

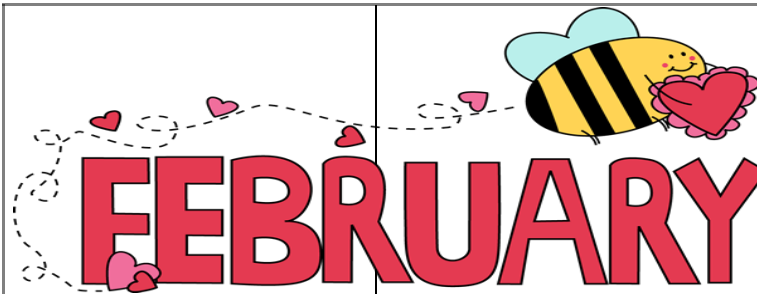
MONDAY

TUESDAY

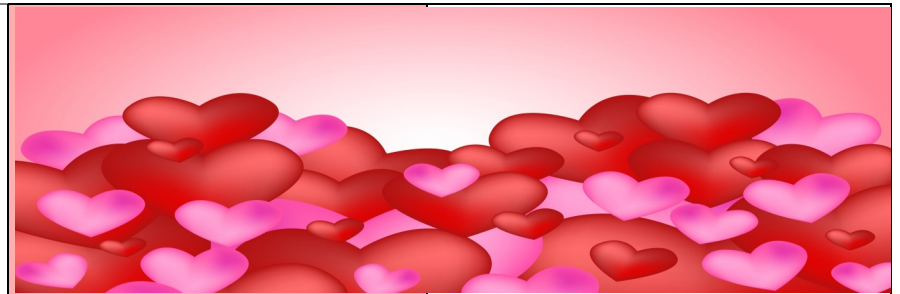
WEDNESDAY

THURSDAY (Dine In)

FRIDAY



Menu is subject to change beyond our control



3 Servers: The Girls
 Beef Mushroom Patty
 Whipped Potatoes
 Cabbage and Carrots
 French Bread
 Sliced Apples

4 Servers: The Girls
 Farmer's Chicken Stew
 Whole Kernel Corn
 Spinach Salad
 Oat Bran Wheat Roll
 Tropical Fruit

5

6 Servers: The Girls
 Beef Taco
 Pinto Beans
 Cilantro Coleslaw
 Flour Tortilla
 Pineapple Tidbits

7 Servers: Marquam United Methodist
 Swiss Style Patty
 Swiss Steak Sauce
 Garlic Whipped Potatoes
 Spinach
 Cracked Wheat Bread
 Peaches

10 Servers: Meadowbrook
 Cheese Lasagna Rollup
 In Marinara Sauce
 Sliced Carrots
 Broccoli
 Honey Wheat Roll
 Fresh Orange

11 Servers: MAS Board
 Caribbean Chicken
 Colcannon Potatoes
 Green Beans/ red peppers
 Seven Grain Bread
 Applesauce

12

13 Servers: The Girls
 Lime Chicken
 Fiesta Vegetables
 Broccoli Ranch Coleslaw
 Rye Bran Roll
 Frosted Marble Cake

14 Servers: Marquam United Methodist
 Parmesan Chicken
 Whole Grain Penne Pasta
 California Vegetables
 Carrot Raisin Salad
 Sunflower Seed Bread
 Valentine Sugar Cookie

17 Center Closed

18 Servers: Mol. Nazarene
 Orange Glazed Chicken
 Brown Rice
 Peas and Carrots
 Coleslaw
 Peach

19

20 Servers: The Girls
 Ground Beef Stew
 Spinach
 Black Bean and Corn Salad
 Dill Roll
 Pears

21 Servers: Marquam United Methodist
 Country Meatballs
 Country Gravy
 Diced Potatoes
 Broccoli and Cauliflower
 Rye Bran Bread
 Mandarin Oranges



24 Servers: The Girls
 Cheese Omelet w/ Cheese Sauce
 Peas and Carrots
 Green Beans
 Herb Roll
 Pineapple Tidbits

25 Servers: St. James alter Society
 Meatloaf w/ Brown Gravy
 Whipped Potatoes
 Brussels Sprouts & Corn
 Focaccia Bread
 Fresh Orange

26

27 Servers: Homeschool Group
 Beef Kettle Lasagna
 Green Beans
 Mixed Vegetables
 Squash Bread
 Fresh Orange

28 Servers: Knights of Columbus
 Around the World :
 Beef Picadillo
 Cilantro Rice
 Pinto Beans
 Romaine Iceberg Salad
 Applesauce

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
   				
3 9:15am Tai Chi 10am Genealogy Class 10am Safeway 12pm Lunch at the Center 1pm BUNCO	4 9:15am Geri-Fit 10am BiMart 10:15am Quilt Group 11am Vet To Vet Café 12pm Lunch at the Center 1pm Pinochle & Games 1pm Sewing Class 2:30pm Ping Pong	5 10:15am Quilt Group 10:00am Breakfast Fundraiser	6 9:15am Geri-Fit 10am Cascade Center 12pm Lunch at the Center 1pm Paint Class <u>F</u> undraiser	7 9:15am Tai Chi 10am Safeway 12pm Lunch the Center 1pm BINGO
10 9:15am Tai Chi 10am Safeway 12pm Lunch at the Center 1pm BUNCO	11 9:15am Geri-Fit 9:30 Lawyer by appointment 10am BiMart 10:15am Quilt Group 12pm Lunch at the Center 1pm Pinochle & Games 1pm Sewing Class 2:30pm Ping Pong	12 9:30am Foot Clinic by appt. 10:00am Outing: Hobby Lobby & IHOP 10:15am Quilt Group 12:45pm Crafting Corner 3pm MAS Exec. Board Mtg	13 9:15am Geri-Fit 10am Cascade Center 12pm Lunch at the Center 1pm Paint Class <u>F</u> undraiser	14 Happy Valentines Day 9:15am Tai Chi 10am Safeway 11am Medicare Class 12pm Lunch the Center 1pm Valentine BINGO
17 Center Closed 	18 9:15am Geri-Fit 10am BiMart 10:15am Quilt Group 12pm Lunch 1pm Pinochle & Games 1pm Sewing Class 2:30pm Ping Pong	19 9:30am Foot Clinic by apt 10:00am Outing: Ray of Hope Thrift Store & Red Robin	20 9:15am Geri-Fit 10am Cascade Center 12pm Lunch at the Center 1pm Paint Class <u>F</u> undraiser	21 9:15am Tai Chi 10am Safeway 12pm Lunch at the Center. 11:15am Dennis Stafford Music 1pm Women's Cancer Support 1pm BINGO
24 9:15am Tai Chi 10am Safeway 12pm Lunch at the Center 1pm BUNCO	25 9:15am Geri-Fit 10am BiMart 10:15am Quilt Group 12pm Lunch 12:45pm MAS Crat Hour 1pm Pinochle & Games 1pm Sewing Class 2:30pm Ping Pong	26 10:15am Quilt Group 9:00am Spirit Mt. Casino & Dairy Queen	27 :15am Geri-Fit 10am Cascade Center 12pm Lunch at the Center 1pm Paint Class <u>F</u> undraiser	28 9:15am Tai Chi 10am Safeway 12pm Lunch at the Center 12:30pm MAS General Meeting AND Birthday Celebrations 1pm BINGO