








Monday, April 1	Tuesday, April 2	Wednesday, April 3	Thursday, April 4	Friday, April 5
PEPPER STEAK Oriental blend Brown rice Bread Pears	ROSEMARY ROASTED TURKEY w/ LIGHT TURKEY GRAVY Brussel sprouts Corn bread stuffing Roll Peaches	CHICKEN MARSALA Red skinned potatoes Green beans almandine Roll Blueberry applesauce	SLOPPY JOES Carrots, cauliflower and broccoli Wax beans Hamburger roll Chocolate chip cookie	VEGETABLE OMELET w/ AMERICAN CHEESE Cran-apple compote Hash browns Rye bread Fresh Peach
Monday, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12
ROTINI w/ MEATBALLS Cauliflower Bread Peaches	GARLIC CHICKEN Fried brown rice Sesame green beans Roll Fresh orange	BEEF MERLOT Whipped sweet potatoes Roasted beets Bread Cinnamon applesauce	BAKED CHICKEN w/ LIGHT POULET SAUCE Traditional stuffing Carrots, snap peas, broccoli, craisins Roll Fruit cocktail Apple juice	National Grilled Cheese Day Grilled Cheese & Tomato Soup
Monday, April 15	Tuesday, April 16	Wednesday, April 17	Thursday, April 18	Friday, April 19
PIZZA BURGER Unseasoned potato wedges Carrots w/ spinach Hamburger roll Mandarin oranges	GLAZED HAM California Blend Vegetables Easter Egg Wash Roll Dessert Grape juice	BAKED FISH w/ TOMATO OLIVES & CAPERS Wax bean, green bean Orzo w peppers Roll Applesauce	ROASTED CHICKEN w/ GARLIC THYME PAN SAUCE Carrots Kale spinach and white beans Bread Lemon muffin	CLOSED  GOOD FRIDAY MOW WILL NOT BE DELIVERED
Monday, April 22	Tuesday, April 23	Wednesday, April 24	Thursday, April 25	Friday, April 26
CREAMY CHICKEN w/ VEGETABLES wide noodles Brussels sprouts Rye bread Fruit cocktail	MANICOTTI w/ CHEESE Broccoli & carrots Pears w oat topping Fresh Plum	SALISBURY STEAK w/ GRAVY Mashed potatoes Mixed vegetables (corn carrot, peas) Club roll Mandarin oranges Orange juice	BBQ CHICKEN Green beans Seasoned potato cubes Roll Applesauce	TORTELLINIS w/ MINI MEATBALLS Zucchini, carrots, yellow squash Warm cinnamon apples Fresh orange
Monday, April 29	Tuesday, April 30			NOTES
CRABCAKE w/ MAC & CHEESE Scalloped tomatoes Broccoli Bread Sugar cookie	PEPPER STEAK Oriental blend (broccoli, snow peas, red peppers) Brown rice Bread Pears	 April 2019 Menu		 1% Milk* is offered every day <i>Menu Subject to Change</i>

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