

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**1** Servers: The Girls  
 Dijon Mustard Chicken  
 Whipped Potatoes  
 Italian Vegetable Blend  
 Sunflower Seed Bread  
 Peaches

**2** Servers: The Girls  
 Roast Pork  
 w/Hungarian Sauce  
 Sour Cream & Chive  
 Potatoes  
 Brussels Sprouts  
 Dill Bread  
 Lemon Pudding

**3**



**8** Servers: Meadowbrook Church  
 BBQ Diced Chicken Sandwich  
 Potato Salad  
 Baked Beans  
 Hot Dog Bun  
 Seasonal Fresh Fruit

**9** Servers: The Girls  
 Cheese Lasagna Roll Up  
 w/Alfredo Sauce  
 Spinach  
 Coleslaw  
 French Roll  
 Seasonal Fresh Fruit

**10**

**11** Servers: The Girls  
**THIS MEAL IS DINE IN ONLY**  
 Herbed Chicken Patty w/Gravy  
 Garlic Whipped Potatoes  
 Peas & Carrots  
 Seven Grain Bread  
 Frosted Chocolate Cake

**12** Servers: Marquam United Methodist  
 Meatloaf w/Gravy  
 Whipped Potatoes  
 California Vegetable Blend  
 Cracked Wheat Bread  
 Seasonal Fresh Fruit

**15** Servers: Country Christian  
**Around the World**  
 Korean Beef & Turkey  
 Bibimbap Rice Bowl/Spinach  
 Red Cabbage Salad  
 Wheatberry Sprouted Bread  
 Mandarin Oranges

**16** Servers: Nazarene Church  
 Sloppy Joe  
 Chuckwagon Corn  
 Coleslaw  
 Whole Wheat Bun  
 Hot Spiced Peaches

**17**

**18** Servers: MAS Board Members  
**THIS MEAL IS DINE IN ONLY**  
 Chicken Salad Half Sand/ Lettuce  
 Split Pea Soup/Crackers  
 Garbanzo Bean Salad  
 Wheatberry Sprouted Bread  
 Fresh Strawberries

**19** Servers: Marquam United Methodist  
 Beef Sukiyaki  
 over Brown Rice  
 Peas & Carrots  
 Beet & Mandarin Orange Salad  
 French Roll  
 Seasonal Fresh Fruit

**22** Servers: The Girls  
 Beef Country Fried Steak  
 w/Country Gravy  
 Garlic Whipped Potatoes  
 Green Beans  
 Rye Bran Bread  
 Fresh Banana

**23** Servers: St. James Alter Soc.  
 Spaghetti & Meat Sauce  
 Broccoli  
 Tossed Salad w/Raspberry  
 Dressing  
 Garlic Roll  
 Seasonal Fresh Fruit

**24**

**25** Servers: Ily and Homeschool Group  
**THIS MEAL IS DINE IN ONLY**  
 Brunch for Lunch  
 Pork Sausage Gravy  
 Oven Roasted Potatoes  
 Tropical Fruit  
 Biscuit  
 Seasonal Fresh Fruit

**26** Servers: Knights of Columbus  
 Turkey Cranberry Walnut Salad  
 over Spinach Romaine  
 Lentil Soup/Crackers  
 Rye Bran Roll  
 Pineapple Tidbits


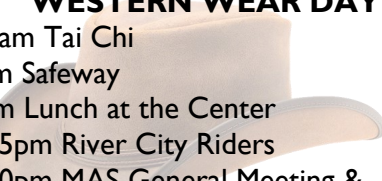
**29** Servers: The Girls  
 Beef Taco  
 with Lettuce, Tomatoes,  
 and Cheese  
 Mixed Beans  
 Coleslaw  
 Flour Tortilla  
 Seasonal Fresh Fruit

**30** Servers: The Girls  
 Beef Patty w/Peppers &  
 Onion Gravy  
 Whipped Potatoes  
 Brussels Sprouts  
 Wheatberry Sprouted  
 Bread  
 Mandarin Oranges

**31**



**Menu is subject  
 to change  
 beyond**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> 9:15am Tai Chi 10am Genealogy Class 10am Safeway 12pm Lunch at the Center 12:15 Lunch &amp; Learn 1pm BUNCO</p>	<p><b>2</b> 10am BiMart 10am Walk With Ease 10:15am Quilt Group 11am Vet To Vet Café 12pm Lunch at the Center 1pm Pinochle &amp; Games 2:30pm PING PONG</p>	<p><b>3</b> 10:15am Quilt Group 1:00pm Decorate Bus for Giant Street Parade</p>	<p><b>4</b> <b>CENTER IS CLOSED</b> 7am Meet at the Center if you are participating in the Giant Street Parade!</p> 	<p><b>The Center will be CLOSED</b></p>
<p><b>8</b> 9:15am Tai Chi 10am Safeway 12pm Lunch at the Center 1pm BUNCO</p>	<p><b>9</b> 9:30 Lawyer by appointment 10am BiMart 10am Walk With Ease 10:15am Quilt Group 12pm Lunch at the Center 1pm Pinochle &amp; Games 2:30pm PING PONG</p>	<p><b>10</b> 8:00am <b>OUTING: Tillamook Cheese Factory</b> 9:30am Foot Clinic by appt. 10:15am Quilt Group 12:45pm Crafting Corner 3pm MAS Exec. Board Mtg</p>		<p><b>12</b> 9:15am Tai Chi 10am Safeway 12pm Lunch the Center 12pm Don Mitchell Music 1pm BINGO</p>
<p><b>15</b> 9:15am Tai Chi 10am Safeway 12pm Lunch at the Center 1pm BUNCO</p>	<p><b>16</b> 10am BiMart 10am Walk With Ease 10:15am Quilt Group 12pm Lunch at the Center 1pm Pinochle &amp; Games 2:30pm PING PONG</p>	<p><b>17</b> 9:30am Foot Clinic by appt. 10:00am <b>OUTING: Bowling and Lunch at Water Mountain</b> 10:15am Quilt Group</p>	<p><b>18</b> 10am Cascade Center 10am Walk With Ease 12pm Lunch at the Center 12:30pm Remote Control Cars 1pm Cribbage/Texas Holdem 1pm Paint Class <u>Fun</u>raiser</p>	<p><b>19</b> 9:15am Tai Chi 10am Safeway 12pm Lunch at the Center. 11:15am Dennis Stafford Music 1pm Women's Cancer Support 1pm BINGO</p>
<p><b>22</b> 9:15am Tai Chi 10am Safeway 12pm Lunch at the Center 1pm BUNCO</p>	<p><b>23</b> 10am BiMart 10am Walk With Ease 10:15am Quilt Group 12pm Lunch at the Center 12:45pm MAS Craft Hour 1pm Pinochle &amp; Games 2:30pm PING PONG</p>	<p><b>24</b> 10:00am <b>OUTING: All Center Picnic at Silvercreek Falls</b>  CENTER WILL BE CLOSED for the remainder of the day</p>	<p><b>25</b> 10am Cascade Center 10am Walk With Ease 12pm Lunch at the Center 12:30pm Remote Control Cars 1pm Cribbage/Texas Holdem 1pm Paint Class <u>Fun</u>raiser</p>	<p><b>26</b> <b>WESTERN WEAR DAY</b> 9:15am Tai Chi 10am Safeway 12pm Lunch at the Center 12:15pm River City Riders 12:30pm MAS General Meeting &amp; Birthday CELEBRATIONS 1pm BINGO</p> 
<p><b>29</b> 9:15am Tai Chi 10am Safeway 12pm Lunch at the Center 1pm BUNCO</p>	<p><b>30</b> 10am BiMart 10am Walk With Ease 10:15am Quilt Group 12pm Lunch at the Center 1pm Pinochle &amp; Games 2:30pm PING PONG</p>	<p><b>31</b> 10:15am Quilt Group</p>	