

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Closed for the Labor Day Holiday	Fish (WGR Breeding) 3 WG Rice Medley Veggies WGR Biscuit Fruit Milk	BBQ Chicken Thighs 4 Potato Salad Veggies WGR Cornbread Fruit Milk	Chicken Enchiladas 5 WGR Tortillas Refried Beans WG Spanish Rice Salsa & Sour Cream Fruit Milk	Cheesy Egg Bake 6 w/Veggies Sausage Links WGR French Toast w/Strawberries Milk
Ground Beef Meatloaf 9 Oven Roasted Red Potatoes Veggies WGR Biscuit Cottage Cheese w/Fruit Milk	Herb Chicken Thighs 10 Baked Beans Veggies Fruit Salad WGR Biscuit Milk	Chicken Salad 11 On WGR Croissant Minestrone Soup Veggies Fruit Milk	WGR Spaghetti 12 with Meatballs WGR Garlic French Bread Caesar Salad Fruit Milk	Chicken Teriyaki w/ 13 WG Rice Veggies WGR Roll Fruit Milk
Pizza on WGR Crust 16 Caesar Salad Fruit Milk	Salisbury Steak 17 With Grawy Garlic Mashers Veggies WGR Roll Fruit Milk	Ground Beef Lasagna (WG) 18 Veggies Fruit WGR Garlic Bread Milk	Sliced Turkey 19 with Cranberry Sauce Mashed Potatoes w/Gravy Veggies WGR Roll Fruit Milk	Baked Potato Bar *** 20 Veggies WGR Muffin Fruit Milk
Cheeseburger 23 on WG Bun Lettuce & Tomatoes Jo-jo's Fruit Milk	Chicken Fettuccini (WGR) 24 Mixed Field Greens Salad WGR Garlic French Bread Fruit Milk	Orange Chicken 25 w/WGR Pasta Broccoli WGR Muffin Fruit Milk	Hot Dogs 26 on WGR Bun WGR Mac N Cheese Bake Veggies Fruit Jello Milk	Pulled Pork 27 on WGR Hoagie Bag of Chips Veggies Fruit Milk
Egg Salad 30 on WGR Croissant Homestyle Chicken Noodle Soup WGR Crackers Fruit			<div style="border: 1px solid black; padding: 5px;"> <p><u>Milk</u> Lochmead Dairy All milk served is 1%/non-fat unflavored or non-fat flavored milk for adult participants.</p> </div>	<p><i>This institution is an equal opportunity provider</i></p>

Aging Summit:
 Saturday September 7th at the
 Church of the Good Samaritan fo-
 cuses on the important conversa-
 tion points regarding older adults
 and their families. For more infor-
 mation and to register for this free
 event please go to our website:
www.gracecenter-covallis.org

Grace Center Open House
 Come and join us on Sunday Sep-
 tember 8th, (Grandparents Day)
 from 1 to 4 pm. This is a free event
 with a variety of fun activities such
 as arts & crafts, music and dance,
 fire truck tours, pony cart rides,
 and more Raffle tickets for fantas-
 tic prizes will be available for pur-
 chase. Hope to see you there!!

Antique Roadshow
 On Wednesday September 25th
 and Thursday September 26th we
 will have a collection of "old" stuff
 for participants to reminisce about.
 Our very own Chase will search
 for information about items. If you
 wish to bring an item please con-
 tact us at activities@gracecenter-covallis.org
 or 541-754-8417.

***BAKED POTATO BAR INCLUDES: POTATO, TACO MEAT, MELTED CHEESE, TOMATOES, GREEN ONIONS, COOKED BROCCOLI, SOUR CREAM & SALSA