

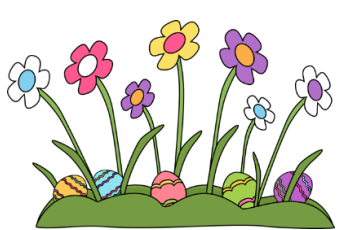






Monday, April 1	Tuesday, April 2	Wednesday, April 3	Thursday, April 4	Friday, April 5
<b>PEPPER STEAK</b> Oriental blend Brown rice Bread Pears	<b>ROSEMARY ROASTED TURKEY w/ LIGHT TURKEY GRAVY</b> Brussel sprouts Corn bread stuffing Roll Peaches	<b>CHICKEN MARSALA</b> Red skinned potatoes Green beans almandine Roll Blueberry applesauce	<b>SLOPPY JOES</b> Carrots, cauliflower and broccoli Wax beans Hamburger roll Chocolate chip cookie	<b>VEGETABLE OMELET w/ AMERICAN CHEESE</b> Cran-apple compote Hash browns Rye bread Fresh Peach
Monday, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12
<b>ROTINI w/ MEATBALLS</b> Cauliflower Bread Peaches	<b>GARLIC CHICKEN</b> Fried brown rice Sesame green beans Roll Fresh orange	<b>BEEF MERLOT</b> Whipped sweet potatoes Roasted beets Bread Cinnamon applesauce	<b>BAKED CHICKEN w/ LIGHT POULET SAUCE</b> Traditional stuffing Carrots, snap peas, broccoli, craisins Roll Fruit cocktail Apple juice	<b>BAKED FISH SANDWICH</b> Grilled vegetables (peppers, zucchini, onions) Lemon herb brown rice Hamburger roll Pineapples
Monday, April 15	Tuesday, April 16	Wednesday, April 17	Thursday, April 18	Friday, April 19
<b>PIZZA BURGER</b> Unseasoned potato wedges Carrots w/ spinach Hamburger roll Mandarin oranges	<b>GLAZED HAM</b> California Blend Vegetables Easter Egg Wash Roll Dessert Grape juice	<b>BAKED FISH w/ TOMATO OLIVES &amp; CAPERS</b> Wax bean, green bean Orzo w peppers Roll Applesauce	<b>ROASTED CHICKEN w/ GARLIC THYME PAN SAUCE</b> Carrots Kale spinach and white beans Bread Lemon muffin	
Monday, April 22	Tuesday, April 23	Wednesday, April 24	Thursday, April 25	Friday, April 26
<b>CREAMY CHICKEN w/ VEGETABLES</b> wide noodles Brussels sprouts Rye bread Fruit cocktail	<b>MANICOTTI w/ CHEESE</b> Broccoli & carrots Pears w oat topping Fresh Plum	<b>SALISBURY STEAK w/ GRAVY</b> Mashed potatoes Mixed vegetables (corn carrot, peas) Club roll Mandarin oranges Orange juice	<b>BBQ CHICKEN</b> Green beans Seasoned potato cubes Roll Applesauce	<b>TORTELLINIS w/ MINI MEATBALLS</b> Zucchini, carrots, yellow squash Warm cinnamon apples Fresh orange
Monday, April 29	Tuesday, April 30			NOTES
<b>CRABCAKE w/ MAC &amp; CHEESE</b> Scalloped tomatoes Broccoli Bread Sugar cookie	<b>PEPPER STEAK</b> Oriental blend (broccoli, snow peas, red peppers) Brown rice Bread Pears			1% Milk* is offered every day  <i>Menu Subject to Change</i>
<b>2019 Menu</b>				

<p align="center"><b>Monday, April 1</b></p> <p>9:00 Walkercise 12:30 LUNCH</p> <p><b>6pm 1st Monday Dinner at Pennsburg U.C.C. and The Center</b></p>	<p align="center"><b>Tuesday, April 2</b></p> <p>10:00 WOW 11:00 Tai Chi 12:30 LUNCH 1:00 Woman's Club - Bridge 1:00 Chinese Mahjong</p>	<p align="center"><b>Wednesday, April 3</b></p> <p>9:00 Walkercise 9:30 Yoga 10:00 Quilting 12:30 LUNCH 1:00 Pinochle</p>	<p align="center"><b>Thursday, April 4</b></p> <p>10:00 WOW 11:00 Tai Chi 12:30 LUNCH 1:00 BP/Health Checks 1:00 American Mahjong</p>	<p align="center"><b>Friday, April 5</b></p> <p>12:30 LUNCH 1:00 Mexican Train Dominos</p>
<p align="center"><b>Monday, April 8</b></p> <p>9:00 Walkercise 9:00 Bible Study 12:30 LUNCH</p>	<p align="center"><b>Tuesday, April 9</b></p> <p>10:00 WOW 11:00 Tai Chi 12:30 LUNCH 1:00 Woman's Club - Country Cards 1:00 Chinese Mahjong</p>	<p align="center"><b>Wednesday, April 10</b></p> <p>9:00 Walkercise 9:30 Yoga 10:00 Quilting 12:30 LUNCH 1:00 Pinochle</p>	<p align="center"><b>Thursday, April 11</b></p> <p>10:00 WOW 11:00 Tai Chi 12:30 LUNCH 12:30 Diner's Club <b>12:30 Cooking Demo w/ Liz</b> 1:00 BP/Health Checks 1:00 American Mahjong</p> 	<p align="center"><b>Friday, April 12</b></p> <p>12:30 LUNCH - <b>Grilled Cheese and Tomato Soup Day!</b> 1:00 Mexican Train Dominos</p>
<p align="center"><b>Monday, April 15</b></p> <p>9:00 Walkercise 12:30 LUNCH</p>	<p align="center"><b>Tuesday, April 16</b></p> <p>10:00 WOW 11:00 Tai Chi 12:30 LUNCH 1:00 Chinese Mahjong</p>	<p align="center"><b>Wednesday, April 17</b></p> <p>9:00 Walkercise 9:30 Yoga 10:00 Quilting 12:30 LUNCH 1:00 Pinochle</p>	<p align="center"><b>Thursday, April 18</b></p> <p>10:00 WOW 11:00 Tai Chi 12:30 LUNCH 1:00 BP/Health Checks 1:00 Canasta 1:00 American Mahjong 1:00 Book Club</p>	<p align="center"><b>Friday, April 19</b></p> <p align="center"><b>CLOSED</b></p>  <p align="center">GOOD FRIDAY</p> <p align="center"><b>MOW WILL NOT BE DELIVERED</b></p>
<p align="center"><b>Monday, April 22</b></p> <p>9:00 Walkercise 9:00 Bible Study 12:30 LUNCH</p>	<p align="center"><b>Tuesday, April 23</b></p> <p>10:00 WOW 11:00 Tai Chi 12:30 LUNCH 1:00 Chinese Mahjong</p>	<p align="center"><b>Wednesday, April 24</b></p> <p>9:00 Walkercise 9:30 Yoga 10:00 Quilting 12:30 LUNCH 1:00 Pinochle</p>	<p align="center"><b>Thursday, April 25</b></p> <p>10:00 WOW 11:00 Tai Chi 12:30 LUNCH 1:00 BP/Health Checks 1:00 Canasta 1:00 American Mahjong</p>	<p align="center"><b>Friday, April 26</b></p> <p>12:30 LUNCH 1:00 Mexican Train Dominos <b>1:00 Acoustic Concert with Steve Walker "A Trip Around the USA"</b></p> 
<p align="center"><b>Monday, April 29</b></p> <p>9:00 Walkercise 12:30 LUNCH 1:00 Country Cards</p>	<p align="center"><b>Tuesday, April 30</b></p> <p>10:00 WOW 11:00 Tai Chi 12:30 LUNCH 1:00 Chinese Mahjong</p>	<p align="center"><b>THE CENTER at THE OPEN LINK</b></p> 	<p align="center"><b>April 2019 Activities</b></p>	