

**WASHINGTON ISLAND MENU
DECEMBER 2009**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		BAKED CHICKEN, MASHED POTATOES, GRAVY, BROCCOLI, WHEAT ROLL, FRUITED JELLO 2		
CHICKEN RICE CASSEROLE, BISCUIT, THREE BEAN SALAD, PINEAPPLE TIDBITS 7		BEEF STROGANOFF, EGG NOODLES, CARROTS, BREAD, FRUIT CUP, DEVILS FOOD CAKE 9		PORK CHOPS, BAKED POTATOES, GREEN BEANS, ROLL, APPLE SAUCE, CHERRY CHEESE CAKE 11
BAKED COD, SCALLOPS, POTATOES, MIXED VEGGIES, ROLL, FRUIT, CHOCOLATE CAKE 14		MEAT LOAF W/GRAVY, MASHED POTATOES, STEAMED BROCC/ CAULIFLOWER, BREAD, PUDDING 16		
CREAM OF BROCCOLI SOUP, EGG SALAD SANDWICH, VEGGIES & DP, FRUIT SALAD, COOKIE 21		HAM, GERMAN POTATO SALAD, STEAMED CABBAGE, WHEAT ROLL, APPLE PIE, STRING CHEESE 23		CLOSED MERRY CHRISTMAS 25
LASAGNA, GARLIC BREAD, MIXED SALAD, FRUIT, JELLO 28		CHOP SUEY RICE, ORIENTAL VEGGIES, CHINESE NOODLES, ROLL, FRUIT, COOKIE 30		

* Milk is served with all meals

• ALL RESERVATIONS MUST BE MADE 24 HOURS IN ADVANCE - CALL NELVIE CAULDWELL AT 847-2270

Mind Your Medications

On Wednesday, December 2nd, Christy Wianiewski from the Memory Care Connections program will offer a free presentation about medications which may cause memory loss. The presentation, *Mind Your Medications*, will offer insight into medication side effects, what to do if you are experiencing side effects, and tools to empower conversations with the doctor regarding medication use. The presentation is scheduled to begin at 11:30 at the Washington Island Meal Site, located in the Community Center. If you are planning to stay for lunch at noon, reservations should be made in advance by contacting 847-2270.