

Fall 2022

September

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October

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Supply Pond

Welcome to...

Tim Kron, Transportation Coordinator, who joined our team in July. Tim brings a wealth of experience; he looks forward to meeting you!

New Instructors: Alanna Keating (Tai Chi), Latoya Armstrong (Barre), Elizabeth Santoro (Mah jongg), Lisa Armstrong (Art) will energize and inspire you! Contact Nancy to check class availability.

Info you need to know...

September is Senior Center Month: *Strengthening Community Connections* is the national theme. Canoe Brook is your place to connect with each other, programs/services, learn, and explore. Join the fun!

Shred It: One of the perks of membership! Gather your papers and bring them to the Center 2:00-4:00 pm M-F, Sept. 19-23, to place in the locked bins located in the vestibule. Call Megan to schedule a time.

Every Smile Counts: Free oral health screening to help promote & advocate for improved access to affordable dental care. Sponsored by the CT Dpt. of Public Health, a licensed dental hygienist will visually inspect your mouth; it only takes about 5 minutes. You'll be asked to complete a short questionnaire and you receive a reusable tote bag and oral health products; five lucky participants will be awarded a \$5 Subway Gift Card.

Tues, 9/20, 10:00 am-3:00pm. Call Megan to schedule a time.

Liability Waivers: The Town now requires all participants of fitness programs, trips, transportation, and off site activities to sign a release of liability waiver for *each* activity. A waiver also needs to be signed and linked to your membership. We appreciate your cooperation in this effort.

Booster & Vaccine Clinics

Thursdays Sept. 15, 29 Oct. 13, 27, 10:00 am - 3:00 pm

Griffin Health will be here with all doses of vaccines including the updated boosters. Clinics will be held upstairs at Canoe Brook in the Totokett Rooms. No appointment is required; bring your proof of vaccination, id, and insurance. If it has been two+ months since your last booster its time for another one. We are still waiting on guidance on shots for those who recently had covid. If you are homebound call ESDHD at 203-481-4233 to arrange a home visit.

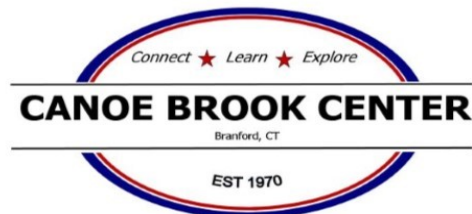
Flu Shots

Tuesday, October 4, 1:00 pm - 6:00 pm

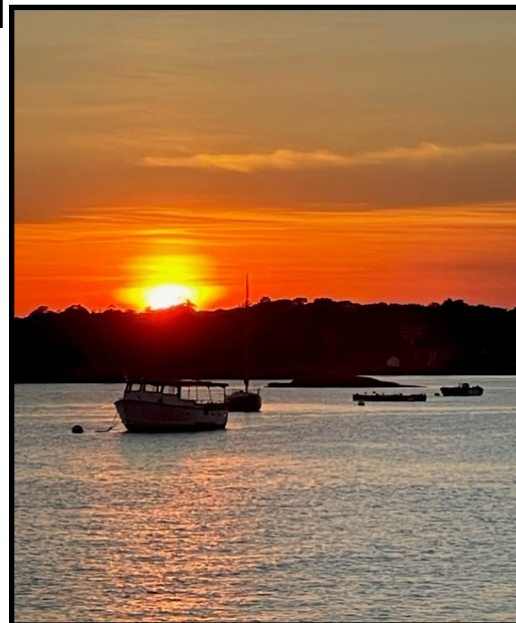
Bring your id & insurance card. First floor—All Purpose Room.

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46 Church Street, 2nd floor
203-315-0687



Thimble Islands, Sea Mist Trip 8/3

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dridgway@branford-ct.gov

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Transportation:

Tim 203-315-0681

tkron@branford-ct.gov

Visit our website:

[Canoe Brook Center](http://www.canoebrookcenter.org)

Like us on Facebook:

<https://www.facebook.com/canoebrook>

Upcoming Classes

Pre-register for ALL activities w/Nancy
ncohen@branford-ct.gov or 203.315.0684



Indoor Pickleball in the Joe Trapasso Gymnasium

Tuesdays & Thursdays, 10:00 - 11:00 AM

Start date: Tuesday, Sept. 6

Don't know how to play? Speak to Nancy about learning the game.

Writers Corner led by Janice Samoeil

Meets the first Wednesday in September

11:30 AM to 12:30 PM

Wednesday, October 5 and 19

11:00 AM - 12:30 PM

Contact Nancy for additional information on where this group will meet.



Canasta: Every Thursday starting on September 8th at 1PM. Sign-up with Nancy.

New CDC Guidelines & Omicron Booster Tuesday, September 20, 12:30 PM

Barbara Naclerio, Health Educator, & Madison Wierzel, Epidemiologist, ESDHD, will discuss CDC updates, shortened recommended isolation & quarantine periods, and all you need to know about the new Omicron COVID booster available this month.

Creative Corner

Help us make these items to sell at our Annual Craft Fair in November

Beaded Earrings & Necklaces

Thursday, September, 1PM

We have beads galore. Create your own designs. If you have jewelry tools, please bring them to this workshop.



Oyster Shell Ornaments

Thursday, September 29, 1:30 PM

Learn how to create special designs with Mod Podge, paints and images.



Make Pepper Jelly for the Fair

Thursday, October 6, 1:30 PM

Have fun in the kitchen making pepper jelly. You leave this workshop with the recipe.



Genealogy

Monday, September 12, 1:00 PM

How to Find & Use Obituaries - Learn the history of newspaper obituaries, the information they contain for your family history, and how to search for obituaries online. Examples will be shared.

Monday, October 17, 1:00 PM

Cemeteries - Learn to search cemetery records in person, online, in cemetery records & on grave-stones. Navigate major gravesite websites: Find a Grave and Billion Graves. Learn the do's and don'ts when visiting cemeteries; gravestone symbolism and abbreviations and more!



Readers Choice Book Club

Tuesday, September 13, 1:30 PM

"CT Bootlegger Queen Nellie Green" by Tony Renzoni

Nellie Green built an underground empire in a business world dominated by men.

Tuesday, October 11, 1:30 PM

"The Silent Patient" by Alex Michaelides

A woman's act of violence against her husband and the therapist obsessed with uncovering her motive.



Exercise for Better Balance

Wednesdays, September 14 - November 30, 1:00 - 2:00 PM (wait list)

New Session: Fridays, September 16 - December 8, 1 - 2 PM (no class 11/11)

Registration for this class starts on Friday, September 9th.

Registration is through Yale by emailing: www.ynhh.org/events (keyword: exercise Branford) or by calling 888.700.6543 **Price: \$25, payable to Yale. *NO CASH***



Special Programs

Pre-register for all programs w/Nancy:
ncohen@branford-ct.gov or 203-315-0684



Literacy Program at Mary T. Murphy or Tisko School

Program Starts in October

Volunteers needed to help children with literacy. Read, play cards or games with students for one hour a week. Share your love of books with a child. Contact Nancy to participate.



TRIAD Safety Protocols in Branford

Tuesday, September 13, 9:30 AM

Sergeant Mike Loftis will talk about the recent purse snatchings at the local grocery stores and break-ins of cars at private homes, condo complexes & apartments. Learn what you can do to be safe. Sign up by 9/12.

Discover New Reads!

Tuesday, September 13, 1:00 PM

Here's a new twist on a book swap, and a no-cost & entertaining way to update your book collection! Bring in a gently used book, gift-wrapped at home with a note on the outside explaining why you enjoyed the book. We'll each take turns choosing a book to unwrap. Added excitement: there are chances to "steal" a book! It's a lot of fun and everyone goes home with a book! Sign up in advance with Nancy.



Tech Help by Appointment with Christina Kondziela

Thursday, September 29, 2-4 PM Thursday, October 27, 2-4 PM

Need help with your laptop, iPhone/Smartphone or iPad/tablet? Bring your fully-charged device and have your tech questions answered here at the Center by Christina and her team. Register for your 15-minute appointment in advance with Nancy. *Limited spots available.*

Flu Clinic at Canoe Brook

Tuesday, October 4, 1-6 PM (no appointment needed)



Bring your insurance card • Wear short sleeves • Preservative free vaccine is used • If this is your first flu shot, please arrive 1/2hr before the end of the clinic • "Senior Strength" vaccine will be available while supplies last. Vaccines administered by licensed, experienced nurses from East Shore District Health Department. Pick up a detailed flyer at Center.

TRIAD Program: "Scam"burgers

with Barbara Naclerio, Health Educator, ESDHD

Tuesday, October 18, 11 AM



If you think you are too clever to fall for a scam, think again! Scams succeed because they look so legitimate. Play the "Scam Game" and learn how scams target people of all different backgrounds, ages and incomes. Barbara will pass out "tchotchkes" as prizes for correct answers. At the end of the program, participants will enjoy a hamburger slider! Register by 10/14.

Travelogue: Canadian Maritime Provinces presented by Alpha Coiro

Wednesday, October 26, 11 AM

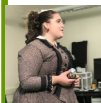


View spectacular photography of the Canadian Maritime Provinces: Prince Edward Island, Nova Scotia & New Brunswick. Enjoy images of Halifax, Peggy's Cove, Hopewell Rocks (site of world's highest tides), the home of author LM Montgomery (Anne of Green Gables), inventor Alexander Graham Bell & Cabot Trail. Sign up by 10/25.

Special Programs

Pre-register for all programs w/Nancy:
ncohen@branford-ct.gov or 203-315-0684

Senior Learning Network for September Tuesdays, 2 PM, Canoe Brook Center (Montowese Room)



Sept. 6: Witness History with Mystic Seaport Museum – This unique program introduces us to a character actor from Mystic's Seaport Museum. Russian immigrant Inna Belova teaches us about life & experiences in the 1800s and we also get to meet the real educator behind the character.



Sept. 13: Midwest Archeological Center—The National Parks System networks its resources to conduct research on sites ranging from 10,000-year-old American Indian campsites to the garbage found in Lincoln's backyard! Learn the historical stories these artifacts tell us of humanity.



Sept. 20: Abraham Lincoln Birthplace Nat'l Park– The future President spent the first seven years of his life in Kentucky. Learn how Lincoln's roots influenced his life and legacy.



Sept. 27: Casa Grande Ruins Nat'l Monument– This intriguing structure was erected during the 1300s C.E. How did people of the Classic Period plan, organize and build this wonder?

SEPTEMBER: "Netflix Fridays," 12:45-2:45 PM



September 9: "Uncharted" - A street smart treasure hunter and his renegade mentor set out on a dangerous quest for the legendary El Dorado. Tom Holland and Mark Wahlberg star.

Rated: PG-13



September 16: "Persuasion" - Eight years after Anne was persuaded not to marry a man, they meet again. This fresh, witty take on Jane Austin's novel stars Dakota Johnson. **Rated: PG**



September 23: "Ice Road" - After a remote diamond mine collapses, "big-rig" ice driver Liam Neeson leads a rescue mission over frozen ocean to save the miners. **Rated: PG-13**



September 30: "A League of Their Own" - Two sisters join the 1st female professional baseball league during WWII. The cast of major stars is led by Geena Davis and Tom Hanks in this comic gem. **Rated: PG**

"Documentary Mondays," 10:30 AM



September 12 - "Shania Twain: Not Just a Girl" - An inside look into the life and career of this superstar, bestselling country artist, who has earned three diamond certified albums!



October 17 - "The Alpinist"– Meet 23-year-old solo climber Marc-Andre LeClerc, who without media attention, ropes or cameras, has made some of the boldest solo ascents in history.



FREE AAA Driver Improvement for Mature Operators Wednesday, September 28, 9:00 AM - 1:00 PM

Learn the latest risk-reducing driving techniques. A form needs to be filled out prior to class. **Limited class size.** Once you have completed the class, a certificate will be mailed to you. Most insurance companies offer a 5-10% discount on your premium for completing the class. Sign up early.

Dental Health ~ Get the Facts for Mature Adults

Friday, October 14, 11:00 AM



Dental Hygiene students from the University of New Haven will provide tips on how to keep a healthy and happy mouth. The presentation will include information on brushing and flossing techniques, nutrition, gingivitis vs periodontal disease, oral side effects of medications, effects of systemic diseases on oral cavity/overall health, denture tips, and dental products. We hope to keep you smiling ! Register by 10/12.

Out & About

Pre-register for all outings w/Nancy
ncohen@branford-ct.gov or 203-315-0684
Transportation is available.



Fall Lunch Bunch

Noon-1:45 p.m.

Individual checks; seating is limited.



Wednesday September 14



La Luna Ristorante, 168 N. Main Street, Branford

Italian Cuisine at its best, pasta, chicken, fish, salads, apps and more!



Wednesday October 26



Sky Diner, 30 Leetes Island Road, Branford

Classic diner favorites are served in this family-friendly restaurant.
(Located in the front of the Stop & Shop parking lot, formerly Friendly's.)



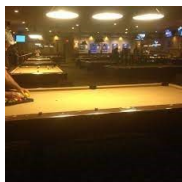
Call Nancy to reserve your seat!

Fall Happy Hours

Individual checks will be provided; transportation available.

Tuesday September 20, 4-6 p.m.

Cue & Brew, 131 Commercial Parkway, Branford



Free pool all night with the purchase of dinner or two drink minimum, 15 beers on tap, extensive menu with something for everyone!



Wednesday October 12, 4-6 p.m.

Thimble Island Brewing Company, 16 Business Park Drive, Branford

Go up to the bar individually to order your food and drink - pay as you place your order.



Enjoy appetizers, salads, burgers, flatbread pizzas and wings!

Sign up with Nancy early, as space is limited: ncohen@branford-ct.gov; 203.315.0684

Out & About

Pre-register for all outings w/Nancy
ncohen@branford-ct.gov or 203-315-0684
Transportation is available.



Mini Shopping Trips on Wednesdays

Cost is only \$2 per trip!

Seating on the mini bus is limited

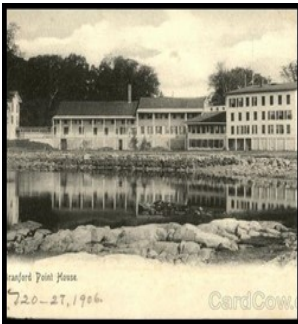
Reservations with payment must be made in advance.

Time: 9:30 - 11:30 AM unless otherwise noted.

- October 5** Bishop's Orchard in Guilford
October 19 Target on Universal Drive in North Haven
November 2 Hobby Lobby and TJ Maxx in East Haven
November 16 Milford Post Mall— **9:30AM - 12:30 PM**



Let's hit the road...together!



Historical Walking Tour Branford Point & Harbor Street Led by Al Russell

Thursday, September 22 (rain date 9/29), 1:00 - 2:30 pm

Tour starts at the picnic tables facing the water.

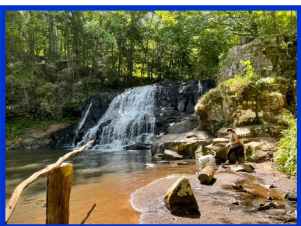
Highlights: Old Branford Hotel, Castle Rock, history of Frank Parkers' family and more! Wear walking shoes and dress for the weather.



Chatfield Hollow State Park in Killingworth

New Date: Wednesday, September 28, 9:00 - 11:30 AM

Hike the trail in search of Indian caves on the hillside found among the rock outcroppings, explore the rocky ledges, relax by cooling waters and bring a snack. We may also have the chance to see the stone dam and red covered bridge. Be at the Center by 8:45 AM to take the bus with us.



Wadsworth Falls State Park in Middletown

Thursday, October 13 (rain date 10/27), 9:30 AM - 12:30 PM

Hike the trail to one of CT's most majestic waterfalls - Big Falls on the Coginchaug River. Along the hike you will see many different rock types. Big Falls drops the 52' breadth of the Coginchaug River some 30' over a shelf of Hampden Basalt. Depart from Canoe Brook; ride in comfort on our new buses! **Price: \$5**



Sleeping Giant State Park

Thursday, November 3 (rain date 11/17), 9:30 AM - Noon

Two mountaintops resemble a large man lying in repose, the "sleeping giant", is a popular feature of the south central Connecticut skyline. A 1-1/2 mile scenic trail leads to the stone observation tower on the peak of Mt. Carmel which provides an excellent view of Long Island Sound and the New Haven area. In 1924 Sleeping Giant was designated a State park. **Price: \$5**

Day Trips

Sign up with Nancy 203.315.0684 or Megan 203-315-0687.
Transportation is available, call 203-315-0681 to schedule a ride.

If you need transportation to the Center for a trip, please notify us when making your reservation and we'll gladly make arrangements to pick you up and bring you home. If you are leaving your car here during a trip, please park in the rear of the lot. We accept: cash, check, or credit cards.

Make checks payable to: [Canoe Brook-Town of Branford](#).

- Reservations are made by dropping off FULL payment to any staff member: check, cash, or credit card are accepted.
- Full payment is due to secure your reservation (unless otherwise noted).
- If we receive your reservation and a trip is sold out we will notify you that you have been placed on a waiting list, and payment received will be returned to you.
- People will be seated together on busses and theaters as indicated when signing up.
- If a guest is traveling with you please list them as your guest and include their payment (in full) with your payment.
- **Cancellation Policy:** If you cancel for any reason there will be no refund, unless there is a waiting list for the trip at the time of your cancellation.
- **Note:** For day trips you need to arrive at least 15 minutes prior to departure time.
- Masks must be worn on the bus at all times.



Simsbury: Old Drake Hill Flower Bridge Phelps Tavern Museum, Benny's of Simsbury Thursday, September 15 9:00 AM - 3:00 PM



Our first stop is at the Flower Bridge, built in 1892 where you will view a variety of colorful flowers on the 185' iron truss bridge. This overlooks the gentle, flowing Farmington River. Next we are off to enjoy a docent-led tour of the Phelps Tavern Museum and the many buildings surrounding it such as the barn, school house, wigwam and more! Lunch is on your own at Benny's of Simsbury. Benny's is a family-run restaurant serving American food, with dairy, beef and vegetables provided by local farmers. **Price: \$20**

Price includes mini bus and museum tour & tip. Bring extra money for lunch.



Fall Foliage Road Trip: Litchfield Thursday, October 20 8:30 AM - 3:30 PM



After a scenic drive to leaf-peep, we'll explore the Litchfield Historical Society's "Scarecrows in the Meadow" display. Then we're off to a docent-led tour of the nearby Litchfield History Museum. We'll end our day at the charming Market Place Tavern for lunch. The Tavern overlooks the Litchfield Green and is the oldest public building in town. Built in 1812, it was a jail for British prisoners during the War of 1812. Lunch includes: salad, entrée, soda, coffee/tea, and a dessert platter for your table.

Price includes: mini bus transportation, luncheon, museum admission w/docent led tour, taxes & tips.

Entrée choices: Beef Short Rib Taco, Fish & Chips, Tavern Burger, Veggie Haystack Bowl

Price: \$59

SEPTEMBER ACTIVITIES - WEEK AT-A-GLANCE

Pre-register for activities w/Nancyncohen@branford-ct.gov or 203.315.0684

Lunch is served daily at noon, call 203-315-0685 to make a reservation.

Drop in to play cards, games, pool, shuffleboard. Daily.

Monday 9/5	CLOSED IN OBSERVANCE OF LABOR DAY
Tuesday 9/6	9:00 AM - BEGINNER YOGA 10:00 AM - ADVANCED YOGA 10:00 AM - PICKLEBALL IN THE TRAPASSO GYMNASIUM 12:30 PM - DISCUSSION GROUP 2:00 PM - SLN : WITNESS HISTORY WITH MYSTIC SEAPORT MUSEUM 2:30 PM - BEGINNER TAI CHI
Wednesday 9/7	8:15 AM - AEROBICS 9:30 AM - TRIP : WALMART 11:30 AM - WRITERS CORNER WITH JANICE 1:00 PM - JAMMERS BAND; COLORING ART; HAND AND FOOT 1:30 PM - UKULELE FOR FUN
Thursday 9/8	9:00 AM - INTERMEDIATE YOGA; FITNESS WALKING AT FOOTE PARK 10:00 AM - PICKLEBALL IN THE TRAPASSO GYMNASIUM 10:00 AM - INTRODUCTION TO YOGA; HOOK 'N NEEDLE 1:00 PM - CANASTA CARD GAME TO START 1:30 PM - CORN HOLE GAME
Friday 9/9	8:15 AM - AEROBICS 10:00 AM - SILVER TAPPERS 12:45 PM - FILM : "UNCHARTED"
Monday 9/12	8:15 AM - AEROBICS 10:30 AM - DOCUMENTARY : "SHANIA TWAIN: NOT JUST A GIRL" 12:30 PM - BINGO 12:30 PM - MAH JONGG LESSONS TO START (WAITING LIST ONLY) 1:00 PM - GENEALOGY
Tuesday 9/13	9:00 AM - BEGINNER YOGA 9:30 AM - TRIAD: SAFETY IN BRANFORD WITH SERGEANT MIKE LOFTIS 10:00 AM - ADVANCED YOGA 10:00 AM - PICKLEBALL IN THE TRAPASSO GYMNASIUM 12:30 PM - DISCUSSION GROUP 1:00 PM - DISCOVER NEW READS! 1:30 PM - READERS CHOICE BOOK CLUB 2:00 PM - SLN : MIDWESTS ARCHEOLOGICAL CENTER 2:30 PM - BEGINNER TAI CHI
Wednesday 9/14	8:15 AM - AEROBICS 9:30 AM - TRIP : WALMART 12:00 PM - TRIP : LUNCH BUNCH AT LA LUNAS 1:00 PM - JAMMERS BAND; COLORING ART; HAND AND FOOT 1:00 PM - EXERCISE FOR BETTER BALANCE (CLASS FULL; GROUP 1) 1:30 PM - UKULELE FOR FUN
Thursday 9/15	9:00 AM - FITNESS WALK AT FOOTE PARK 9:00 AM - TRIP : SIMSBURY FLOWER BRIDGE, PHELPS MUSEUM AND MORE! 10:00 AM - 3:00 PM - BOOSTER CLINIC (TOTOKETT ROOM) 10:00 AM - PICKLEBALL IN GYM; HOOK 'N NEEDLE 1:00 PM - CANASTA CARD GAME 1:30 PM - CORN HOLE GAME

SEPTEMBER ACTIVITIES - WEEK AT-A-GLANCE

Pre-register for activities w/Nancyncohen@branford-ct.gov or 203.315.0684

Lunch is served daily at noon, call 203-315-0685 to make a reservation.

Drop in to play cards, games, pool, shuffleboard.

Friday 9/16	8:15 AM - AEROBICS 12:45 PM - FILM: "PERSUASION" 1:00 PM - EXERCISE FOR BETTER BALANCE FOR A FEE (GROUP 2)
Monday 9/19	8:15 AM - AEROBICS 12:30 PM - BINGO; MAH JONGG LESSONS 2:00-4:00 - SHRED IT *week begins*
Tuesday 9/20	10:00 AM - 3:00 PM - EVERY SMILE COUNTS 10:00 AM - PICKLEBALL IN THE TRAPASSO GYMNASIUM 12:30 PM - INFO ON CDC GUIDELINES & NEW BOOSTER FOR OMICRON (ESHD) 2:00 PM - SLN: ABRAHAM LINCOLNBIRTHPLACE NATIONAL PARK 2:30 PM - BEGINNER TAI CHI 4:00 PM - TRIP: HAPPY HOUR AT BRANFORD CUE & BREW
Wednesday 9/21	8:15 AM - AEROBICS 9:30 AM - TRIP: WALMART 1:00 PM - JAMMERS BAND; COLORING ART; HAND AND FOOT 1:00 PM - EXERCISE FOR BETTER BALANCE (GROUP1) 1:30 PM - UKULELE FOR FUN
Thursday 9/22	9:00 AM - FITNESS WALK AT FOOTE PARK 10:00 AM - PICKLEBALL IN GYM; HOOK 'N NEEDLE 1:00 PM - CANASTA CARD GAME 1:00 PM - TRIP: BRANFORD POINT TOUR 1:30 PM - CORN HOLE GAME
Friday 9/23	8:15 AM - AEROBICS 12:45 PM - FILM: "ICE ROAD" 1:00 PM - EXERCISE FOR BETTER BALANCE (GROUP 2) 4:00 PM - SHRED IT *week ends*
Monday 9/26	8:15 AM - AEROBICS 12:30 PM - BINGO; MAH JONGG LESSONS
Tuesday 9/27	10:00 AM - PICKLEBALL IN THE TRAPASSO GYMNASIUM 12:30 PM - DISCUSSION GROUP 2:00 PM - SLN: CASA GRANDE RUINS NATIONAL MONUMENT 2:30 PM - BEGINNER TAI CHI
Wednesday 9/28	8:15 AM - AEROBICS 9:00 AM - AAA DRIVER IMPROVEMENT CLASS 9:00 AM - TRIP: CHATFIELD HOLLOW 9:30 AM - TRIP: WALMART 10:30 AM - BARRE CLASS STARTS (WAIT LIST ONLY) 1:00 PM - JAMMERS BAND; COLORING ART; HAND AND FOOT 1:00 PM - EXERCISE FOR BETTER BALANCE (GROUP1) 1:30 PM - UKULELE FOR FUN
Thursday 9/29	9:00 AM - FITNESS WALK AT FOOTE PARK 10:00 AM - 3:00 PM - BOOSTER CLINIC 10:00 AM - PICKLEBALL IN GYM; HOOK 'N NEEDLE 1:00 PM - CANASTA CARD GAME 1:30 PM - OYSTER SHELL ORNAMENT WORKSHOP; CORN HOLE GAME 2:00 PM - TECH HELP
Friday 9/30	8:15 AM - AEROBICS 12:45 PM - FILM: "A LEAGUE OF THEIR OWN" 1:00 PM - EXERCISE FOR BETTER BALANCE (GROUP 2)





Canoe Brook Café

September 2022 Menu



*Reservation required. Call Maureen at 203-315-0685
no later than noon the day before you would like to come.*

Suggested donation: \$3.00, Guests \$6.00

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<i>Watch your email for news- letter addendum with October's menu.</i>			Chicken Salad Breadstick Fruit	Meatloaf Whip Potatoes Florentine Soup Orange
5	6	7	8	9
CLOSED HAPPY LABOR DAY!	Labor Day Special! Hot Dog Potato Salad Sugar Cookie	Chicken Soup Spinach Quiche Tater Tots Applesauce	Greek Chicken Orzo Spinach Salad Pound Cake	Beef Tacos Bean Corn Salad Tortilla Chips Pineapple
12	13	14	15	16
Herbed Chicken Whip Potatoes Mixed Veggies Brownie	Cheeseburger French Fries Broccoli Fruit	Veg Barley Soup Chef Salad 3 Bean Salad Pears	Baked Ziti Tossed Salad Garlic Bread Fruit	BBQ Chicken Baked Beans Cauliflower Orange
19	20	21	22	23
Chicken Paprika Confetti Rice Veggies Applesauce	Potato-crust Fish Sweet Potatoes Broccoli	Pork Loin Whip Potatoes Mixed Veggies Choc Chip Cookie	Chicken Parm Penne Salad Fruit	Salisbury Steak Lentil Soup Carrots Pears
26	27	28	29	30
Spaghetti Meatballs Caesar Salad Fruit	Turkey w Gravy Sweet Potatoes Mixed Veggies Orange	Chili w Beans Brown Rice Carrots Fruit	Tuna Salad Orzo Soup Broccoli Salad Applesauce	Sweet & Sour Chicken Yellow Rice Asian Veggies