

# Senior Center Action News



#### Co-ordinators

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

#### Board of Directors

Barbara Barberich      Julian Niedbalski  
Nancy Crandall         Delphine Woloszyn  
Irene Christopher

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

March 2014



## **DUNKIRK SENIOR CENTER**

**45 CLIFFSTAR COURT**

**DUNKIRK, NEW YORK 14048**

**(716) 366-7530**

### **The Coordinator's Message**

**Dear Members:**

We would like to thank those members who have submitted letters stating they are willing to serve on the Board of Directors. A ballot is being prepared and voting will take place on Monday, March 31 through Friday, April 4. Members may come into the office any of those days from 9:00 a.m. to 12:00 noon to vote. The ballots will be tabulated and results will be posted. The new directors will begin their duties on May 8.

The February rummage sale was a big success and hopefully we will have another one in the fall.

Due to the number of spring events we have planned, we encourage you to refer to the calendar in this newsletter, the list of important dates, and the various fliers.

Our newest venture will include live music by the Kokomo Band on Dyngus Day, April 21. Please come and enjoy an ice cream treat while you listen or dance to the music. Admission donation is \$1.00.

There are just a few seats left for our shopping trip to the McKinley Mall on March 11. The cost is \$20.00. You will receive a rebate of \$6.00 which can be used for lunch, a movie, or as you wish.

Early sign up for the Osmonds Family show at the Allegany Casino on May 7 is required by the bus company. The \$45.00 price includes the show, a \$25.00 free-play bonus and a \$5.00 food allowance.

Once again, we are looking forward to our fun filled annual trip to Atlantic City on August 24 through August 27. We encourage you to join us. Please see us if you have any questions.

There is a new program call "Stepping-On" sponsored by the Office of the Aging. There will be a meeting on Thursday, March 27 from 1:00 – 3:00 p.m. at the Center to learn more about the program.

Lastly, we need to inform you that due to technical computer problems, income tax preparation will no longer be done at the Center. If you have not been contacted by Mr. Kachermeyer, he suggests you contract with a private tax preparer or contact an organization called Vita at 366-5424.

**As we prepare to enjoy nicer spring weather please consider participating in any or all of our planned activities.**

**Sincerely,**

*Barbara Bajdas*

**Barbara Bajdas**

*Carol Kozlowski*

**Carol Kozlowski  
Co-Coordinator  
Dunkirk Senior Center**

**Attachment 1**

Attachment 1

**IMPORTANT DATES TO REMEMBER**

<b>Monday, February 24</b>	<b>Sign up for May 7 Osmond Family Show at the Seneca Allegany Casino</b>
<b>Monday, March 3</b>	<b>Sign up for April 17 Batavia and Market in the Square Trip</b>
<b>Monday, March 10</b>	<b>Sign up begins for April 21 Dyngus Day and Ice Cream Social</b>
<b>Tuesday, March 11</b>	<b>Shopping trip to the McKinley Mall</b>
<b>Wednesday, March 12</b>	<b>BIG Bingo</b>
<b>Monday, March 17</b>	<b>Potluck Dinner</b>
<b>Thursday, March 27</b>	<b>“Stepping On” Program explanation from 1:00-3:00 p.m.</b>
<b>Monday, March 31</b>	<b>Director voting begins 9:00 a.m. – 12:00 noon</b>
<b>Tuesday, April 1</b>	<b>Director voting from 9:00 a.m. – 12:00 noon</b>
<b>Wednesday, April 2</b>	<b>Director voting from 9:00 a.m. – 12:00 noon</b>
<b>Thursday, April 3</b>	<b>Director voting from 9:00 a.m. – 12:00 noon</b>
<b>Wednesday, April 9</b>	<b>BIG Bingo</b>
<b>Thursday, April 17</b>	<b>Trip to Batavia Downs &amp; Market in the Square</b>
<b>Monday, April 21</b>	<b>Dyngus Day Ice Cream Social 12:30 – 3:30 p.m.</b>
<b>Wednesday, April 30</b>	<b>Potluck Dinner</b>
<b>Wednesday, May 7</b>	<b>Trip to Allegany Casino and the Osmond Family Show</b>



## AN IRISH BLESSING

May your blessings  
be many  
and your troubles  
be few.  
May good friends  
surround you  
the whole year  
through,  
May God's richest  
blessings  
be showered on you.



# MARCH 2014



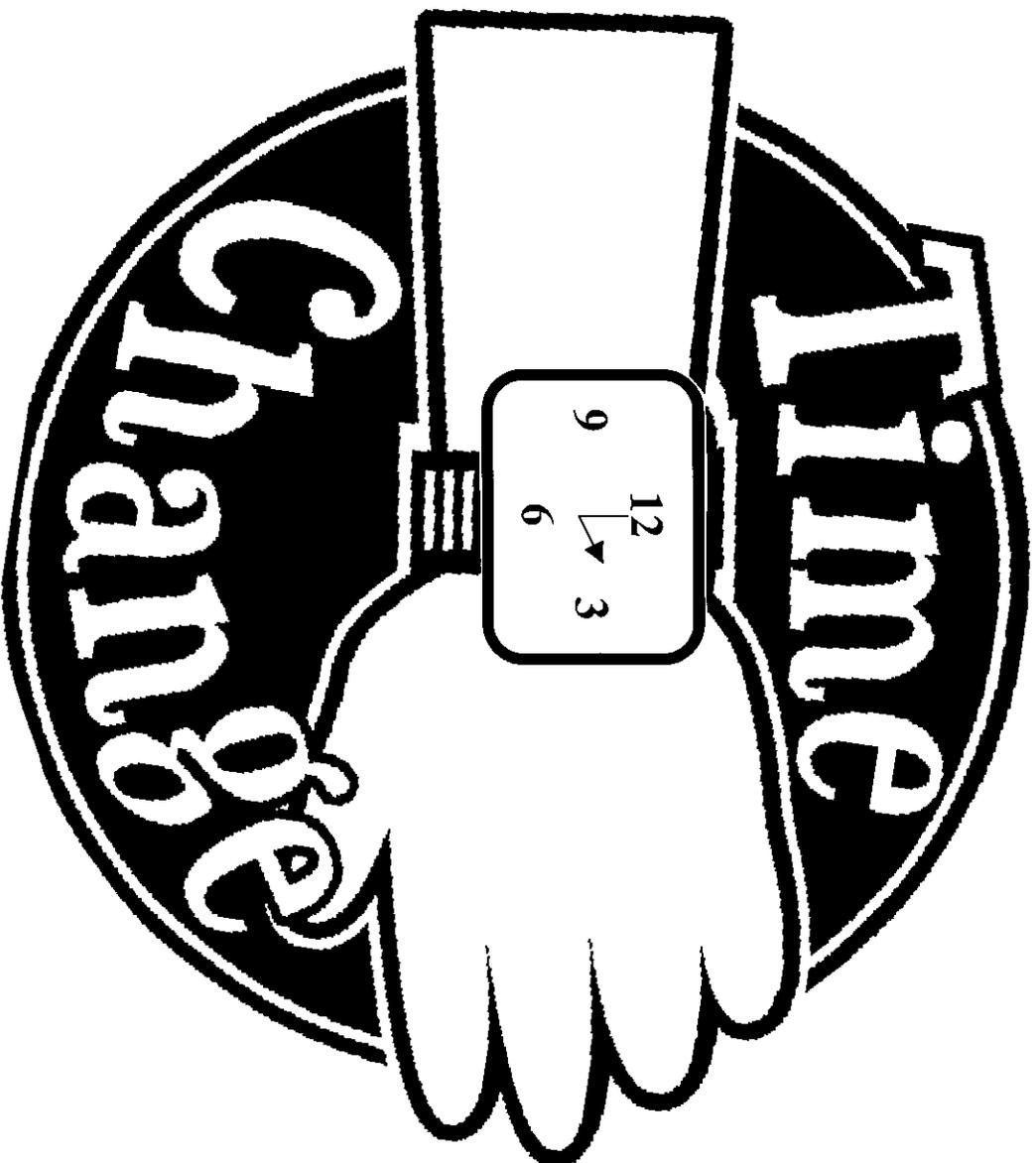
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	4 9:30 Aerobics w/Catherine 10:00 Independent Health 12:00 Mah Jongg	5 9:00 Exercise w/ Tiffany 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg. Ash Wednesday	6 9:00 Dk. Sr. Board Meeting in Library 9:30 Aerobics w/Catherine	7 9:00 Exercise w/Tiffany	8
9 Daylight Savings Time	10 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	11 9:30 Aerobics w/Catherine 10:30 McKinley Mall Shopping Trip 12:00 Mah Jongg	12 9:00 Exercise w/ Tiffany 10:00 Coffee Hour 4:00 BIG Bingo	13 9:30 Aerobics w/Catherine	14 9:00 Exercise w/Tiffany	15
16	17 9:00 Exercise w/Tiffany 10:00 Coffee Hour 5:00 Potluck Dinner	18 9:30 Aerobics w/Catherine 12:00 Mah Jongg	19 9:00 Exercise w/ Tiffany 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	20 9:30 Aerobics w/Catherine	21 9:00 Exercise w/Tiffany	22
23	24 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	25 9:30 Aerobics w/Catherine 12:00 Mah Jongg	26 9:00 Exercise w/ Tiffany 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	27 9:30 Aerobics w/Catherine 1-3 Stepping on Program	28 9:00 Exercise w/Tiffany 11:30 Foster Grandparents In Service Luncheon	29
30	31 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle					

DUNKIRK SENIOR CENTER CALENDAR OF EVENTS - MARCH 2014  
 VISIT THE CITY WEBSITE AT [WWW.CITYOFDUNKIRK.COM](http://WWW.CITYOFDUNKIRK.COM)



Daylight Savings Time begins at 2:00 AM on

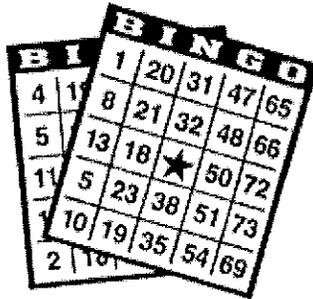
SUNDAY, MARCH 9



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

# **“BIG BINGO”**

**Wednesday, March 12<sup>th</sup>  
Wednesday, April 9<sup>th</sup>**



**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 an afternoon of fun  
and please bring a friend.**

**Bingo boards must be purchased at the door**

**Please bring your own daubers if you have them!**

# ATTENTION MEMBERS !!

The Dunkirk Senior Citizens Center  
Board of Directors Are Sponsoring



## *St. Patrick's Day Potluck Dinner*

Monday, March 17, 2014  
5:00 p.m.



Bring a dish to pass (enough to serve 15-20 people) and \$2.00.  
The Center will provide tableware, meat, and beverages.

We will have a 50-50 drawing and a special prize drawing. This event will be limited to the first 60 members.

### Suggested Items to Bring:

Appetizers	Casseroles	Salads	Desserts
Potatoes	Stuffing	Fruit	Soup

Sign-up will begin Sunday, February 9, 2014  
**NO REFUNDS**

The Dunkirk Senior Citizens Center  
Board of Directors Are Sponsoring



## *Spring Potluck Dinner*

Wednesday, April 30, 2014  
5:00 p.m.

Bring a dish to pass (enough to serve 15-20 people) and \$2.00.  
The Center will provide tableware, meat, and beverages.

We will have a 50-50 drawing and a special prize drawing. This event will be limited to the first 60 members.

### Suggested Items to Bring:

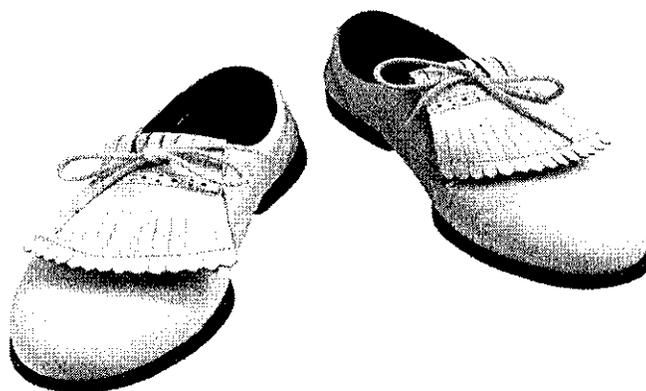
Appetizers	Casseroles	Salads	Desserts
Potatoes	Stuffing	Fruit	Soup



Sign-up will begin Sunday, February 9, 2014  
**NO REFUNDS**

# **Stepping On:**

*Building Confidence and Reducing Falls  
in Older Adults*



**To learn more about this highly effective, evidenced based,  
fall prevention program attend a free informational session  
on:**

Date: March 27, 2014  
Time: 1PM-3PM

Location: Dunkirk Senior Center  
45 Cliffstar Court  
Dunkirk, New York

Call Judy Blitz, OFA Health Educator for more information  
at (716) 753-4726 or 363-4726

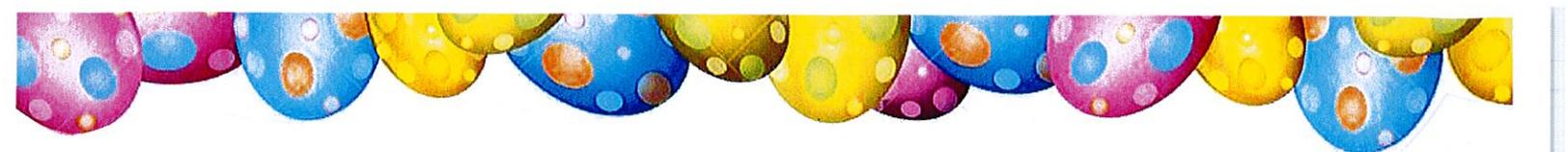
**A Senior Moment  
Is just a  
Wrinkle  
in Time**

**TOP 10 SENIOR TEXTING CODES**

**Now THAT we OLDIES can TEXT, (at least a few of us),  
HERE are some HELPFUL TEXTING IDEAS. Young people  
HAVE THEIR ACRONYMS, now SENIORS HAVE THEIR OWN TEXTING  
CODES:**

- **ATD – At the Doctor’s**
- **BFF – Best Friend’s Funeral**
- **BTW – Bring the Wheelchair**
- **BYOT – Bring Your Own Teeth**
- **DWI – Driving While Incontinent**
- **FWIW – Forgot Where I Was**
- **FYI – Found Your Insulin**
- **LOL – Living on Lipitor**
- **ROFL...CGU – Rolling on the Floor Laughing...Can’t get UP!**
- **TOT – Texting on Toilet**
- **WWNO – Walker Wheels Need Oil**

**Hope these help, GGLKI (Gotta Go, Laxative Kicking in!)**



Dunkirk Board of Directors  
Are Sponsoring an

# ***EASTER SHOPPING AND CASINO TRIP***

Thursday, April 17, 2014

Cost: \$25.00

Departure Time: 9:00 a.m.

Return Time: 6:00 – 7:00 p.m.

**Hop**



on the bus for a fun filled trip beginning with your first stop to the Batavia Downs Casino where you will receive a \$5.00 food voucher and a \$25.00 *Free Play Bonus* where you can relax and play your favorite slot machines from 10:30 a.m. – 2:30 p.m.

The next stop will be a 2 hour shopping trip to the Market in the Square (Southgate Plaza) where you can go shopping for your favorite Easter foods and treats from 3:00 p.m. – 5:00 p.m.

There will also be 2~\$5.00 cash prizes on the bus as well as other prizes and goodie bags.

Registration for the trip will begin on Monday, March 3<sup>rd</sup>

At the Dunkirk Senior Center

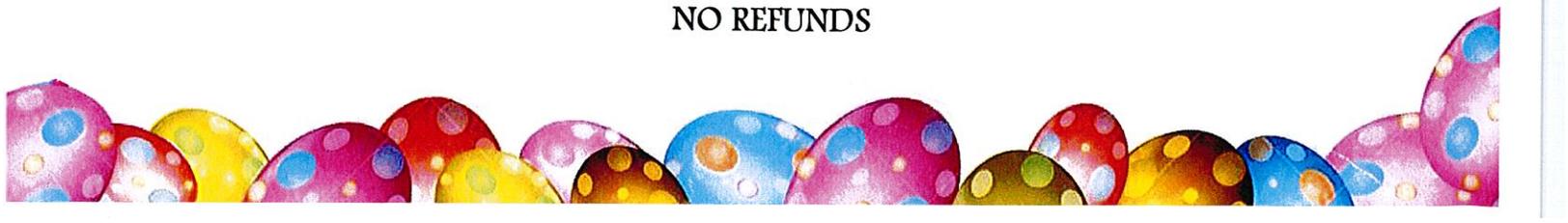
45 Cliffstar Court – Dunkirk, New York

from 9:00 a.m. – 12:00 noon

You may sign up yourself and (1) member

First Come – First Served

NO REFUNDS





# Dyngus Day & Ice Cream Social



(make your own sundae or cone)



Monday, April 21, 2014  
12:30 p.m. - 3:30 p.m.

Cost \$1.00



Music by Kokomo Time

Jim Steffan and band members

Everybody's Polish  
on Dyngus Day!



50/50 RAFFLE

Tickets on sale beginning Monday, March 10  
The Dunkirk Senior Center  
45 Cliffstar Court - Dunkirk, New York  
9:00 a.m. to 12:00 noon weekdays

First Come - First Served  
NO REFUNDS



**DYNGUS DAY**  
without  
**TYSKIE...**

it would be like  
groundhog day  
without the  
ground hog!

TYSKIE (Tisk-Yeah) ask for it by name  
the official beer of DYNGUS DAY

**STAR PROGRAM – the filing date for the City of Dunkirk is May 1, 2014, this date applies to the City of Dunkirk Only.**

### **Enhanced STAR**

**Who needs to apply?**

Residents who are turning 65 in 2014 and have a total household income of \$81,900 or less.

**What do you need to apply?**

ID –Drivers License and a copy of your most recent NYS Income Tax return.

**If I have been on the Enhanced Program do I need to apply?**

If you are 65 or older and **do not** file a **New York State Income Tax** then you must come to the Assessor's Office in City Hall with all of your income statements annually.

**What constitutes my income statements?**

- Social Security Statement
- Pension Statement
- Salary or Wages
- Bank or Bond Interest
- Income from rental property

### **Basic STAR**

**Who needs to apply?**

Residents under the age of 65 who have purchased a house in the City of Dunkirk after May 1, 2013. Home owners that have never received the Basic STAR Exemptions or Seniors 65 and older that do not qualify for the Enhanced Star Program.

**What do I need to apply?**

All you need to do is fill out an application.

**Is there an income limit for the Basic Star Exemption?**

Total house hold income must be less than \$500,000

These exemptions are available on your primary residence only.

If you have any questions please call the Assessor's Office at 366-9836 or 366-9846



## "THE OSMONDS"

WEDNESDAY - MAY 7, 2014

THE OSMONDS \*\*\* ARE AN AMERICAN FAMILY MUSIC GROUP WITH A LONG AND VARIED CAREER—A CAREER THAT TOOK THEM FROM SINGING BARBERSHOP MUSIC AS CHILDREN, TO ACHIEVING SUCCESS AS TEEN IDOLS, TO PRODUCING A HIT TELEVISION SHOW AND TO CONTINUED SUCCESS AS SOLO AND GROUP PERFORMERS

- Departs at 10:30 from Dunkirk Senior Center
- Arrive at the Casino at 11:30am
- Take your seats for a 1:30 Performance of the Osmonds
- Don't forget to enjoy your \$20 in Slot Dollars and \$10 Food Voucher!
- Departs at 5:30pm

**\$45 Per Person**  
+  
**(Receive \$20 In Slot Play  
& A \$10 Food Voucher)**



**(Photo ID Required)**

**For Further Information**

**Call  
366-7530  
Barb**



**Sign-up Starting Monday, February 24th**

**NO REFUNDS**

The Dunkirk Senior Citizen's Board of Directors  
Are Sponsoring a

THIRD ANNUAL TRIP TO  
ATLANTIC CITY  
RESORTS HOTEL & CASINO  
August 24 - 27, 2014

TRIP WILL INCLUDE

Transportation and Baggage Handling  
Room Accommodations  
Bus Driver Gratuity  
\$35.00 Slot Dollars  
3 Buffet Dinners

4 - \$10.00 Cash Drawings  
Prizes and Snacks  
Movies and Prize Drawings  
3 Scheduled Stops Each Way  
1 Revue Show (as available)

COST: \$430.00 per person for a double or triple occupancy - \$730.00 for a single occupancy.

DEPARTURE FROM SENIOR CENTER ON SUNDAY, AUGUST 24 - 7:00 A.M.  
HOTEL CHECK OUT & DEPARTURE ON WEDNESDAY, AUGUST 27 - 9:00 A.M.

REGISTRATION AND PAYMENT

Registration limited to members only. Registration on a first come first served basis. Sign up begins on Tuesday, January 21, 2014

\$50.00 Non-refundable deposit due time of sign up.

\$130.00.....Due by Monday, April 14, 2014

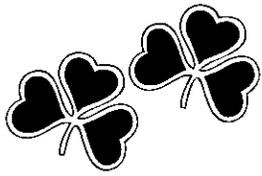
\$28.00 Optional trip insurance due on April 14, 2014.

\$130.00.....Due by Monday, May 12, 2014

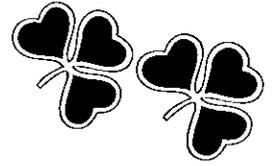
\$120.00.....Due by Friday, June 13, 2014

PAYMENT IN FULL IS ACCEPTED AT ANYTIME!

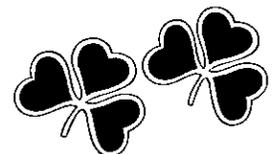
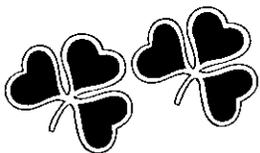
You may bring 1 regular size suitcase and 1 carry on. Should you have any questions, call the Dunkirk Senior Center at 366-7530.

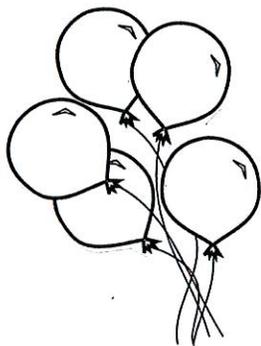


May the wind at your back  
not be the result  
of the corned beef and cabbage  
you had for lunch.

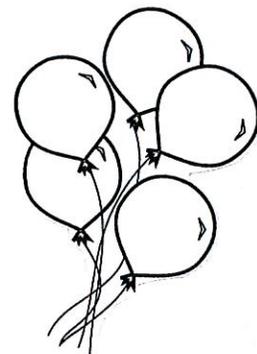


Happy St. Patrick's Day





# HAPPY BIRTHDAY!!



## *March Birthdays*

Brenda Altamirano	(March 1)	Pat Holland	(March 18)
Florence Barone	(March 1)	Frances Cole	(March 19)
Judy Leone	(March 1)	Paula Lakas	(March 20)
Anthony Arcoraci	(March 2)	Joan Bernett	(March 21)
Mary Barone	(March 3)	Wendy Farmer	(March 21)
Sandy Cliver	(March 3)	Barbara Lawson	(March 21)
Dianna Corter	(March 4)	Loretta Maslach	(March 21)
Dorothy Godina	(March 4)	Marion Genovese	(March 22)
Barbara Szocki	(March 5)	Helen Barone	(March 23)
Stella Michalak	(March 9)	Michael Schoeni	(March 23)
Barbara Pagano	(March 9)	Frank Mirek	(March 26)
Bonnie Wilson	(March 9)	Russel Turco	(March 26)
Sandra Gizowski	(March 10)	Josephine Wierczynski	(March 26)
Harry Winkler	(March 10)	Joan Zielinski	(March 26)
Jane Moch	(March 11)	Beverly Pagano	(March 27)
Charlene Hallmark	(March 12)	Cindy Zolnoske	(March 27)
Patricia Lokietek	(March 15)	Deborah Wacławski	(March 30)
Thomas Pleszewski	(March 15)	Robert Lokietek	(March 31)
Renee Fisk	(March 16)	Karen Sek	(March 31)
Patricia Kozłowski	(March 16)		

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	
CARTS.....	366-4500
Newsletter Coordinator.....	366-9885
Patricia Pleszewski	

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 January – Ed Long 6040**

January 27, 2014

Ed Long	6040
Helen Barone	5770
Paul Luczkowiak	5510
Joanne Bennett	5180
Double Pinochle: Paul Luczkowiak	

February 3, 2014

Jack Hood	5590
Joni Bennett	5470
Marian Genovese	5340
Arlene Griswold	5320
Double Pinochle: Nancy Crandall	

February 10, 2014

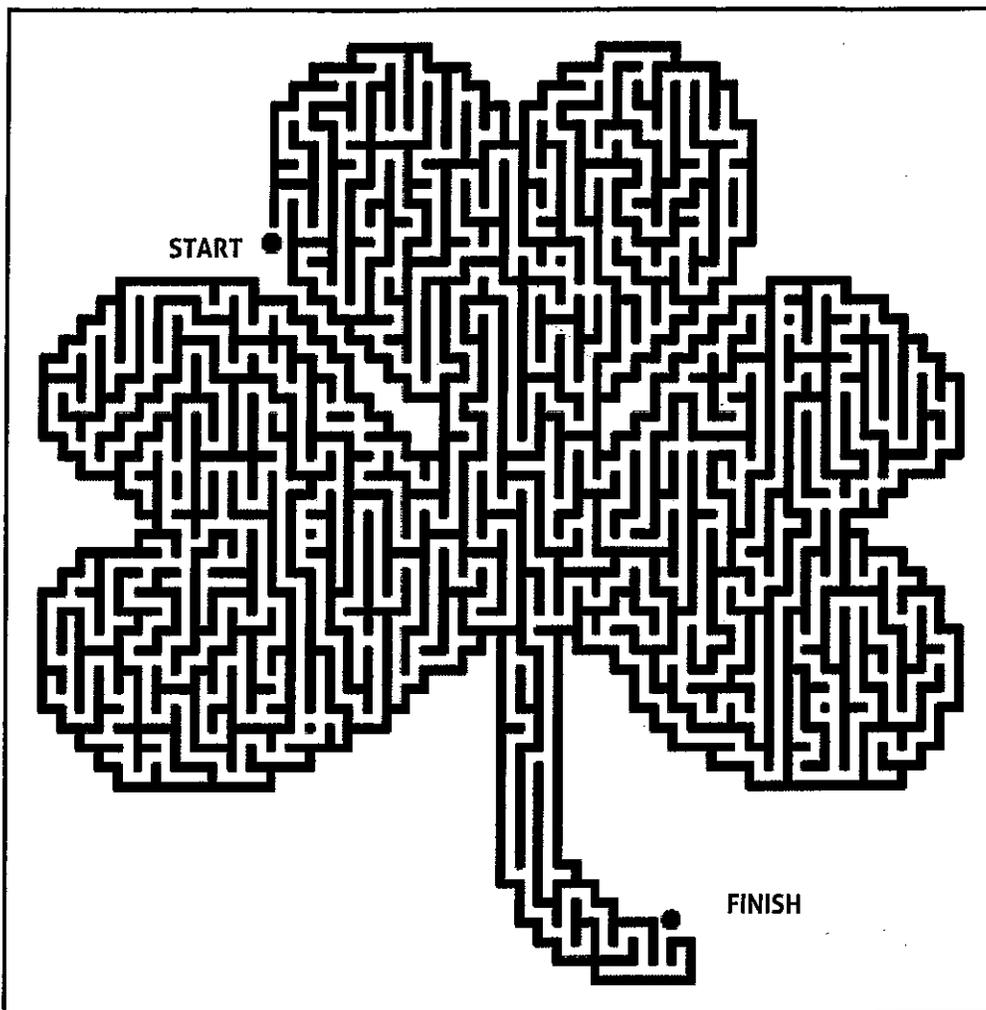
Nancy Crandall	5760
Sara Azeez	5590
Paul Soper	5260
Helen Barone	5010



Why should you never iron a 4-leaf clover? You don't want to press your luck!



# ST. PATRICK'S DAY MAZE



# ST. PATRICK'S DAY WORD SEARCH

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

MARCH  
 IRELAND  
 IRISH  
 GOLD  
 POT  
 RAINBOW  
 GREEN  
 CLOVER  
 LUCK  
 SHAMROCK  
 JIG  
 PATRICK  
 SAINT  
 SNAKES  
 LEPRECHAUN



# SUDOKU PUZZLE

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

MEDIUM

## St. Patrick's Day Mix Up

CAOKRSHM

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6 8

LYCKU

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12 5

GRNEE

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HIIRS

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10 13

PEARLHUCN

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4 1 15

GDLO

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14

WIRBOAN

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2

TPO

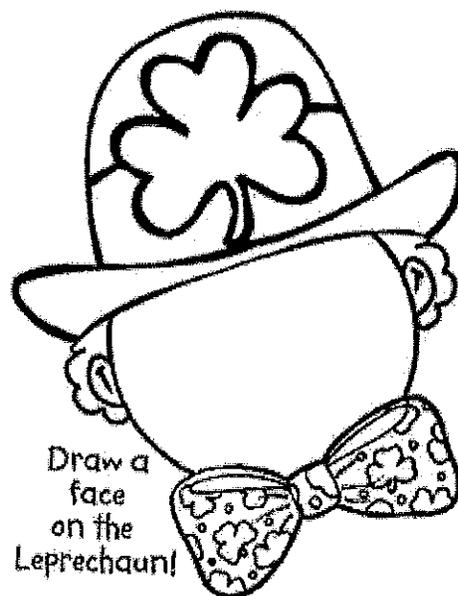
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3 7

VEROCL

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11 9



Draw a face on the Leprechaun!

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1 2 3 4 5

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6 7

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3 8 7 9 10 11 12

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13

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14 15 5

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

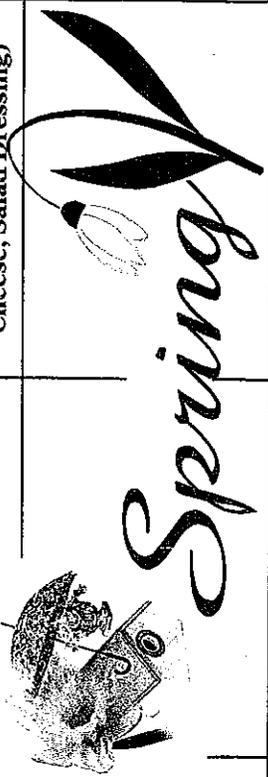
Answer Key  
Sudoku Solution

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

CHAUTAQUA COUNTY OFFICE FOR THE AGING  
SENIOR NUTRITION PROGRAM

**HOT**  
**MARCH 2014 - Hot Noon Menu**

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Macaroni &amp; Cheese Stewed Tomatoes Juice Muffin (Margarine)</p>	<p>5 Tuna Noodle Casserole Apple Slices Mixed Vegetables Bread (Margarine)</p>	<p>7 Baked Fish Buttered Rice Oriental Vegetable Muffin, Fruit (Tartar Sauce)</p>		
<p>10 Italian Meatballs Rotini Pasta w/ Sauce Italian Beans, Juice, Bread Cookie/M: Diet (Margarine)</p>	<p>12 Baked Ham Scalloped Potatoes Green Beans, Bread Cake/M: No Icing (Margarine)</p>	<p>14 Stuffed Chicken Breast w/gravy Mashed Potato Spinach, Bread Brownie/M: Graham Square (Margarine)</p>		
<p>17 Spanish Rice Peas Muffin, Fruit Cup (Margarine)</p>	<p>19 Chicken Ala King Corn Biscuit, Juice 24-Hour Dessert (Margarine)</p>	<p>21 Turkey w/ Gravy Stuffing Winter Squash Juice, Cranberry Sauce Apple Pie/M: Fruit</p>		
<p>24 Italian Lasagna Spinach Garlic Roll Juice Pudding/M: Diet (Margarine)</p>	<p>26 Goulash Carrots Biscuit Applesauce (Margarine)</p>	<p>28 Spaghetti &amp; Meatballs Italian Vegetables Bread, Toss Salad Pudding /M: Diet (Margarine, Parmesan Cheese, Salad Dressing)</p>		
<p>31 Baked Fish Creamed Cubed Potatoes Peas w/ Onions, Bread Cake /M: No Icing Chocolate Milk/M: White (Tartar Sauce, Margarine)</p>				

**COLD**  
**MARCH 2014 - Alternate COLD Noon Menu**

CHAUTAQUA COUNTY OFFICE FOR THE AGING  
 SENIOR NUTRITION PROGRAM

CALL 363-3844  
 FOR RESERVATIONS  
 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
3 Tuna Salad Sandwich Coleslaw Juice Fruit		5 Egg Salad Sandwich Mixed Vegetable Salad Juice Cake /M: no icing		7 Bologna & Cheese Sandwich Potato Salad Fruit, Gelatin (Mustard)
10 Chicken Salad Sandwich Fresh Carrots w/Ranch Dressing Juice Cookie /M: Diet (Ranch Dressing)		12 Roast Beef Sandwich Marinated Vegetables Fruit Cake /M: no icing (Horseradish Sauce)		14 Tuna Salad Sandwich 3-Bean Salad Fruit Brownie/M: Graham Square
17 Cold Cut Sub Cucumber Salad Fruit, Cookie (Italian Dressing)		19 Seafood Salad Croissant Coleslaw Fruit Dessert		21 Egg Salad Sandwich Pickled Beets Juice Pie /M: Fruit
24 Peanut Butter & Jelly Sandwich Fruited Gelatin Juice Pudding/M: Diet		26 Salami & Cheese Sandwich Potato Salad Applesauce Gelatin (Mustard)		28 Chicken Salad Sandwich Toss Salad Fruit Pudding/M: Diet (Dressing)
31 Sliced Ham & Swiss Sandwich Juice, Fruit Cake/M: no icing Chocolate Milk/M: White (Mustard)				