

Monday

Tuesday

Wednesday

Thursday

Friday

Senior Moments Lunch & Snack Menu
March 2024
****Snacks made by Clients in the 'Bakers Rack' Cooking Club****

Turkey & Cheese Sliders
w/Veggie Chips

Chocolate Chip Cookies

1

4	5	6	7	8
Fish Fillet Sandwich w/Corn & Cole Slaw Vanilla Wafers	Hawaiian Meatballs w/Rice **Venetian Carrot Cake**	Egg Salad Sandwich w/Pickles & Chips Fiber One Brownie	Peanut Butter & Jelly Sandwich w/Bananas Blueberry Muffins	Pizza w/Salad Ice Cream Cups
11	12	13	14	15
Hamburger on a Roll w/Fries & Corn Butter Cookies	Chicken Salad w/Cranberries Chocolate Wafers	Turkey, Stuffing & Cranberry Sandwich w/Green Beans **Homemade Box Cake**	Grilled Cheese w/Vegetable Soup Peanut Butter Crackers	Pancakes & Sausage w/Strawberry & Bananas Fiber One Brownie
18	19	20	21	22
Chicken Parmesan w/Buttered Noodles Vanilla Wafers	Hot Dogs on a Roll w/Baked Beans Stella D'oro Cookies	Veggie Rice w/Kielbasa Jell-O w/Cool Whip	Tuna Fish Sandwich w/3-Bean Salad Rice Cake w/Peanut Butter	Turkey Chili w/Cheese & Sour Cream Coffee Cake
25	26	27	28	29
Macaroni & Cheese w/Peas Cheese Danish	Meatball Grinder w/Sauce & Cucumbers **5 Layer Oreo Cake**	Chicken Tenders w/Alfredo Noodles Peanut Butter Wafers	Taco in a Bowl w/Cheese & Sour Cream Ice Cream Sandwich	Pizza w/3-Bean Salad Cheese & Crackers

Rotating Menu/Substitutes available/Menu includes 5 Nutritional food components/Dairy Product offered with each meal/Fruit offered with Breakfast

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<p>Hairdresser (By Appointment Only) 4</p> <p>Monthly Gazette Hula Hoop Challenge Exercise: Rain Forest Hike Music with Ron Good Things Come in Threes</p>	<p>5</p> <p>Venice: The City of Romance Nix the Stix/Bakers Club: Venetian Carrot Cake Exercise: Qigong Music with Ron The Floating City Word</p>	<p>6</p> <p>Fabulous Frog Fun Facts Eleveneses/Craft Club: Lily Pads Exercise: In Madrid Washer Toss It's Not Easy Being Green</p>	<p>7</p> <p>March Brain Busters Music with Ron Exercise: 2-Min Tune Up Bowling March Categories</p>	<p>1</p> <p>What Am I? One & Done/Craft Club: Washi Tape Galoshes Exercise: Chair Boxing Ladder Bolo Crooning with Karen</p> <p>8</p> <p>International Women's Day Bingo Exercise: Fishing Trip Ice Cream Cone Toss Crooning with Karen</p>
<p>Hairdresser (By Appointment Only) 11</p> <p>Who Am I? Bucket Brigade Exercise: Key West Workout Music with Ron All Mixed Up</p>	<p>12</p> <p>Einstein-Szilard Letter to FDR: A World on Fire Bingo Exercise: Bay Swim Music with Ron Theory of Relativity Fun</p>	<p>13</p> <p>A History of the Cake Mix I Got It!/Bakers Rack: Homemade Box Cake Exercise: Gimme an E! Birdie Toss Syllables</p>	<p>14</p> <p>What Makes a Genius? Music with Ron Exercise: Apple A Day Shooters St. Patrick's Day Rhyme Time</p>	<p>15</p> <p>St. Patrick's Day Five Alive/Craft Club: Rainbow Shamrocks Exercise: Chair Yoga Bowling Crooning with Karen</p>
<p>Hairdresser (By Appointment Only) 18</p> <p>Irish Humor Bowling Exercise: Roll the Dice Music with Ron Saint Categories</p>	<p>19</p> <p>Spring has Sprung EZ Yahtzee/Craft Club: Flower Collage Exercise: NE Style Music with Ron ABC's of Spring</p>	<p>Bowling Club 9:30 20</p> <p>Do Opposites Attract? Bingo Exercise: Presidential Fitness Corn Hole Word Match</p>	<p>21</p> <p>Jokes and Java Music with Ron Exercise: Chair Boxing Horse Shoes Spelling Bee</p>	<p>22</p> <p>Shaquille O'Neal Chase the Ace/ Cooking Club: Shaq Mac 'N Cheese Exercise: Rain Forest Hike Clown Toss Crooning with Karen</p>
<p>Hairdresser (By Appointment Only) 25</p> <p>You're Only Old Once by Dr. Seuss Bean Bag Toss Exercise: Qigong Music with Ron Get a Clue</p>	<p>26</p> <p>Oh-Oh Oreo Dice & Strikes/ Bakers Rack: 5 Layer Oreo Cake Exercise: In Madrid Music with Ron You "Can Do It"</p>	<p>27</p> <p>Peeps, Bunnies and Jelly Beans Left Right Center/ Craft Club: Funny Bunny Exercise: 2-Min Tune-Up Egg Toss Easter Basket Whiteboard</p>	<p>28</p> <p>Jeopardy Trivia Music with Ron Exercise: Fishing Trip Bowling Quick as a Wink</p>	<p>29</p> <p>Easter Around the World Bingo Exercise: Key West Workout Golf Crooning with Karen</p>

March Birthdays: Daniel 03/18 and Kay 03/25