

# March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch is Served Daily from 11:30am to 1:00pm	Please Contact Front Reception to Book Any Appointments			1 Steak & Mushroom Pie  Foot Care 
4 Spaghetti & Meatballs  Legal Services 	5 Stuffed Fish  Denture Clinic 	6 Chicken Schnitzel  Foot Care 	7 Shepherd's Pie  Hair Care 	8 Baked Ham
11 Chicken Breast	12 Pizza & Salad  Book Launch 12:30pm Room 142/147	13 Pork Stroganoff  Shamrock Tea 1:00pm (tickets required)	14 Roast Turkey  Seminar: Good Grief 10:30am-11:30am  Hair Care 	15 Chili & Cornbread  Foot Care 
18 Lemon Sole  Massage Therapy 	19 Alternate Dining Room 022/024 *reduced programs  Vintage & Vibrant Luncheon 11:30am - 1:00pm (tickets required—see page 2)	20 Chicken Pot Pie  Seminar: Health, Reason and Common Sense 1:00pm—2:00pm  Foot Care 	21 Salisbury Steak  Hair Care 	22 Chicken & Broccoli Casserole  Birthday Party 
25 Farmer's Sausage	26 Meatloaf	27 Quiche  Seminar: Organic vs. Non-Organic 10:30am-11:30am  Dental Hygiene Clinic 	28 Chicken Dijon	29 Ham Steak  Foot Care 