

SPRINGDALE SENIOR CENTER

September 2017 Menu and Activities			
TUESDAY		THURSDAY	
Sept 5		Sept 7	
Spaghetti & Meatballs Zucchini Green Salad Applesauce	BINGO	Hot Beef Sandwich Whipped Potatoes Mixed Veggies Carrot Pineapple Salad Fruit & Brownie	Puzzle races
Sept 12		Sept 14	
Chicken Fajita w/ Flour Tortilla Brown Spanish Rice Fajita Veg Blend Black Bean Corn Salad Fruit	BIRTHDAYS	Meatloaf w/Gravy Whipped Potatoes Creamed Peas Green Salad Fruit	Yahtzee
Sept 19		Sept 21	
Italian Sausage Sandwich w/Marinara Peppers & Onions Potato Wedges Coleslaw Fruit	Zach from Family Pharmacy	Baked Chicken Scalloped Potatoes Glazed Carrots Three Bean Salad Fruit	Show & Tell
Sept 26		Sept 28	
Chicken Fried Rice Veg Blend Seasoned Cabbage Citrus Fruit Cup	BINGO	Roasted Turkey w/Gravy Baked Potato Capri Veg Blend Carrot Raisin Salad Applesauce	Coloring
Information & Reservations Call: <u>Hurricane Senior Center 635-2089</u> SEPTEMBER BIRTHDAYS BILL RUESCH 9-16 CLARA COPE 9-20 MONTY McCOLLUM 9-30			
Suggested donation of \$3 for over age 60 & \$7 for under age 60 EVERYONE INVITED! JUST CALL FOR RESERVATIONS			
WANT TO VOLUNTEER? CONTACT LIZZ TOTTEN 435-668-6830			