

Robert Rock Senior Center



July 2022

Senior Center Services

Elder Resource Specialist
Amanda Mattress
Monday-Friday 401-270-1788

Healthy Aging Nurse Coordinator
Shahnee Lagor, BSN, RN-BC
Office hours: Monday, Thursday and Friday

Registered Dietitian
Ann Marie, Sabula, MA, RDA, LDN, CDE, CDOE
Office hours: Tuesdays and Wednesdays by appointment
Call 401-447-6299

Eastside Clinical Laboratory
When: The first Wednesday of each month 8:30 am-11:30 am
Drop In Service: Just bring your lab slip

Notary Public
Pat Thomas, Receptionist
M-F 9:00 am-12:00 pm to notarize documents for our seniors.

Senior Shopping
Thursday Mornings- Call 401-435-7800
The Senior Center will pick you up at your home and take you to
Stop and Shop or Shaw's in East Providence.
Open to Seniors living in East Providence.

SHIP Counseling
By Appointment Only- Call 401-435-7876 x1137

Veteran Benefit Counseling
Every Monday at the Senior Center by Appointment.
Michael- 401-208-5484

610 Waterman Avenue
East Providence, RI 02914
401.435.7800
Fax: 401.563-7024
www.eastprovidence.ri.gov

Staff

Laura Jones
Director
ljones@eastprovidenceri.gov

Shontell Gomes
Admin. Assistant
sgomes@eastprovidenceri.gov

Shahnee Lagor
Healthy Aging Nurse Coordinator
slagor@eastprovidenceri.gov

Amanda Mattress
Elder Resource Specialist
amattress@eastprovidenceri.gov

Cindy DeMedeiros
Dining Room 401-270-1814
cdemedeiros@eastprovidenceri.gov

Pat Thomas & Rhonda Marzetta
Member Services Representatives
pthomas@eastprovidenceri.gov
rmarzetta@eastprovidenceri.gov

Facilities
Fernando Dorego
Kenny Atkinson

Transportation
Joe Serodio Dennis Price
Christopher Januario

MISSION STATEMENT:

The mission of the Robert Rock East Providence Senior Center is to assist, inform, and enrich the lives of all persons 55 years of age and older or disabled persons in the East Providence area.

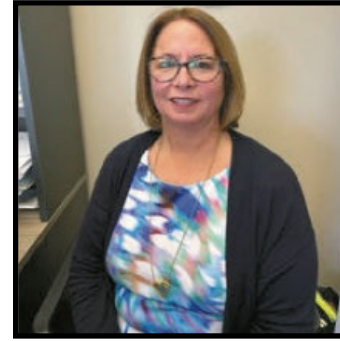


Message from the Mayor:

I can not believe it is already July! I have good news to share. The City Council has approved the Senior Center landscape project. Requests for proposals have been sent out and are in the process of being reviewed. This means that the landscape project will soon be underway. As Mayor, I am committed to providing our seniors a safe and beautiful place to walk, play and spend time outdoors. Thank you to all of our residents that took part in the community meetings providing us with valuable feedback and ideas. Many were incorporated into the final plan. I look forward to seeing our residents outside enjoying the new and updated amenities, sitting on the benches, taking a walk around the path and enjoying some much needed serenity.

Sincerely,

Mayor Bob DaSilva



Letter from the Director:

I want to take this time to have you all mark your calendars for the upcoming Gubernatorial Candidates Forum on Senior Issues, hosted by the Senior Agenda Coalition of Rhode Island. We are fortunate the Forum is being held here in East Providence on Wednesday, August 3rd at the East Providence High School from 10:00 am -11:30 am. I am hoping many of our seniors will plan on attending. The Forum will give you an opportunity to hear from the candidates as they respond to a host of questions relating to issues that are important to older adults in Rhode Island. The Robert Rock Senior Center will provide transportation to the Forum. If you plan on attending and need a ride, please call the Senior Center at 401-435-7800 to make a transportation reservation. Have a safe and enjoyable summer.

Best,

Laura Jones

Robert Rock East Providence Senior Center

Advisory Group

Judy Phillips

Jan Kinder

Jim Phillips

George Furtado

Ann Fagundes

Ken Goucher

Elaine Robinson

Donald Senna

DAYS TO REMEMBER IN JULY:

July 4 – Independence Day, Senior Center Closed.



ANNOUNCEMENT

*There has been a change to the days/times for
PACE Chair Exercise.*

Wednesdays 1:00PM-1:45PM

(Late bus will provide transports home)

Thursdays 10:45AM-11:30AM.

20/20/20 FITNESS IS BACK!!

July 14, 2022 9:30AM-10:30AM

Three workouts in one! 20 minutes of cardio, 20 minutes of strength training, 20 minutes of stretching/core work.

\$2 fee per class.

See you there!



BINGO INFORMATION:

EVERY TUESDAY

Doors Open at 1:00PM, Games Start at 1:30PM
Dabbers are sold at the Senior Center, and we also
have BINGO items located in our gift shop to
purchase!

PULL TAB INFORMATION:

.50 ¢ per pull tab

OPEN 1:00PM-1:25PM TUESDAYS

All transactions **MUST** be completed by 1:25PM.

BUNCO!

We are currently looking for players for our newly launched activity, BUNCO! A social dice game that is a game of chance and luck. No experience is necessary to play, we will show you!

Join us Mondays at 10:00AM to see what it is all about!



NEW SERVICES COMING IN JULY!

VETERAN BENEFITS COUNSELING

Available every Monday at the Robert Rock East Providence Senior Center.

Call Michael for an appointment today to see if you are getting the maximum benefits you deserve as a Veteran!

Michael Rhilinger- (401) 208-5484

Michaerhilinger@veteransinc.org



MONTHLY CAREGIVER SUPPORT GROUP

Friday July 29, 2022 3PM-4PM

Hosted by Linn Healthcare Navigator Kathy Shatraw and East Providence Senior Center Elder Resource Specialist Amanda Mattress, helpful resources will be provided to help guide you through the caregiving journey. Please join us to learn ways to cope with caregiving as well as discuss any concerns you may have with your caregiving journey.
Open to the public, free of charge.



Beginner Bridge Instruction

Have you ever wanted to learn how to play Bridge?

Drop by the Robert Rock East Providence Senior Center on Thursday mornings to learn how to play! No experience needed!

Health Related Programs:

Continuing the 3 -part series taught by Physical Therapist James Welch of Confluent Therapy Solutions, learn about home safety and senior wellness programs that you do from the comfort of your own home. This class series focuses on promoting independent living by restoring/increasing strength, range of motion, flexibility, and coordination.; plus an in -class demonstration on how to safely get yourself up from a fall.

THIS CLASS WILL FILL UP QUICK. REGISTER TODAY!!!

James Welch, PT is a licensed Physical Therapist servicing RI & MA for over 20 years. James has worked in acute care, home care, rehabilitation facilities, and is now the owner of Confluent Therapy which provides 1:1 treatment plans specific to client needs as well as in-home safety and wellness services.



WEDNESDAY, July 13, 2022 9:30AM: Upper and Lower Body Strengthening and Use of Elastic Bands

WEDNESDAY, August 10, 2022 9:30AM: Core Strengthening and How to Get Up if You Fall

A1C TESTING NOW AVAILABLE AT THE ROBERT ROCK SENIOR CENTER

Do you have a family history of diabetes or are you curious to know if you could be at risk of developing Type 2 Diabetes?

Come have your A1C tested. An A1C test is a blood test that can help identify prediabetes. The test results give you a picture of your average blood sugar level over the past 3 months.

Call 270-1792 to schedule an appointment today.

Disclaimer: This is not an official diagnosis. Participants should follow-up with their Primary Care Provider for additional information and testing.

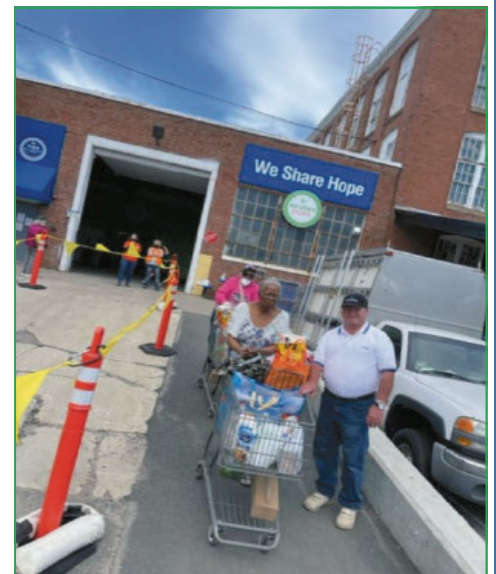
Event Preparation Tips for Senior Safety this Summer



we share HOPE EST 2008

Last month, the Robert Rock Senior Center hosted a field trip to Hope Market, a budget-friendly marketplace in Rumford that provides quality food items including fresh fruits/vegetables and meats. The marketplace also sells deeply discounted household goods and personal care items. Our members really enjoyed the shopping experience and scored themselves some great deals.

Hope Market has senior shopping hours on Thursday from 10:00-11:00am. They are located at 310 Bourne Avenue in Rumford.



VETERAN BENEFITS INFORMATIONAL SESSION

The Robert Rock East Providence Senior Center is proud to announce we have made connection with Veteran's Inc. and will be having a Veteran Benefits Professional on site to assist with getting **YOU** the maximum benefits you qualify for as a Veteran. Please join us for an informational session highlighting Veteran's Inc. services and assistance.

Some services Veteran's Inc. provides:

- Counseling
- Case Management
- Job Training
- Family Support Programs
- Benefits Counseling and Advocacy

...AND SO MUCH MORE!

PLEASE JOIN US!

MONDAY JULY, 11 2022 @ 1PM.

Robert Rock East Providence Senior Center
610 Waterman Avenue
East Providence, RI 02914

Please call 401-435-7800 if you have any questions. See you there!

LIVING IN AN AGE OF LONGEVITY:

HOW ONE EAST PROVIDENCE SENIOR ISN'T JUST SURVIVING, HE'S THRIVING.

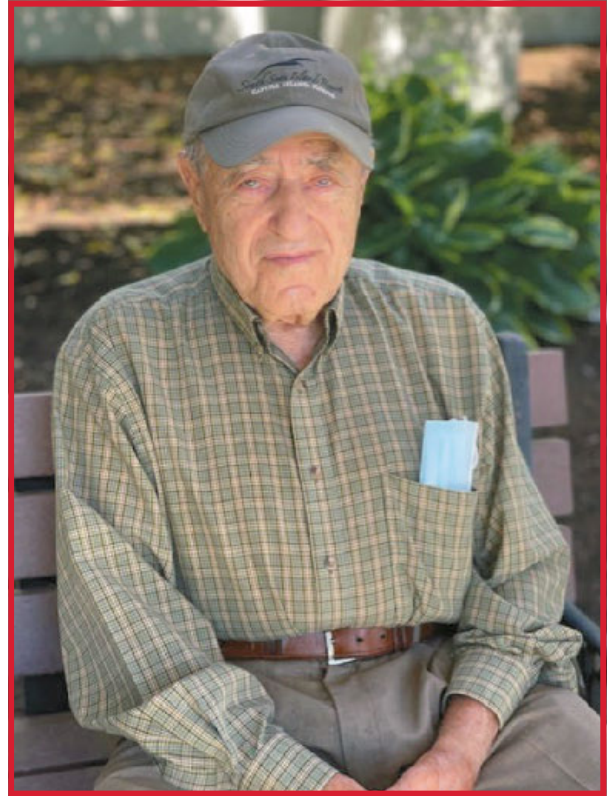
If you want to know the secret to living to 100, you'll have to ask long-time Senior Center member, Michael Bedrosian. He turns 101-years-old on July 7th.

It's a privilege reserved for only a select few. In fact, less than 1% of the United States population earn the title "Centenarian," a person who has reached 100-years-old. *So how did Mike get so lucky?* He credits daily exercise, an open mind and maybe his mother's special homemade yogurt for his longevity. "My mother used to make me eat her homemade yogurt. I don't know how she made it but maybe that helped me live so long."

"I've exercised all my life and I make sure to still do it just about every day. For fun I like to play cards, shoot pool with the guys, bowl and golf." He may not be teeing off as much nowadays, but Mike believes all that physical activity kept him strong over the years.

A child of two Armenian immigrants, Mike is the youngest of 4 siblings. Michael grew up in Providence and dreamed of becoming a professional baseball player. "I went to the St. Louis Cardinals training camp one year with the hope of making it on the team." Mike was an outstanding baseball player but unfortunately, the competition was too stiff and he was sent back to Rhode Island. **In 1940, Mike was drafted to World War II.** While serving our country, he suffered an ear injury and was honorably discharged home.

Mike went on to work many years in sales always remembering where he started. "When the Great Depression hit, everyone was poor. I remember my first job paid me \$0.30 an hour. My check was a little over \$11.00 a week." As for a wife and family, Mike says it just never worked out for him. "My sister died at 18-years-old from tuberculosis. My older brother died at 40 of a heart attack. I used to listen to my mother cry and I never wanted her to be alone in life, which is why I always lived with her. Sure I had girlfriends and went out, but I would always make sure to be home every night with my mother."



PLEASE JOIN US IN CELEBRATING MIKE'S 101ST BIRTHDAY!







CONGRATULATIONS
to our Hi Lo Jack
winners on
May 27, 2022.
**WELL
DONE!**



**We are very
happy to have
new chairs for
our dining
room! They
are light and
make our
dining room
look great!**

Robert Rock Senior Center Activities

JULY 2022

Mon	Tue	Wed	Thu	Fri
<p>Bolded activities count towards REWARDS CARDS!</p> <p>If you are interested in our rewards program, please visit the Resource Center.</p>				<p>1</p> <p>8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9A: Nurse Hours 10A: Moh Jongg 10:30A: Tai Ji Balance 1:30P: Hi Lo Jack NO MEDITATION TODAY</p>
<p>4</p>  <p>Senior Center Closed</p>	<p>5</p> <p>8A: Nutritionist 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:45A: Chair Yoga w/ Cyn 1:30P: BINGO! 2P: Multimedia Art Class</p>	<p>6</p> <p>8A: Nutritionist 8:30A: East Side Clinical Lab 10:30A: Tai Ji Balance 1P: Cribbage 1P: PACE Chair Exercise</p>	<p>7</p> <p>9A: Nurse Hours 9:30A: Senior Shopping 10:30A: Beginner Bridge 10:45A: PACE Chair Exercise 12:30P: Bridge 1P: Knit & Crochet</p>	<p>8</p> <p>8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9A: Nurse Hours 10A: Moh Jongg 10:30A: Tai Ji Balance 11A: Meditation 1:30P: Hi Lo Jack</p>
<p>11</p> <p>9A: Nurse Hours 10A: BUNCO 11A: Chair Yoga with Marilyn</p>	<p>12</p> <p>8A: Nutritionist 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga w/ Cyn 1:30P: BINGO! 2P: Multimedia Art Class</p>	<p>13</p> <p>8A: Nutritionist 9:30A: PT Class on Strengthening 10:30A: Tai Ji Balance 1P: Cribbage 1P: PACE Chair Exercise</p>	<p>14</p> <p>9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 10:30A: Beginner Bridge 10:45A: PACE Chair Exercise 12:30P: Bridge 1P: Knit & Crochet</p>	<p>15</p> <p>8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9A: Nurse Hours 10A: Moh Jongg 10:30A: Tai Ji Balance 11A: Meditation 1P: Insight Support Group 1:30P: Hi Lo Jack</p>
<p>18</p> <p>9A: Nurse Hours 10A: BUNCO 11A: Chair Yoga with Marilyn</p>	<p>19</p> <p>8A: Nutritionist 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga w/ Cyn 1:30P: BINGO! 2P: Multimedia Art Class</p>	<p>20</p> <p>8A: Nutritionist 10:30A: Tai Ji Balance 1P: Cribbage 1P: PACE Chair Exercise</p>	<p>21</p> <p>9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 10:30A: Beginner Bridge 10:45A: PACE Chair Exercise 12:30P: Bridge 1P: Knit & Crochet</p>	<p>22</p> <p>8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 10A: Moh Jongg 10:30A: Tai Ji Balance 11A: Meditation 1:30P: Hi Lo Jack</p>
<p>25</p> <p>10A: BUNCO 11A: Chair Yoga with Marilyn</p>	<p>26</p> <p>8A: Nutritionist 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:45A: Chair Yoga Cyn 1:30P: BINGO! 2P: Multimedia Art Class</p>	<p>27</p> <p>8A: Nutritionist 10:30A: Tai Ji Balance 10:30A: Age Well, Get Connected 1P: Cribbage 1P: PACE Chair Exercise</p>	<p>28</p> <p>9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 10:30A: Beginner Bridge 10:45A: PACE Chair Exercise 12:30P: Bridge 1P: Knit & Crochet</p>	<p>29</p> <p>8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9A: Nurse Hours 10A: Moh Jongg 10:30A: Tai Ji Balance 11A: Meditation 1:30P: Hi Lo Jack</p>

Nurse and Nutritionist

Part time Nurse and Nutritionist are on site to assist you with any health related or dietary needs. Schedule an appointment with Shahnee or Ann Marie today to learn more about maintaining a healthy lifestyle. Check the daily activities page to set up an appointment today!

Age Well, Get Connected

Sharpen your computer skills with a once a month course on computers! Bring your own computer, or we can supply a Chromebook for you.

SHIP Counseling

Visit one of our SHIP counselors on Fridays (by appointment only). SHIP counselors can help with Medicare/Medicaid enrollment, current plans, and future medical plans.

Smartphone Help

Learn tips and tricks on your smart phone. Learn more about text messaging, internet use, and apps right from your smartphone! Tuesdays 10:00AM-11:00AM. Free service.

Chair Yoga

Seated chair exercises are wonderful for your health and keeps the mind active. Learn easy chair exercises in this class that will help keep you active and comfortable. Tuesdays 10:45AM-11:45AM \$2.00 per class.

Multi-Media Art Class

Experience working with different mediums to create your own artwork! Tuesdays 2:00PM-3:00PM. Free class.

PACE Chair Exercise

When you do chair exercises, you reduce the risk of falls. The movements in PACE Chair Exercise are low impact that increase blood flow and strengthen your muscles. Free class.

Senior Shopping

Senior Services will pick you up at home to go grocery shopping at Stop & Shop or Shaw's weekly. Limit 4 bags per person. Everyone is given an hour to shop for their items. Senior services will drop you off at home. \$1 transportation fee. Registration is required.

Only offered to East Providence residents

Knit & Crochet- Craft Group

Join us weekly to knit and crochet various items. Learn about new patterns and designs. Thursdays 1:00PM-3:00PM. No registration required.

Blended Yoga

Blended yoga provides great physical benefits as well as helping you to find peace and reconnect with yourself. Fridays 8:45AM-9:45AM. Free of cost. Sponsored by Blue Cross Blue Shield.

BUNCO

Dice game played with twelve or more players, divided into groups of four, trying to score points while taking turns rolling three dice in a series of six rounds. A bunco is achieved when a person rolls three-of-a-kind and all three numbers match the round number. Mondays 10:00AM. \$5.00 to play. All proceeds go to winners.

Hi Lo Jack

A game of chance, visit us to play Hi Lo Jack weekly with other members of the community. Fridays 1:30PM-3:30PM.

Chair Exercise with Marilyn

Increase your flexibility and strength at chair exercise class with Marilyn! These chair exercises also help improve posture and balance. Check it out today! Classes held on Mondays at 11:00AM. Free class.

Cribbage, Bridge, Scrabble, Moh Jongg

Each game is offered weekly at the Senior Center and does not require registration. Take a look at our daily activities calendar to see which day we will be hosting these weekly games.

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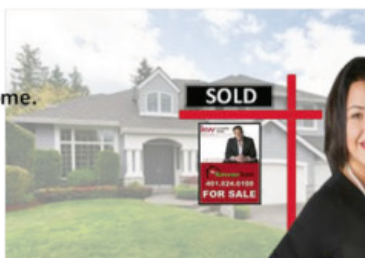
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&
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Lisa Janicki, MS

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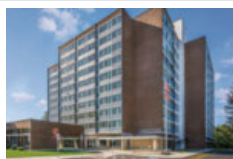
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TECHNOLOGY ASSISTANCE



Smartphone Assistance

Thinking opens the doors to our minds and makes us receptive to the very idea of broadening our horizons and learning new things.

Drop by the Robert Rock East Providence Senior Center on

TUESDAYS FROM 10AM-11AM

Learn some tips and tricks with your Smart Phone!

No registration required



Computer/Tablet Assistance



TECH 1:1

APPOINTMENTS AVAILABLE

Need to learn tech? New software? New Device? Would you like to learn how to use Libby on your Kindle/tablet/ phone? Anything else? Just ask!



Call (401) 434-2453 OR



Email Amber: alavallee@eplib.org

YOU CAN NOW ENJOY SURFING THE INTERNET THROUGHOUT THE SENIOR CENTER BUILDING!

If you would like to sign out a Chromebook, please see Amanda in the Resource Center.

Chromebooks must be returned to the Resource Center by the end of the day.



COMPUTER BASICS IS BACK THIS SUMMER!

Beginning on August 1, 2022, Computer Basics with Amanda is starting back up at the Robert Rock, East Providence Senior Center! Learn tips and tricks on how you can get up and running with your computer and/or tablet. *Chromebooks are available to use or bring your own tablet.*

REGISTRATION IS LIMITED and classes fill up fast!

Call 401-435-7800 to register.



SUNDAY, JULY 3, 2022 9:00PM

Pierce Memorial Stadium

201 Mercer Street, East Providence, RI 02914



***If you have any questions
regarding this event, please call
the East Providence
Department of Recreation at
401-435-7511***

Please join us at Pierce Memorial Stadium for our annual Independence Day Celebration!

**2022 GUBERNATORIAL CANDIDATE'S
FORUM:
SENIOR ISSUES**

**East Providence High School
Wednesday, August 3, 2022
10:00AM-11:30AM**



This event is being organized by the Senior Agenda Coalition of Rhode Island and is co-hosted by the Rhode Island Senior Centers Directors Association, The Rhode Island Health Care Association, Leading Age RI, NAACP, Providence Branch, Rhode Island Organizing Project, Village Common, and A Community Together.



CONGRATULATIONS

**to our BINGO Raffle
Basket Winner on
June 15, 2022, Lucy
Zompa!!**



**A huge THANK YOU to
Pawtucket Falls for
sponsoring our BINGO
days!**



CONCERTS IN THE PARK



The East Providence Department of Recreation is happy to announce the schedule for the 2022 concerts in the park. Shows are weather permitting and take place at the Rose Larisa Memorial Park located at 701 Bullocks Point Avenue in Riverside. Concerts are held on Thursday evenings from June 2, 2022-July 28, 2022.

Concerts start at 6:00PM. Shows are free of charge!



Concerts in the Park! 2022



ROBERTO L. DASILVA
MAYOR

Rose Larisa Park 701 Bullocks Pt. Ave. Riverside RI **Free!**

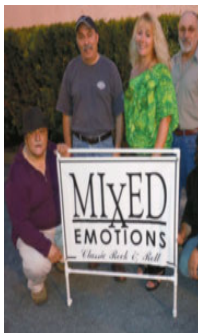
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CREDIT UNION

* Unless noted, all shows begin at 6:00 PM and are weather permitting.

Thursday Nights! Grab your blankets & lawn chairs!

- 7/7 **Mixed Emotions** (Classic Rock)
- 7/14 **19th Nervous Breakdown** (Rolling Stones tribute)
- 7/21 **MoJo Rising** (Classic Rock)
- 7/28 **Vini Ames** (Oldies Rock n' Roll Show)



INFO: EPRD 401-435-7511 eastprovidenceri.gov



Mark Your Calendars

AARP Chapter 1302

Come Join the fun!
For more information,
call Ken Gagner
401-437-2289

There will be **NO**
Meditation class
on July 1, 2022

Join us for BOCCE
every Tuesday at
9AM!



East Side Clinical Lab

The East Side Clinical Laboratory visits the Robert Rock Senior Center on the first Wednesday of the month to help provide a 'one stop shop' for your lab needs. All you need to bring is your lab slip and East Side Clinical Lab will take your bloodwork right at the Senior Center!

WEDNESDAY JULY 6, 2022 8:30AM-11AM

BLOOD PRESSURE CLINICS

Monitoring your blood pressure is easy!

Grace Barker **JULY 12, 2022 10:30AM-11:30AM**

Hattie Ide Chafee **JULY 19, 2022 10:30AM-11:30AM**



Barley Veggie Salad

Prep time: 1 hour

Cook time: 50 minutes

Servings per recipe: 8

Serving size: ¾ cup



Barley is a
whole grain
and is great for
heart health.

Ingredients

½ cup dry pearled barley
2 cups fresh spinach leaves
1 cup chopped tomatoes
2 cups chopped bell peppers
1 cup corn kernels
(fresh, frozen, or canned)
¼ cup olive oil
2 tablespoons balsamic vinegar
½ teaspoon salt
¼ teaspoon black pepper
2 tablespoons chopped fresh basil

Directions

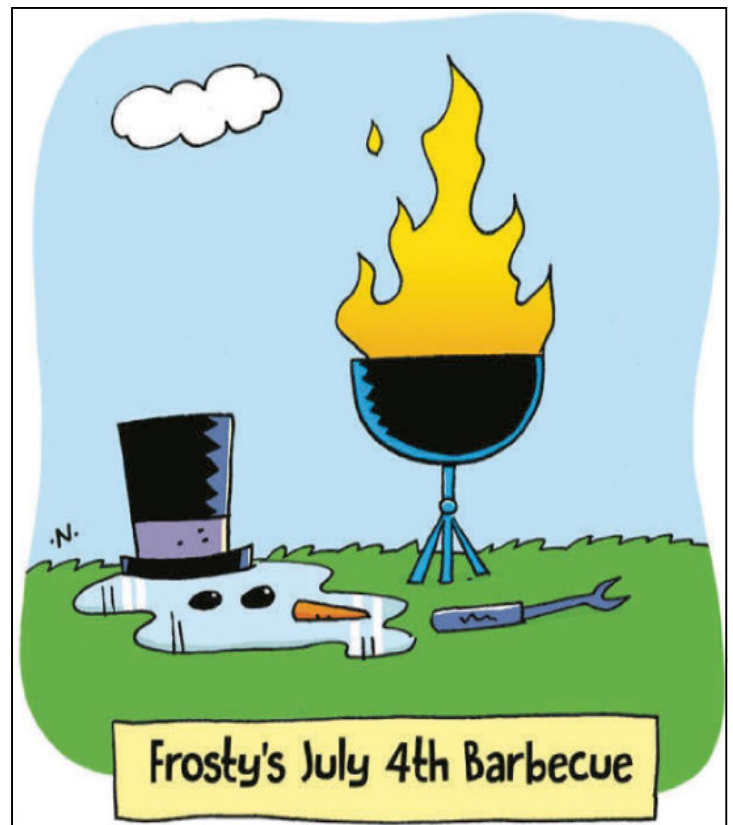
- 1) Bring 1½ cups of water to a boil in a large pan. Add barley, cover and reduce heat to low. Simmer until all of the water is absorbed (35-50 minutes). Transfer barley to a large bowl and cool in the refrigerator.
- 2) Once barley is cool, mix in spinach, tomatoes, peppers, and corn.
- 3) In a small bowl, mix olive oil, balsamic vinegar, salt, pepper, and basil.
- 4) Pour the dressing over barley mixture. Cover and chill until serving.



Exercise the Mind



Quick Laugh



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The Oak Street Health Difference

OPEN HOUSE EVERY THURSDAY 12 PM-1 PM

- Choice of in-person phone or video visits
- 24/7 support line for around-the-clock care
- Rides to and from center appointments
- Help navigating Medicare benefits
- Preventative care plans to meet your health goals
- Connections to trusted insurance agents.

Call today for more information | 401-488-7145

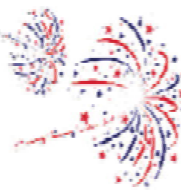



\$3.00 Suggested Donation

Please call our dining room at
401-270-1814 to place your
lunch order 24 hours in
advance.

July 2022

Lunch is served at 12:00 pm

Menu Items are subject to change due to
being unavailable to obtain.
GRAB AND GO LUNCH UPDATE:
Grab and go lunches will be discontinued
beginning June 3, 2022.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	All menu items may contain nuts, beans, seeds, wheat, bran and other allergens			1 Lemonade Hamburger w/ mustard Corn on the cob Cole Slaw Watermelon Roll Hot Dog on roll w/ mustard
4 	5 Vegetable Barley Soup Veal w/ mushroom gravy Seasoned Whole Grain Ziti Winter Blend Vegetables Fig Bar Garlic Bread (Pastorini & Swiss on Rye)	6 Red Chowder Salad Entree Grilled Chicken w/ Mandarin orange, Cauldry noodles, Tomato Lettuce Asian Dressing Roll / Fresh Fruit Tuna Salad on roll w/ side salad	7 Onion Soup w/ Croustons Turkey Chili Corn Bread Broccoli Spears Mandarin Oranges Multi Grain Bread (Meatloaf on Multi Grain)	8 Christmas Dinner Pasta Fagioli Stuffed Chicken w/ Gravy Red Bliss Mashed Potatoes Green Beans Almondine Ice Cream Wheat Bread (Seafood Salad on Wheat)
11 Split Pea Soup Baked Ham w/ Pineapple Ring Sweet Potatoes King Edward Blend Vegetables Coffee Cake Dinner Roll (Roast Beef & Cheese on a Roll)	12 Onion Soup w/ Croustons Swedish Meatballs Buttered Noodles Capri Blend Vegetables Sliced Peas Wheat Bread (Low Sodium Hot Dog/ Roll)	13 Beef Vegetable Soup Rosemary Chicken Oven Roasted Potato Mixed Vegetables Fruit Cocktail Pumpernickel Bread (Italian Tuna on Pumpernickel)	14 Pasta & Bean Soup Shepherd Pie w/ Ketchup Baby Whole Carrots Mandarin Oranges Wheat Bread (Chicken Salad on Wheat)	15 100% Juice Broccoli & Cheese Quiche Turkey Sausage Tomato Half Greek Yogurt (Turkey & Cheese on Wheat)
18 Beef Noodle Soup Chicken Marsala Garlic Mashed Potatoes Broccoli Cuts Sherbet Multi Grain Bread (Ham Salad on Multi Grain)	19 Italian Wedding Soup Roast Turkey w/ Gravy Cornbread Stuffing Seasoned Spinach Fresh Fruit Garlic Roll (Seafood Salad on a Roll)	20 100% Juice Entrée Salad Antipasto Salad w/ Ham/Cheese/Salami Tomato/Cucumber/Onion Dressing Roll / Brownie Meatloaf w/ Ketchup on roll	21 Happy Birthday Chicken Soup Pot Roast w/ low sodium Gravy Mashed Potatoes Green Beans Frosted Cupcake Marble Bread (Egg Salad on Marble)	22 Stripup & Corn Bisque Boneless BBQ Rib Baked Beans Carrot Slaw Cantaloupe Dinner Roll (Italian Grinder)
25 Lentil Soup Low Sodium Hot Dog Macaroni Salad Cole Slaw Ice Cream 9-Grain Bread (Turkey & Swiss on 9-Grain)	26 Tomato Vegetable Soup Roasted Airline Chicken Seasoned Whole Wheat Pasta California Blend Vegetables Pudding Rye Bread (Tuna on Rye)	27 Chicken Escarole Soup Veal w/ Marinara Sauce Pesto Whole Grain Pasta Italian Blend Vegetables Fruit Bar Pumpernickel Bread (Bologna & Cheese on Pumpernickel)	28 Tomato Vegetable Soup BBQ Beef Mashed Potatoes Mixed Vegetables Fresh Fruit Rye Bread (Salmon Salad on Rye)	29 Clear Chowder Florentine Fish Rice Pilaf Sliced Carrots Brownie Oatmeal Bread (Corned Beef/Swiss Carneal)