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# Stoddard County Nutrition Center Menu and Activities

OCTOBER 20TH 2017 BY DEE LOFLIN

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## Stoddard County Nutrition Center Menu and Activities

Dexter, Missouri - Stoddard County Nutrition Center lunch menu for Monday, October 23, 2017 - Friday, October 27, 2017.

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 \$5.50 for non-seniors. Suggested age for seniors is 60+.

Monday, October 23, 2017 - Swiss steak, potatoes, beets, biscuit, and peanut butter cookie.

Sit and Sing Motion at 11:30 a.m. and BINGO at 1 p.m.

Tuesday, October 24, 2017 - Spinach, bacon, and egg quiche, hash browns, biscuit, and peaches.

Activity at 11:30, BINGO at 12:30 and Line Dancing at 1 p.m.

Wednesday, October 25, 2017 - Chicken and wild rice, soup, glazed carrots, WG crackers, and German chocolate cake.

Activity Chair BINGO at 11:15 a.m. and Video at 12:30 p.m.

Thursday, October 26, 2017 - Meatloaf, mashed potatoes, seasoned broccoli, roll, and moist spice cake.

Activity at 11:30 a.m. and Arts and Crafts at 1 p.m.

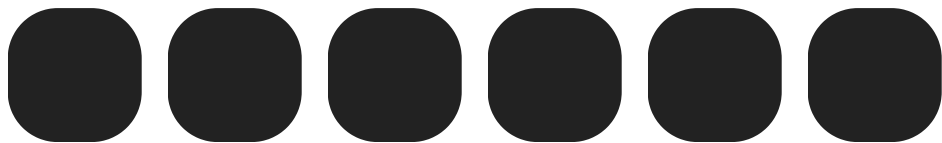
Friday, October 27, 2017 - Chicken strips or catfish, California blend vegetables, cornbread, cinnamon roll, and pizza.

Eat Smart at 11:00 a.m. and BINGO at 1 p.m. Movie Night from 5 p.m. - 7 p.m.

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