaeger. The plants are growing well. These gardens have not only served as a topic of conversation but have also provided good healthy exercise. Now we wait for the crops to produce.

We have a busy summer planned. Our first trip to visit the Amish in Clymer, NY, proved to be very interesting. We were served a wonderful dinner and the country scenery was impressive. We made two additional stops - one at a gift shop, another for some wine tasting at 21 Brix Winery. This trip will be repeated on July 11.

In addition to our many trips we will be playing Big Bingo on Wednesday, July 16. We were delighted to see more than 75 members in June, our best turnout ever. On Tuesday, July 22 we are hosting an Ice Cream Social. Someone will become the owner of a beautiful grill, accessories, and gift card on this date.

Something new this year will be a boat tour of Presque Isle followed by lunch at the Golden Corral on Peach Street in Erie. Tickets are on sale now.

Please consider a fun trip to Wheeling West Virginia on October 20-21. Payments can be made in three reasonable installments. We have a few seats left.

We are pleased that the City of Dunkirk has decided to place the farmer's market on the Senior Citizen's Center property. Hopefully, all the seniors will support the market vendors. The market started on June 18 and will be open every Wednesday from 9:00 a.m. to 2:00 p.m. The seniors will sell freshly popped popcorn and serve a free beverage. If this little service catches on we will try selling hotdogs.

Our office hours will be extended until 2:00 p.m. on Mondays and Wednesdays thanks to our new directors. They are volunteering their time to better serve you.

Please keep all suggestions coming in. We really do listen to you. This is your Center, staffed and operated by volunteers. Have a safe and happy 4th of July and remember to pickup your Farmer's Market coupons on July 10th from 1:00 - 3:00 p.m. at the Center if you are eligible.

Sincerely,

Barbara Bajdas, Co-Coordinator

Carol Kozlowski, Co-Coordinator
Dunkirk Senior Center
Attachment 1

Attachment 1

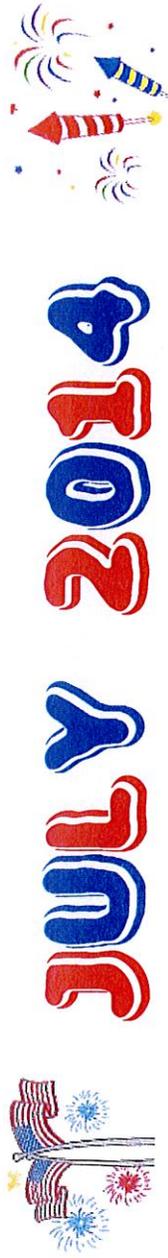
IMPORTANT DATES TO REMEMBER

Friday, July 4	Independence Day – Center is Closed
Monday, July 7	Grove City Shopping Tour Sign Up
Thursday, July 10	Food Coupon Distribution from 1:00 – 3:00 p.m.
Friday, July 11	Amish Trip II (Sold Out)
Wednesday, July 16	BIG Bingo
Thursday, July 17	Allegany Casino Trip
Friday, July 18	OFA – Chautauqua Midway Picnic
Tuesday, July 22	Ice Cream Social & Gas Grill Drawing
Monday, July 28	Presque Isle Tour



The 2014-2015 Dunkirk Senior Citizen Board of Directors
Recently installed during a dinner held at the Colony Restaurant in Irving, NY

Seated Left to Right: Carol Kozlowski; Secretary-Treasurer; Barbara Bajdas, President
Standing Left to Right: Nancy Woloszyn, Patricia Kibbe, Cheryl Sheedy, Robert Sobczak and Nancy Crandall



Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30 Aerobics w/Catherine 12:00 Mah Jongg	1 9:00 Exercise w/Tiffany 9-2 Farmer's Market 10:00 Coffee Hour 1:00 Lake Shore Meeting	2 9:00 Exercise w/Tiffany 9-2 Farmer's Market 10:00 Coffee Hour 1:00 Lake Shore Meeting	3 9:30 Aerobics w/Catherine 10:30 Dk. Senior Board Mtg.	4 Senior Center Closed Happy Fourth of July 	5
6	9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	7 9:30 Aerobics w/Catherine 12:00 Mah Jongg	8 9:00 Exercise w/Tiffany 9-2 Farmer's Market 10:00 Coffee Hour 1:00 Lake Shore Meeting	9 9:00 Exercise w/Tiffany 9-2 Farmer's Market 10:00 Coffee Hour 1:00 Lake Shore Meeting	10 9:30 Aerobics w/Catherine 1-3 OFA Farmer's Market Coupon Distribution	11 9:00 Exercise w/Tiffany 10:30 Amish Trip-Clymer, NY 	12
13	9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	14 9:30 Aerobics w/Catherine 12:00 Mah Jongg	15 9:00 Exercise w/Tiffany 9-2 Farmer's Market 10:00 Coffee Hour 4:00 BIG Bingo	16 9:00 Exercise w/Tiffany 9-2 Farmer's Market 10:00 Coffee Hour 4:00 BIG Bingo	17 9:30 Aerobics w/Catherine 9:30 Seneca Allegany Casino Trip	18 9:00 Exercise w/Tiffany 10-2 OFA Chaut. Picnic Midway State Park	19
20	9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	21 9:30 Aerobics w/Catherine 12:00 Mah Jongg 6:00 Ice Cream Social 	22 9:00 Exercise w/Tiffany 9-2 Farmer's Market 10:00 Coffee Hour 1:00 Lake Shore Meeting	23 9:00 Exercise w/Tiffany 9-2 Farmer's Market 10:00 Coffee Hour 1:00 Lake Shore Meeting	24 9:30 Aerobics w/Catherine 	25 9:00 Exercise w/Tiffany 	26
27	9:00 Presque Isle Tour 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	28 9:30 Aerobics w/Catherine 12:00 Mah Jongg	29 9:00 Exercise w/Tiffany 9-2 Farmer's Market 10:00 Coffee Hour 1:00 Lake Shore Meeting	30 9:00 Exercise w/Tiffany 9-2 Farmer's Market 10:00 Coffee Hour 1:00 Lake Shore Meeting	31 9:00 Aerobics w/Catherine		

Dunkirk Senior Center
Travel Committee
Presents:

Amish Adventure

Experience Clymer, New York Amish Country



Friday, July 11

Price: \$50.00
(Includes: transportation, body bag, and all gratuities)

Departure: 10:30 a.m. (from Dunkirk Senior Center)
Return Time: 4:00~5:00 p.m.

Dinner: Amish Wedding Style Dinner - (Includes: fresh baked bread, salad, mashed potatoes, stuffing & gravy, vegetable, chicken and meatloaf)
You will receive a complimentary loaf of homemade bread

Dessert: Date pudding and two choices of pie served with coffee or tea

Transportation: Northwind Tours (28 seats only)

Shopping: Amish Store (one stop only)

Registration for trip will begin Monday, June 9th
The Dunkirk Senior Center
45 Cliffstar Court - Dunkirk, NY
9:00 a.m. - 12:00 noon

First Come -First Served

NO REFUNDS

**THE DUNKIRK SENIOR CITIZEN'S
BOARD OF DIRECTORS
ARE SPONSORING**

“BIG BINGO”

**Wednesday, July 16
Wednesday, August 13
September 10**



**Dunkirk Senior Citizen's Center
45 Cliffstar Court
Dunkirk, NY
366-7530**



**Doors open at 4:00 p.m.
Complimentary lunch, snacks & beverage at 4:30 p.m.
Bingo will be played at 5:00 p.m.**

Come down and enjoy the fun and please bring a friend.

Bingo boards must be purchased at the door

Please bring your own daubers if you have them!



**Dunkirk Senior Center
Travel Committee
Presents:**



SUMMER SUNSATIONAL SENECA ALLEGANY LINE RUN CASINO TRIP

Thursday, July 17, 2014

Cost: \$30.00

**Departure Time: 9:30 a.m.
Return Time: Approx. 5:15 p.m.**

**Trip to Include:
2 - \$5.00 Cash Prizes
\$35.00 Casino Bonus
Goodie Bags
Lots of Fun, Laughs & Memories**

**Registration for trip will begin Monday, June 9, 2014 at
The Dunkirk Senior Center
45 Cliffstar Court – Dunkirk, NY 14048
(716 366-7530)
9:00 a. m. to 12:00 noon weekdays**



First Come – First Served

No Refunds





**The Dunkirk Senior Citizen's
Board of Directors
are sponsoring an**

ICE CREAM SOCIAL

Tuesday, July 22, 2014

6:00 p.m.

Cost: \$1.00

Menu will feature:

Ice Cream

Variety of Toppings

Whipped Cream & Cherries

Cookies & Beverage

ALSO:

50/50 RAFFLE

GAS GRILL RAFFLE \$1.00/CHANCE

Registration will begin Monday, June 9, 2014

The Dunkirk Senior Center

45 Cliffstar Court – Dunkirk, NY

9:00 a.m. - 12:00 noon

First Come - First Served

NO REFUNDS

WELCOME TO THE DUNKIRK FARMER'S MARKET

45 Cliffstar Court - Dunkirk, New York



Open every Wednesday from 9:00 a.m. - 2:00 p.m.
Help Support our Local Farmer's !



DUNKIRK SENIOR BOARD SUMMER SNACK TENT



Hot Dogs - \$1.00 each

Fresh Hot Buttered Popcorn - 25¢

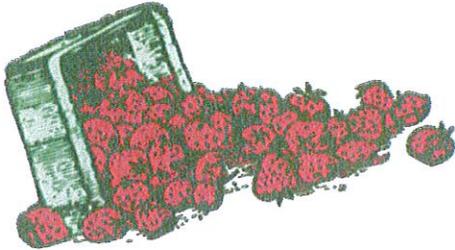


Beverage - FREE



Beginning Wednesday, July 2nd

Dunkirk Farmers Market



Open every Wednesday 9:00am – 2:00pm!

The Dunkirk Farmers Market is held every Wednesday from 9:00am to 2:00 pm, rain or shine! The outdoor market offers a variety of fresh fruits and vegetables. Learn fun ways to eat healthier!

- **Fred Farms and Richard Feinen Farms** accept coupons from the Farmers Market Nutrition Program. Visit the farmers for seasonally fresh produce.
- Visit **Cornell Cooperative Extension's Eat Smart New York** to get quick, easy, and tasty recipes to fit more fruits and vegetables into your diet. Explore healthier beverage options and get ideas to help you save money on food and get fit in 30 minutes of physical activity each and every day.
- Brooke Barone, Nutrition Outreach and Education Program Coordinator, will be on hand to provide application assistance for the **Supplemental Nutrition Assistance Program (SNAP)**.

The Dunkirk Farmers Market is managed by the Dunkirk Local Development Corporation in partnership with the Chautauqua County Healthy Network's Creating Healthy Places Initiative, funded by the NYS Department of Health



Dunkirk Senior Center
Travel Committee
Presents

PRESQUE ISLE BOAT TOUR

90 MINUTE CRUISE ABOARD "LADY KATE"



COME ABOARD AND VIEW 3 LIGHTHOUSES
ERIE SKYLINE – PRESQUE ISLE & GULF POINT NATURE PRESERVE

Monday, July 28, 2014

SOLD OUT

Departure from Dunkirk Senior Center at 9:00 a.m.
Departure: 11:00 a.m.
Boat Return: 12:30 p.m.
Arrive at Golden Corral: 1:00 – 1:30 p.m.
Lunch Buffet at 2:00 p.m. – 3:00 p.m.
Return to Dunkirk Senior Center 4:00 – 4:30 p.m.

Trip Will Include:

Bus Transportation
Boat Ticket
Lunch Buffet (including tip)
Goody Bags



Registration for trip will begin Monday, June 23, 2014

Small Bus – Seats 20 only.

This is a cultural event. Interest list receives first preference then open to back up list

The Dunkirk Senior Center
45 Cliffstar Court – Dunkirk, NY

First Come – First Served
NO REFUNDS

Dunkirk Senior Center
Travel Committee
Presents

GROVE CITY SHOPPING TOUR



Monday, September 8, 2014

Cost: \$30.00

Departing the Dunkirk Senior Center at 8:00 a.m.
Arrive at Grove City: 10:30 – 11:00 a.m.
Shopping & Lunch on Your Own
Bus Leaves Grove City: 2:30 – 3:00 p.m.
Arrive Back at Dunkirk Senior Center 5:00 – 5:30 p.m.

Trip Will Include:

Bus Transportation
Lunch Rebate on Bus \$7.00
Goody Bag

Registration for trip will begin Monday, July 7, 2014

Small Bus – Seats 20 only.
Interest & Backup Lists First
The Dunkirk Senior Center
45 Cliffstar Court – Dunkirk, NY

First Come – First Served
NO REFUNDS

Dunkirk Senior Center
Travel Committee
Presents:

Wheeling Island Casino & Live Greyhound Racing

2 Day – 1 Night Trip



October 20-21, 2014



Cost: \$187.00

Includes: Round Trip Transportation (via Niagara Scenic)
Room Accommodations (one night)
\$50.00 Casino Bonus
One (1) Breakfast
2-\$10.00 Cash Bus Giveaways
Bus Gratuity – Luggage Handling
Prizes & Snacks on the Bus

Departure Time: 8:00 a.m. (Monday, October 20)

One Coffee Break (on your own)

Arrive to Wheeling at 12:30 p.m. – Check into hotel at 3:00 p.m.

Checkout Time: 11:00 a.m. (Tuesday, October 21)

(Balance of Day Gambling)

Depart Wheeling 4:00 p.m. (one stop on way home)

Arriving Back to Senior Center 9:00-10:00 p.m.

Registration for trip will begin Monday, June 2, 2014

Along with a \$50.00 non-refundable deposit

Insurance available at time of sign-up – Cost \$19.00 per person
(Payments due on July 2 - \$65.00 and August 4 - \$72.00)



The Dunkirk Senior Center
45 Cliffstar Court – Dunkirk, NY 14048
(716) 366-7530
9:00 a. m. to 12:00 noon weekdays

First Come – First Served
No Refunds



A Senior Moment

Is just a

Wrinkle

in Time

SUDDENLY SENIOR
A LETTER TO MY GRANDSON

Dear Grandson:

I have become a little older since I saw you last, and a few changes have come into my life since then. Frankly, I have become a frivolous old gal. I am seeing five gentlemen everyday.

As soon as I wake up, Will Power helps me get out of bed. Then I go to see John. Then Charlie Horse comes along, and when he is here he takes a lot of my time and attention. When he leaves, Arthur Ritis shows up and stays the rest of the day. He doesn't like to stay in one place very long, so he takes me from joint to joint. After such a busy day, I'm really tired and glad to go to bed with Ben Gay.

What a life. Oh yes, I'm also flirting with Al Zymer.

Love, Grandma

P.S. The preacher came to call the other day. He said at my age I should be thinking of the hereafter. I told him, "Oh, I do it all the time". No matter where I am, in the parlor, upstairs, in the kitchen, or down in the basement, I ask myself, "now what am I here after?"

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 May – Jug Jensen 6550

June 2, 2014

Jeanne Hauser	5530
Phyllis Laurito	5410
Paul Luczkowiak	5380
Ed Long	5310
Evelyn Ogden	5240
Double Pinochle: Ed Long	

June 9, 2014

Arlene Griswold	5540
Paul Luczkowiak	4990
Ray Dudek	4810
Jeanne Hauser	4790
Dee Griewisch	4740
Double Pinochle: Arlene Griswold	

June 16, 2014

Betty Korzeniewski	5240
Ray Dudek	5140
Marian Genovese	5080
Ed Long	4880

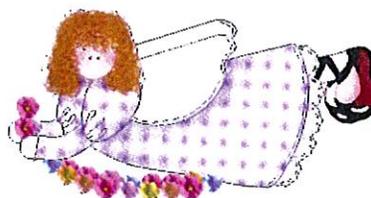
June 25, 2014

Barb Szocki	5190
Sara Azeez	5180
Phyllis Laurito	5150
Jug Jensen	5060
Evelyn Ogden	4970
Double Pinochle: Betty Korzeniewski	



Friends

are angels that lift us to our feet
when our wings have trouble
remembering how to fly.





HAPPY BIRTHDAY!!



July Birthdays

Phyllis Buvoltz	(July 1)	Carter Town	(July 13)
Evelyn Ogden	(July 1)	Patricia Adamowicz	(July 16)
Sharon Privitera	(July 2)	Joyce Tarnowski	(July 18)
Nora Kulpa	(July 3)	Anthony Guido	(July 19)
Kathleen Damiano	(July 3)	Maryanne Serio	(July 19)
Verda Krystofiak	(July 3)	Carol Bohn	(July 20)
MaryAnn Dascenzo	(July 4)	Rudolph Brown	(July 20)
June Waldorf	(July 4)	Robert Wilson	(July 21)
Peggy Napoli	(July 6)	Antoinette Snyder	(July 22)
Pamela Wlodarek	(July 6)	Catherine Coniglio	(July 23)
James Schmidt	(July 7)	Donna Phillips	(July 23)
Raymond Szymczak	(July 8)	Jean Wdowiasz	(July 23)
Lenore Fiebelkorn	(July 9)	MaryAnn Town	(July 24)
Christina Schnarrs-Galardo	(July 9)	Lester Fuller	(July 26)
Brenda Symans	(July 9)	Saranne Karalus	(July 28)
Mary Knapp	(July 10)	Sarah Champlin	(July 29)
Loretta Szalkowski	(July 10)	Lorraine Tuczynski	(July 30)
Molly Ganey	(July 12)	Marvin Gillson	(July 31)
Thomas Mleczko	(July 13)	Mary Patterson	(July 31)
		Mary Woelfle	(July 31)



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

IMPORTANT PHONE NUMBERS

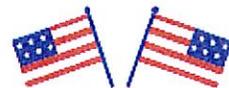
Dunkirk Senior Center.....	366-7530
Dunkirk Luncheon Site.....	363-3844
Chautauqua County Office for the Aging.....	363-4471
Dr. Mary Ann Spanos	
Chautauqua County OFA Senior Services.....	363-3865
Kate Finch	
Chautauqua County Veterans Services.....	363-3842
Lori Dispenza	
CARTS.....	366-4500
Newsletter Coordinator.....	366-9885
Patricia Pleszewski	

In Loving Memory of Paul Soper Sr. (June 4) and Esther Deszcz (June 15)

Death leaves a heartache no one can heal, love leaves a memory no one can steal. Unknown



Fourth of July Word Scramble



Unscramble the words, then use the highlighted letters to write out the scrambled secret message.

ASTSET

--	--	--	--	--	--

ENDDEEPPNICN

--	--	--	--	--	--	--	--	--	--	--	--	--

DEARAP

--	--	--	--	--	--

LUEB

--	--	--	--

TENIUD

--	--	--	--	--	--

TWEHI

--	--	--	--	--

AEQTIULY

--	--	--	--	--	--	--	--

ERIRFKWOS

--	--	--	--	--	--	--	--	--

ARLANCDITEO

--	--	--	--	--	--	--	--	--	--

FDREOME

--	--	--	--	--	--	--	--

DER

--	--	--

ILBEYTR

--	--	--	--	--	--	--



--	--	--

--	--	--

--	--

--	--	--	--	--	--	--

--	--	--	--	--



Word Scramble Solution

STATES, INDEPENDENCE, PARADE, BLUE, UNITED, WHITE, EQUALITY, FIREWORKS, DECLARATION, FREEDOM, RED, LIBERTY

ALL MEN ARE CREATED EQUAL

FOURTH OF JULY WORD SEARCH



- | | | |
|-------------|--------------|---------|
| AMERICA | FOURTH | PARADES |
| BALD EAGLE | FREEDOM | PARTY |
| COLONIES | FUN | PATRIOT |
| CONSTITUTIO | GAMES | PICNIC |
| COOKOUT | HOTDOGS | STARS |
| DECLARATION | INDEPENDENCE | STATES |
| FIREWORKS | JULY | STRIPES |
| FLAG | LIBERTY | SUMMER |

God Bless America.
Land that I love.
Stand beside her, and guide her,
Through the night with the lights from above.
From the mountains, to the prairies,
To the ocean, white with foam.
God Bless America! My home, sweet home,
God Bless America! My home, sweet home.

Author: Irving Berlin

SUDOKU PUZZLE

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

Person, Place or Thing? Can you guess where I am?

1. I am in the United States.
2. I am set on an island...
3. ... along the Mid-Atlantic coast.
4. I've been a popular summer spot since the mid-1800's.
5. My beach boardwalk was the world's first!
6. I am the setting for a popular HBO series.
7. I am in the Garden State.
8. My street names can be found on Monopoly boards.
9. I am home to 12 casinos.
10. I hosted the Miss America Pageant on September 13, 2013.

Answer Key Sudoku Solution

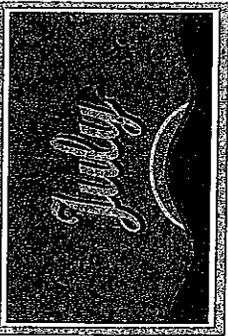
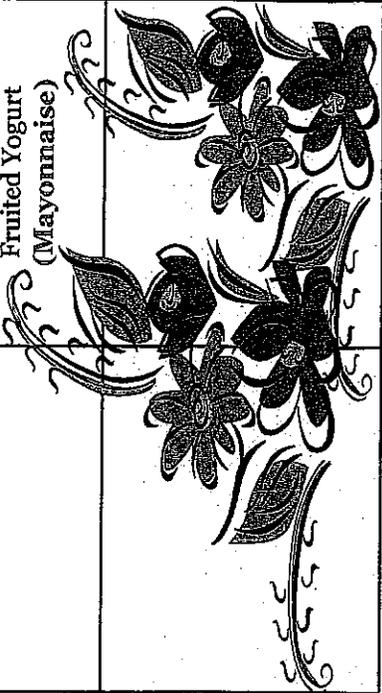
9	2	8	5	9	1	6	2
6	1	3	7	2	8	2	5
4	5	7	8	1	3	9	6
3	8	6	7	4	1	1	5
7	2	9	6	1	8	4	5
8	1	8	4	5	7	2	9
5	3	4	9	7	2	6	8
1	7	1	5	6	9	3	1
8	4	2	5	8	6	3	1
2	6	3	1	8	7	5	4
5	6	3	1	8	7	5	4
1	7	5	2	3	4	9	6

I am Atlantic City.
Person, Place or Thing?

CHAUTAQUA COUNTY OFFICE FOR THE AGING FOR RESERVATIONS CALL 363-3844
 SENIOR NUTRITION PROGRAM LUNCH SERVED AT 11:30 A.M.

HOT
JULY 2014 - Hot Noon Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
				
7 Mild Italian Sausage w/ Peppers & Onions on Roll Corn, Tomato Juice Muffin (Margarine & Mustard)		2 Chicken Fingers Sweet Potato Nuggets Green Beans Juice, Bread Cake/M: no icing (Ketchup)		11 #2 Stuffed Shells Spinach Garlic Roll Grape Juice Pudding/M: Diet Pudding (Margarine)
14 Hawaiian Chicken Rice Carrots Bread Fruited Gelatin (Margarine)		9 Sloppy Joe on Bun Green Bean Casserole Potato Salad, Fruit Chocolate Milk/ M: White		18 Hot Dog on Bun Macaroni & Cheese Mixed Vegetables Fruit (Ketchup & Mustard)
21 Chicken Cordon Bleu Mashed Potatoes Green Beans, Bread Cake / M: No Icing (Margarine)		16 Salisbury Steak with Gravy Mashed Potatoes Beets, Bread Pie / M: Fruit (Margarine)		25 Grilled Chicken Patty on Bun Stewed Tomatoes Succotash Fruited Yogurt (Mayonnaise)
28 Swedish Meatballs in Gravy over Noodles Zucchini Orange Juice, Biscuit Pudding/M: Diet (Margarine)		23 BBQ Pork on Bun Carrots Coleslaw Baker's Choice Dessert (Margarine)		
		30 Vegetable Lasagna Broccoli Garlic Roll Toss Salad Cookie (Margarine, Dressing)		

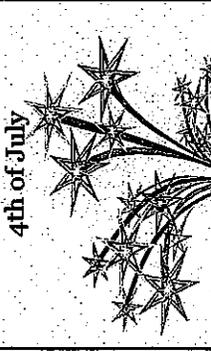
COLD

JULY 2014 - Alternate COLD **Noon** Menu

CHAUTAQUA COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION PROGRAM

FOR RESERVATIONS CALL 363-3844
LUNCH SERVED AT 11:30 A.M.

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

Monday	Tuesday	Wednesday	Thursday	Friday
				4th of July 
7 Sliced Turkey Croissant Marinated Vegetables Fruit Muffin (Mayonnaise & Margarine)		2 Seafood Salad Croissant Pasta Vegetable Salad Juice Fruit		11 Ham Salad Sandwich Juice Corn Relish Pudding / M: Diet
14 Seafood Salad Croissant Coleslaw Gelatin Fruit		9 Tuna Salad Sandwich Potato Salad Juice Baker's Choice Dessert Chocolate Milk/M: White		18 Cold Meatloaf Sandwich Fruit, Tomato Juice Cookies / M: 1 Cookie (Ketchup)
21 Tuna Salad Sandwich Macaroni Salad Fruit Cake / M: No icing		16 Chicken Salad Sandwich Chick Pea Salad Fruit Cocktail Pie / M: Apple Slices		25 Egg Salad Sandwich Potato Salad Canned Plums Fruited Yogurt
28 Cottage Cheese Peaches & Pears Muffin Pudding/M: Diet (Margarine)		23 Sliced Turkey Sandwich Green Pea Salad Applesauce Baker's Choice Dessert (Mayonnaise)		
		30 Ham Salad Sandwich 3-Bean Salad Pears Cookie		