JUNE 2012 LUNCH MENU AND ACTIVITIES

Monday	Tuesday	Wednesday
NUTRITION PROGRAM - The suggested contribution is $2.50 for people 60 years and over. The meal cost is $5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served. *= Meal contains more than 1000mg sodium*		
4 8:30 Brown Bag Renewals 10:45 Dancing, Social Hall 11:45 Lunch **Stuffed salmon, Pasta and peas, Japanese blend veggies, Carrot raisin Salad, Orange** 1:00 Big Bingo, Social Hall	5 11:45 Lunch **Meat loaf, Bread Corn and red bell peppers, Mashed potatoes, Fruit** 1:00 Movie: Tower Heist 4:00 Wii Bowling 5:15 Drop In Bridge	6 10:30 Line Dancing, Social Hall 11:45 Lunch **BBQ chicken, diced oven potatoes, bread, California blend veggies, Green salad, Fruit** 12:45 Bingo, Social Hall 5:30 Movie: Tower Heist
11 8:30 HICAP 10:00 Movie: Woman of the Year 10:45 Dancing, Social Hall 11:45 Lunch **Chicken and turkey tortellini salad, Cauliflower, peas, tomatoes and broccoli, Dinner roll, Fruit** 1:00 Movie: Adam's Rib 1:00 Workshop: Intro to Wii Bowling	12 8:50 Eyeglass Repair 10:00 Movie: Goldfinger 10:30 Book Club - 'The Glass Castle' 11:45 Lunch **Teriyaki chicken, Brown rice, Japans blend veggies, Green salad w/ tomatoes, Pineapple chunks** 1:00 Movie: Diamonds are Forever 4:00 Wii Bowling 5:15 Drop In Bridge 5:30 "James Bond movie"	*13* 10:30 Line Dancing, Social Hall 11:45 Lunch **Beef enchilada, Tortilla, Spanish rice, Shredded lettuce salad, Fruit** 12:45 Bingo, Social Hall 3:30 Movie: Manhattan 5:30 Movie: Annie Hall
18 10:45 Dancing, Social Hall 11:45 Lunch **Chicken noodle soup, Bread, Salad w/broccoli, beets, onions, lettuce, tomatoes, cucumber and cabbage, Fruit** 2:00 Newcomer's Group	19 11:45 Lunch **BBQ Beef, bread, green beans and cauliflower, green salad, fruit** 1:00 Movie: The Iron Lady 4:00 Wii Bowling 5:15 Drop In Bridge	20 10:00 Podiatry Screening 10:30 Line Dancing, Social Hall 11:45 Lunch **Chef's choice fish, Brown rice, Diced carrots, Coleslaw w/apples and mandarin oranges, Watermelon** 12:45 Bingo, Social Hall 2:00 Senior Advisory Committee Meeting 2:30 Workshop: Searching on Google 5:30 Movie: The Iron Lady
25 10:45 Dancing, Social Hall 11:45 Lunch **Beef stroganoff, Noodles, California blend veggies, Green salad, Gelatin w/ fruit**	*26* 8:30 HICAP 8:50 Eyeglass Repair 11:45 Lunch **Oven breaded chicken, Whole grain bread, Peas and carrots, Baked potato, Fruit** 1:00 Movie: The Descendants 4:00 Wii Bowling 5:15 Drop In Bridge	*27* 10:30 Line Dancing, Social Hall 11:45 Lunch **Frittata w/egg, cheese, ham, broccoli and zucchini, Pasta w/ pesto, Mixied veggies, Green salad, w/broccoli, Pineapple** 12:30 Alzheimer's Screening 12:45 Bingo, Social Hall 5:30 Movie: The Descendants

Double Feature

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Thursday	Friday
	1 10:30 Blood Pressure Check 10:45 Dancing, Social Hall **11:45 Lunch** **Beef minestrone soup w/tomatoes, pasta greens, kidney beans, 4 way blend veggies, Spinach and cucumber salad w/ ½ egg, Cantaloupe** 1:00 Movie: My Week with Marilyn
7 8:30 Notary Service 10:30 Bookmobile **11:45 Lunch** **Hamburger w/ lettuce and tomato, Bun, Green beans, Potato salad, Cantaloupe** 1:00 SALA Appointments 1:00 Workshop: Day Worker Center	**8** 10:30 Blood Pressure Check 10:45 Dancing, Social Hall **11:45 Lunch** **Chili Colorado-pork, Tortilla, Fresh cooked pinto beans, Spinach, cucumber and tomato salad, Apple juice** 1:00 Movie: Tower Heist
14 10:00 Movie: Gone With the Wind pt 1 10:30 Bookmobile **11:45 Lunch** **Baked fish, Brown rice, California blend veggies, Green salad, Fruit, Surprise dessert** *Father's Day Lunch Performance by The Swinging Seniors* 1:00 Movie: Gone With the Wind pt 2	***15*** 10:00 Movie: Gigi 10:30 Blood Pressure Check 10:45 Dancing, Social Hall **11:45 Lunch** **Chicken cacciatore, Seasoned pasta, Onions, green bell peppers, diced tomatoes in entrée, Green salad, Fruit** 1:00 Movie: An American in Paris
21 10:30 Bookmobile **11:45 Lunch** **Seasoned meatballs, Baked penne pasta, Italian veggies, Tossed salad, Fruit** 1:00 SALA Appointments 1:00 Workshop: Ideas to Action	**22** 10:30 Blood Pressure Check 10:45 Dancing, Social Hall **11:45 Lunch** **Chili verde-pork, Tortilla, Fresh cooked pinto beans, Green salad, Fruit** 1:00 Movie: The Iron Lady
28 10:00 VTA Clipper Cards 10:30 Bookmobile **11:45 Lunch** **Ron's chicken, Brown rice, Oriental blend veggies, Green salad w/broccoli, Fruit** 1:00 Workshop: Hiring Help at Home	29 10:30 Blood Pressure Check 10:45 Dancing, Social Hall **11:45 Lunch** **Tuna sandwich w/celery and onions, Whole grain bread, Vegetable soup, Carrot raisin salad, Melon** 1:00 Movie: The Descendants

Strawberry Summer Salad

Ingredients:

1 cup mayonnaise

¼ cup white sugar

1 tablespoon white vinegar

1 tablespoon poppy seeds

1 bunch fresh spinach, washed, stems removed

½ cup diced red onion

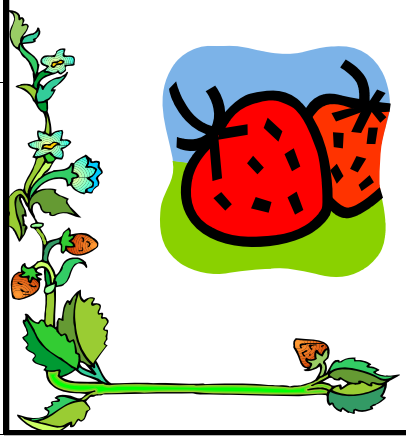
1 (16 ounce) package fresh strawberries, hulled and sliced

1 head iceberg lettuce, torn into bite-size pieces

Directions:

1. Make a dressing by whisking together the mayonnaise, sugar and vinegar in a small bowl. Stir in the poppy seeds; set aside.

2. Toss together the lettuce, spinach, and onion in a large bowl. Drizzle the dressing over the salad and toss to coat. Add the strawberries and lightly toss again. Serve immediately.



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