

Senior Nutrition Program – November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Oct 29 Walkers 7:30am Are you ready for trick-or-treaters?	30th Dill Fish Pasta Salad Sugar Cookie Mandarin Orange Pinochle after Lunch	31st Walkers 7:30am Happy Halloween	Nov 1st BBQ Pork Roll Coleslaw Potato Orange Bingo after Lunch	2nd TOPS 9-11am 
5th Walkers 7:30am 	6th Beef & Pepper Steak Diced Red Potatoes Cooked Rhubarb Pinochle after Lunch	7th Walkers 7:30am	8th Oven Fried Chicken Potatoes, Gravy Broccoli, Roll Orange Bingo after Lunch	9th TOPS 9-11am, Sons of Italy Lodge 6:30pm
12 Veteran's Day Holiday Center Closed — Walkers 7:30am 	13 Creamy Tomato Fettucini, Riviera Blend Veggies, Roll, Mango & Pineapple, Pinochle after Lunch	14 Walkers 7:30am Thanksgiving	15 Turkey Trot Party Roast Turkey Candied Yams Cranberry Sauce Mixed Vegetables, Roll Chocolate Cream Pie Reservations Required!!! Stan's Band at 10:30am Bingo after Lunch	16 TOPS 9-11am 
19 Walkers 7:30am 	20 Beef Chili Colorado Beans and Rice Tortilla Chips Ice Cream Pinochle after Lunch	21 Walkers 7:30am Happy Thanksgiving	22 Thanksgiving Day Center closed for the holiday. National Overeating Day Don't forget to over-eat!	23 Black Friday: Hit the Sales!!!
26 Walkers 7:30am 	27 Pork Tenderloin Bake Collard Greens Potatoes Grapes Oatmeal Raisin Cookie Pinochle after Lunch	28 Walkers 7:30am 	29 Vegetarian Stuffed Peppers, Cantaloupe, Lemon Bar, Pinochle after Lunch	30 TOPS 9-11am

Black Diamond Community Center — 31605 Third Ave (SR 169) — Black Diamond
For reservations, call Cheryl, Leslie, or Irene at (360)886-1011.

This Menu is subject to change.

Nutrition analysis includes 1% milk. (Butter is optional and increases the fat content of the meal).
 Consuming raw or undercooked eggs, meat, seafood, and un-pasteurized milk and juices may increase your risk of food borne illness.