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# Stoddard County Nutrition Center Weekly Menu

SEPTEMBER 22ND 2016 BY DEE LOFLIN

## Stoddard County Nutrition Center Weekly Menu

**Dexter, Missouri** - The Stoddard County Nutrition Center aka Dexter Senior Center lunch menu for Monday, September 26th - Friday, September 30, 2016.

The Dexter Senior Center is located at 23 W. Stoddard St. in historic downtown Dexter.

You don't have to be a senior to eat. They serve lunch from 11:30 a.m. - 1 p.m. and the cost is \$3.50 for seniors and \$5.00 for non-seniors.

### **Menu for this week!**

Monday, September 26, 2016 - BBQ Riblet, Chicken & Broccoli Casserole, Sweet Potatoes, Corn, Whole Grain Bread, and Mixed Fruit.

Tuesday, September 27, 2016 - Scrambled Eggs, Sausage, Hash Browns, Biscuit & Gravy, and Cherry Delight.

Wednesday, September 28, 2016 - Chicken and rice, Egg Rolls, Carrots, Broccoli Salad, Whole Grain Crackers, Pineapple.

Thursday, September 29, 2016 - Chef Salad with lettuce, ham, egg, cheese, veggies, Pimento Cheese, Whole Grain Bread, Angel Food Cake & Fruit Compote.

Friday, September 30, 2016 - Chicken Sandwich, Sloppy Joe, Oven Baked Sweet Potato Fries, Coleslaw, Bun, Chocolate Pudding w/Oreo Topping.

### **Activities!**

Monday - You Be the Judge 10:30 a.m. Tri-County Hospice, Bingo at 12:30 p.m.

Tuesday - Sit and Motion, Singing at 10:30 a.m. and Bible Trivia at 12:30 p.m.

Wednesday - Activity Chair Bingo at 10:30 a.m.

Thursday - Toss n Talk at 10:30 a.m. and Music Special at 12:30 p.m.

Friday - Name 10 Teampay at 10:30 a.m. and Bingo at 12:30 p.m.

Homebound Clients: Please give them a courtesy call at (573) 624-7234 by 9:00 a.m. to let them know if they do not need to deliver that day. it is very important that they know if you are in the hospital, changing residence or having a nursing home stay.

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