

Friends News

1232 W. Beltline, DeSoto, Tx 75115

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www.friendsplaceads.com

Spring

Meet the
Friends Place
Team

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Marylynn Henry

*

Suzy

Dunn-Bradford

*

Yolanda Madison

*

Helen Davis, RN

*

Sharon Holmes

*

Evelyn Tave

*

Lisa Stinson

*

Lucretia Honore

*

Patrice Trimble

*

Shirley Lankford,
LVN

*

Joyce Tarver, RN

Friends Place Mother's Day Luncheon

You are cordially invited to our Annual Mother's Day Tea and Luncheon honoring all our mothers, sisters, daughters, aunts.

Friday, May 8th, 12:00-2:00 p.m.

Please R.S. V. P. by May 1st.

Invite your daughter, your best friend, but come celebrate this day with us at Friends Place. Back by popular demand will be Lois Price, violinist. Fashions by Southern Harts - ehty will be showcasing the latest fashions and BLING. We LOVE bling!!

Mind's Eye Poetry Visits Friends Place

Molly Myers, with Mind's Eye Poetry paid us a visit at Friends Place and what a great time it was! Molly brought her bag of memories and our members soon began to reminisce about everything from ties to cookie jars. Each person that was there, helped to create a poem worthy of publishing. Molly takes her gift of weaving the words and thoughts of others, into beautiful poems for all of us to enjoy. Her message is to let the families know that these ideas and memories are still with their loved ones, and she facilitates to bring them to life. Please enjoy our member's creation.

Collections

Twenty ties
that belonged to my father
at home in my closet,
wheat-eared pennies
and a jar of coins
saved for a rainy day,

A smiling cookie jar
named, "Toothache Dog,"
Hot wheels race cars.
Collections of my childhood.
Collections of my life.



--Nelda, Faye, Robert, Veryl, Ethel,
Charles, Michael, Charlotte, Lamar, &
Rod.

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Friend's Place, Desoto, 2/26/15

Featured Member of the Month

Friends Place member of the month is our very own Tommy Henry; or to most of us “Uncle Tommy”. Tommy was born and raised in Dallas - what we call a real Native Texan.

Tommy stayed busy growing up with eight children in the family. He was sixth in line, so he had to get to the dinner table quickly! He loved his family, and took pride in caring for his mother – “Bango” , as she was called by her kids and grandkids -- later in life. When Tommy is at Friends Place we love hearing his stories of growing up. He knew everyone in the neighborhood, and can tell you all about what sports they played and who their favorite team was. Tommy never met a stranger, and is a wonderful greeter for us - he makes everyone feel welcome.

Tommy worked for the family construction business for as long as he can remember. His mother, in addition to being the mother of eight, was also one of the first women in the construction business who took over her father’s business and brought her children into the business as well. Tommy was a carpenter by trade and worked over fifty years for the family business.

Tommy’s leisure time was spent honing his bowling skills - he was quite the bowler, and it also took him to places all around the world, but for Tommy, Dallas and Texas is the best place on earth. The next time you are at Friends Place, make time to meet him. He is a walking history book on Dallas, and has some great stories to share.

Happy April birthday to...

Charles Hill – April 2

Lamar Johnson – April 10

Vernon Black – April 16

And a warm Friends Place welcome to...

Romeo Lewis
Vernon Black
Charles Hill
Ida Brown

Verdell Luster
John Perrin
Gene Guillory

Caregiver’s Corner by Pam Johnson

“Promoting Positive Self Esteem”

When we are children, good parenting-techniques help us develop feelings of self-respect and positive self-esteem. As adults, we continue to desire to feel accepted and respected by others according to our specific individual needs. But for a person with dementia, it can be quite a challenge to maintain affirmative feelings of respect, personal pride and self-worth without the valuable support of the caregiver.

Here are 10 tips for fostering positive self-esteem.

1. Praise frequently and sincerely – for ideas, actions, decisions, or deeds
2. Value each person as an unique individual- Each of us have our own talents, skills and personalities
3. Show gratitude for efforts regardless of outcomes – the only thing worse than failing is giving up and not trying at all
4. Break tasks into manageable steps- this increases their chances of success which then creates a feeling of achievement
5. Solicit their opinions – Be it an open-ended question or simply asking if they agree or disagree. So... do you think this a good idea?
6. Focus on their strengths and remaining abilities – having realistic expectations will possibly prevent many unnecessary failures
7. Be mindful of the person’s Lifetime Roles – Many people feel defined by their personal, educational or professional accomplishments. Even after retirement or disease, they still need -and deserve- to feel that same respect
8. Allow them to help –being able to make daily contributions promotes feelings of self-worth
9. Encourage sharing of life experiences – we all have a story to share that validates our life
10. Promote independence – enabling techniques, cues and prompts allow them to do things with little or no assistance.

These are some of the many ways that staff at Friends Place is able to help our members feel worthy. Years ago, we had a member say, “*Thank you making me feel whole again*”. Truly, it was the one of the best compliments we ever received. We knew we were on the right path and in keeping with our mission.

VA Program at Friends Place

Many of you know that we have contracted directly with the Veterans Administration to provide our day services at no cost to qualified Veterans (there may be small co-pay). This program is not connected to the Aid & Attendance benefit offered by the VA and is governed by a different set of eligibility rules. Please talk to Marylynne to help you navigate through the VA process.

Come Dig in the Dirt with Us!!



Thursday, April 2nd at
1:30pm.

Friends Place Vegetable Garden is almost ready for our planting this year. We have been hard at work

making ready for our tomato plants, Squash of every kind and other great veggies! We are also planting our wild flowers so we can enjoy them, so if you're in the neighborhood on Thursday, April 2nd around 1:30pm, come out in our backyard- It's starting to look like Spring!!!!

Alzheimer's Association Presents

Alzheimer's Caregiver Lecture

Date/Time: Saturday, April 11
10:00 am until 12:00 pm

Please register, Seating is limited

Speaker: Pam Kovacs Johnson,
Founder Friends Place Adult Day Svc

Topic: Alzheimer's – The Basics

Location: Hillcrest Baptist Church
Bldg. K
265 W. Pleasant Run Rd.
Cedar Hill, TX. 75104

Register: 800-272-3900 or alz.org/greaterdallas

Support Groups and Education for Caregivers in the Southwest Dallas Area

Alzheimer's Support Groups

PLEASE NOTE NEW TIME!

Date: Tuesday, April 14th
Time: 2:00 p.m. - General Discussion

Date: Tuesday, April 28th
Time: 2:00 p.m.
Speaker: Cathy Judd, PA-C,DFAAPA,
UTSW Dept. of Psychiatry,
Psychoneuroendocrinology Research Unit
and Parkland Health & UTSW Hospital

Topic: Recognition and Management of Pain
(rescheduled from Feb due to weather
cancellation)

Activities for your loved one at no charge while
you attend the meeting, with reservations.
Call 972.274.2484.

Location: Friends Place Adult Day Services
1232 W. Belt Line Road
DeSoto, TX. 75115

Look for Upcoming Topics

May – Caregiver Resources in the Area
June - Hoarding

Date: Saturday April 18
Time: 11:00 a.m.
Location: New Life in Christ Lutheran Church
311 S. Cockrell Hill Rd.
Duncanville, TX. 75116

Date: Wednesday, April 8
Time: 6:30 p.m.
Location: Hillcrest Baptist Church
255 W. Pleasant Run Rd
Cedar Hill, Tx.
Questions: 214-718-1286

Parkinson's Support Group

Date: Monday April 27
Time: 6:30 – 8:00
Location: Trinity United Methodist Church
1302 South Clark Road
Duncanville, TX 75137

For other scheduled activities for the Parkinson's
group, please contact Wanda at calljw@sbcglobal.net

Friends Place Adult Day Services
1232 W. Beltline Rd
DeSoto, Tx. 75115

April Happenings!

TH	2 nd	Spring Planting at Friends Place Garden	1:30pm
M	6 th	April Birthday Celebration with Brandon Perry	1:30pm
W	8 th	Cassidy, Service Dog	10:45am
TH	9 th	Sgt. Franks and the DeSoto K-9 Unit	2:15pm
T	14 th	Caregivers Support Group General Discussion	2:00pm
TH	16 th	Carol Lee, Storyteller	2:15pm
T	21 st	Norris Perry, Entertainer	1:30pm
W	22 nd	Cassidy, Service Dog	10:45am
TH	23 rd	Texas Winds Musical Outreach "Brass Quintet"	11:00am
T	23 rd	Caregivers, Support Group Speaker: Cathy Judd P.A.	2:00pm
M	27 th	Joseph Bunger, Singer	1:30pm
M	27 th	Yoga with Charla	2:30pm
T	28 th	Mike Frankel, Accordion Player	11:30am



Save the Date
Annual Mother's Day
Luncheon and Style Show

Friday, May 8
11:30 am

Please RSVP by May 1
972-274-2484

Those of you who have attended in the
past know not to miss this wonderful
event!

Monday

Tuesday

Wednesday

Thursday

Friday

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<div><div><div><div><div>1</div><div>April Fools Day</div></div><div>10:00 April Fools Jokes / Fast Food Crossword /This or That</div><div>10:45 April Fools Word Search / 12 Months of Trivia /Checkers</div><div>11:30 Sit & Be Fit</div><div>12:00 Sing-A-Long</div><div>1:30 Strenthen Your Mind / Feelings in a Jar / Name that Tune</div><div>2:15 Trivia Challenge for Seniors / Think Twice / Sensory Enrichment</div><div>3:00 Bingo with Elsa / Spiritual Study</div><div>4:15 Light & Lively</div><div>4:45 Daisy Categories</div><div>5:15 Choices</div></div><div><div><div><div>2</div><div>Jed Clampett Day</div></div><div>10:00 The Investment Game / Craft: Baby Bunnies /Amazing Memory</div><div>10:45 Wacky Wordies & Concentration / Junk Drawer Detective /Corn Hole</div><div>11:30 Sit & Be Fit</div><div>12:00 Sing-A-Long</div><div>1:30 Spring Garden Planting / Ungame / Puzzles</div><div>2:15 Call Out the Answer / Lucky 7 Card Game / Uno</div><div>3:00 Bingo / Bible Trivia</div><div>4:15 Dance to the Music</div><div>4:45 Random Trivia</div><div>5:15 Dice Baseball</div></div></div><div><div><div><div>3</div><div>Good Friday</div></div><div>10:00 First Original Car / Spanish Made Simple /Match It Card Game</div><div>10:45 Change the First Letter (Cranium Crunches) / Plants & Animals Discussion /Let's Band Together</div><div>11:30 Sit & Be Fit</div><div>12:00 Sing-A-Long</div><div>1:30 Book Club / You Be the Judge / This or That</div><div>2:15 What Am I? / Choices / 4 in a Row</div><div>3:00 Bingo / Movies / Popcorn</div><div>4:15 Light & Lively</div><div>4:45 Bulletin Board Trivia</div><div>5:15 Name 5</div></div></div></div></div>				
<div><div><div><div>6</div><div>College Basketball Championship Game</div></div><div>10:00 Championship Games / Feelings in a Jar /Circuit Fitness</div><div>10:45 Brain Game / Searching for April Word Search /Magnetic Fishing</div><div>11:30 Sit & Be Fit</div><div>12:00 Sing-A-Long</div><div>1:30 April Birthday Celebration with Entertainer, Brandon Perry / Answer Ball /</div><div>2:15 Predicting Outcome / Bowling / Cards</div><div>3:00 Bingo with Jordan / Activities for the Soul</div><div>4:15 Light & Lively</div><div>4:45 Ungame</div><div>5:15 Finishing Words</div></div></div>	<div><div><div><div>7</div><div>Happy Birthday William Wordsworth</div></div><div>10:00 William Wordsworth / Cooking: Fruity Cheesecake Cookie Cup /Block Shop</div><div>10:45 Who Am I? / Punny Names (Cranium Crunches) /Uno</div><div>11:30 Sit & Be Fit</div><div>12:00 Sing-A-Long</div><div>1:30 Word in a Word / Read / Write / Rhyme Tyme</div><div>2:15 Table Talk / Who's Who Game / This or That</div><div>3:00 Bingo / Spiritual Study</div><div>4:15 Dance to the Music</div><div>4:45 Trivia Challenge for Seniors</div><div>5:15 Wheel of Fortune</div></div></div>	<div><div><div><div>8</div><div>Sonja Henie Day</div></div><div>10:00 Travelogue / Beautiful Banknotes (Story, Discussion & Slide Show) /Corn Hole</div><div>10:45 Cassidy / Catch Phrase /</div><div>11:30 Sit & Be Fit</div><div>12:00 Sing-A-Long</div><div>1:30 Strengthen Your Mind / April Word Pictures & Birthday Quiz / Picture It – Can You See the Big Picture?</div><div>2:15 American Trivia / Dominoes / Block Shop</div><div>3:00 Bingo with Elsa / Bible Trivia</div><div>4:15 Light & Lively</div><div>4:45 Name 5</div><div>5:15 Catch Phrase</div></div></div>	<div><div><div><div>9</div><div>End of Civil War Anniversary</div></div><div>10:00 Civil War Bargaining / Spiritual /Storytelling</div><div>10:45 Person, Place, or Thing / Mother of Nature Crossword /Answer Ball</div><div>11:30 Sit & Be Fit</div><div>12:00 Sing-A-Long</div><div>1:30 Brain Game / Predicting Outcome / Bowling</div><div>2:15 DeSoto K-9 Unit / Puzzles</div><div>3:00 Bingo / Activities for the Soul</div><div>4:15 Dance to the Music</div><div>4:45 Think Twice</div><div>5:15 Charades</div></div></div>	<div><div><div><div>10</div><div></div></div><div>10:00 Call Out the Answer / Sign Language /Design Number</div><div>10:45 Discuss and Recall / You Be the Judge /Cards</div><div>11:30 Sit & Be Fit</div><div>12:00 Sing-A-Long</div><div>1:30 Book Club / Lg. Crosswords / Corn Hole</div><div>2:15 Pastimes Complete the Phrase Cards / Uno / Sensory Enrichment</div><div>3:00 Bingo / Spiritual Study</div><div>4:15 Light & Lively</div><div>4:45 Wheel of Fortune</div><div>5:15 Finish the Phrase</div></div></div>
<div><div><div><div>13</div><div></div></div><div>10:00 Traveling to Dubai / Searching for Trees Word Search /Magnetic Fishing</div><div>10:45 Humor / What Am I? /Answer Ball</div><div>11:30 Sit & Be Fit</div><div>12:00 Sing-A-Long</div><div>1:30 Wheel of Fortune / We're in the Money Word Fit / Math Ball</div><div>2:15 Spelling Volunteers Word Fit / Trivia Challenge for Seniors / 4 in a Row</div><div>3:00 Bingo / Bible Trivia</div><div>4:15 Light & Lively</div><div>4:45 You Be the Judge</div><div>5:15 Everyday Life Trivia</div></div></div>	<div><div><div><div>14</div><div>Penny for Your Thoughts Day</div></div><div>10:00 Going to the Bank / Lg. Crossword /Circuit Fitness</div><div>10:45 April IQ / Ungame /Magazine Scavenger</div><div>11:30 Sit & Be Fit</div><div>12:00 Sing-A-Long</div><div>1:30 Everyday Life Trivia / Put It On My "Bill" Fill in the Blank / Sensory Enrichment</div><div>2:15 Finish the Phrase / Putt Putt / Cards</div><div>3:00 Bingo / Activities for the Soul</div><div>4:15 Dance to the Music</div><div>4:45 What Year Was It?</div><div>5:15 Hangman</div></div></div>	<div><div><div><div>15</div><div>Sinking of the Titanic Anniversary</div></div><div>10:00 The Titanic / Finish the Phrase /Block Shop</div><div>10:45 12 Months of Trivia / Passover Word Search /Puzzles</div><div>11:30 Sit & Be Fit</div><div>12:00 Sing-A-Long</div><div>1:30 Strengthen Your Mind / This Was the Year 1955 / This or That</div><div>2:15 Fascinating Facts / Ping Pong Basketball / Craft Kit</div><div>3:00 Bingo with Elsa / Spiritual Study</div><div>4:15 Light & Lively</div><div>4:45 Dice Baseball</div><div>5:15 Wheel of Fortune</div></div></div>	<div><div><div><div>16</div><div></div></div><div>10:00 Stockyards / High Five Tree Collage /Amazing Memory</div><div>10:45 Fact or Foolery / Easter Egg-citement Crossword /Corn Hole</div><div>11:30 Sit & Be Fit</div><div>12:00 Sing-A-Long</div><div>1:30 Money Theme Trivia / Name 5 / Name that Tune</div><div>2:15 Carolee, the Storyteller / Block Shop /</div><div>3:00 Bingo / Bible Trivia</div><div>4:15 Dance to the Music</div><div>4:45 Pictionary</div><div>5:15 Speedy Recall</div></div></div>	<div><div><div><div>17</div><div>Mustang Day</div></div><div>10:00 Movies / Stars / Memories in the Making /This or That</div><div>10:45 Silly Seeds FunSprouts / Picture It – Can You See the Big Picture? /Rhyme Tyme</div><div>11:30 Sit & Be Fit</div><div>12:00 Sing-A-Long</div><div>1:30 Book Club / Finish the Phrase / Let's Band Together</div><div>2:15 Fascinating Facts / Creative Forecasting Word Search / Crosswords / Uno</div><div>3:00 Bingo / Activities for the Soul</div><div>4:15 Light & Lively</div><div>4:45 Family Feud</div></div></div>
<div><div><div><div>20</div><div></div></div><div>10:00 Marathon Monday / Jeopardy Trivia /Creative Forecasting</div><div>10:45 Finishing Words / You Be the Judge /What Comes First?</div><div>11:30 Sit & Be Fit</div><div>12:00 Sing-A-Long</div><div>1:30 Name 5 / Famous Birthday Word Search / Corn Hole</div><div>2:15 You Be the Judge / Dominoes / Corn Holes</div><div>3:00 Bingo / Spiritual Study</div><div>4:15 Light & Lively</div><div>4:45 Choices</div><div>5:15 Finish the Phrase</div></div></div>	<div><div><div><div>21</div><div>Happy Birthday Queen Elizabeth</div></div><div>10:00 Queen Elizabeth Journey / Searching for Jelly Bean Word Search /Circuit Fitness</div><div>10:45 Taboo / Finishing Lines /Uno</div><div>11:30 Sit & Be Fit</div><div>12:00 Sing-A-Long</div><div>1:30 Entertainer, Norris Perry / 1950's Movement</div><div>2:15 Catch Phrase / Putt Putt / 4 in a Row</div><div>3:00 Bingo / Bible Trivia</div><div>4:15 Dance to the Music</div><div>4:45 Predicting Outcome</div><div>5:15 You Be the Judge</div></div></div>	<div><div><div><div>22</div><div>Earth Day</div></div><div>10:00 Why Earth Day? / April Birthday Quiz /Sensory Enrichment</div><div>10:45 Cassidy / Earth Day Word Search /</div><div>11:30 Sit & Be Fit</div><div>12:00 Sing-A-Long</div><div>1:30 Strengthen Your Mind / Uno / Kemps Card Game</div><div>2:15 Remembering & Reminiscing 1930's / Taboo / Let's Band Together</div><div>3:00 Bingo with Elsa / Activities for the Soul</div><div>4:15 Light & Lively</div><div>4:45 Ungame</div><div>5:15 Mind Trap</div></div></div>	<div><div><div><div>23</div><div></div></div><div>10:00 Shakespeare's Birthday / 12 Months of Trivia /Design by Number</div><div>11:00 Texas Winds, Perennial Brass</div><div>11:30 Sit & Be Fit</div><div>12:00 Sing-A-Long</div><div>1:30 What Year Was It? / Lg. Crosswords / This or That</div><div>2:15 You Be the Judge / Penny Pitching / Cards</div><div>3:00 Bingo / Spiritual Study</div><div>4:15 Dance to the Music</div><div>4:45 Brain Game</div><div>5:15 Trivia Challenge for Seniors</div></div></div>	<div><div><div><div>24</div><div>Arbor Day</div></div><div>10:00 Moving on Arbor Day / Spanish Made Simple /Puzzles</div><div>10:45 Tree-mendous Trivia / Arbor Day Word Search /Clay Press</div><div>11:30 Sit & Be Fit</div><div>12:00 Sing-A-Long</div><div>1:30 Predicting Outcomes / Fascinating Facts / Craft Kit</div><div>2:15 Strengthen The Mind / Call Out the Answer / Sensory Enrichment</div><div>3:00 Bingo / Movies / Popcorn</div><div>4:15 Light & Lively</div><div>4:45 Everyday Life Trivia</div><div>5:15 Family Feud</div></div></div>
<div><div><div><div>27</div><div>Babe Ruth Day</div></div><div>10:00 Who Can Hit like Babe Ruth? / American Trivia /Corn Hole</div><div>10:45 52 Weeks of Trivia / Duke Ellington Word Mining /Uno</div><div>11:30 Sit & Be Fit</div><div>12:00 Sing-A-Long</div><div>1:30 Entertainer, Joseph Bunger / Penny Pitching /</div><div>2:30 Yoga with Charla / Answer Ball /</div><div>3:00 Bingo / Bible Trivia</div><div>4:15 Light & Lively</div><div>4:45 Name 5</div><div>5:15 Charades</div></div></div>	<div><div><div><div>28</div><div></div></div><div>10:00 Happy Birthday, Maryland / Everyday Life Trivia /Amazing Memory</div><div>10:45 Pass It On Fill in the Blank / Barking Up the Right Tree Crosswords /Magazine Scavenger</div><div>11:30 Mike Frankel and His Accordion</div><div>12:00 Sing-A-Long</div><div>1:30 Remembering & Reminiscing 1970's / Brain Game / What Things Belongs Together?(Sequencing Activity)</div><div>2:15 Pastimes Complete the Phrase Cards / Fascinating Facts / Design by Number</div><div>3:00 Bingo / Activities for the Soul</div><div>4:15 Dance to the Music</div><div>4:45 Drama Club</div><div>5:15 Remembering and Reminiscing 1940's</div></div></div>	<div><div><div><div>29</div><div>Dale Earnhardt Birth Anniversary</div></div><div>10:00 Speeding with Dale Earnhardt / Jewelry Making /If Money Could Talk Game</div><div>10:45 Speedy Recall / Brain Game /Puzzles</div><div>11:30 Sit & Be Fit</div><div>12:00 Sing-A-Long</div><div>1:30 Strengthen Your Mind / Everyday Life Trivia / Cards</div><div>2:15 Mindtrap / Problem Solving / Uno</div><div>3:00 Bingo with Elsa / Spiritual Study</div><div>4:15 Light & Lively</div><div>4:45 Taboo</div><div>5:15 Catch Phrase</div></div></div>	<div><div><div><div>30</div><div></div></div><div>10:00 Hairstyle History / Sports Trivia /Circuit Fitness</div><div>10:45 Catch Phrase / Dabbling in Spring Tree Art /Let's Band Together</div><div>11:30 Sit & Be Fit</div><div>12:00 Sing-A-Long</div><div>1:30 Call Out the Answer / Think Twice / Answer Ball</div><div>2:15 Trivia Challenge for Seniors / American Trivia / Ungame</div><div>3:00 Bingo / Bible Trivia</div><div>4:15 Dance to the Music</div><div>4:45 Lg. Crosswords</div><div>5:15 Brain Categories</div></div></div>	

7:30 – 9:15 Breakfast / Coffee 9:15 – 10:00 Morning Paper / News / Views / Chat
Water & Juice 11:15 a.m. Lunch 12:30 p.m. Afternoon Snack 3:30 p.m.

Monday

Tuesday

Wednesday

Thursday

Friday



APRIL 2015

Friends Place Adult Day Services, DeSoto Lunch Menu

All meals served with Hot Bread and Iced Tea/Water unless
Otherwise noted. For NCS diets- 1/2 portion dessert or sugar free.
. No table salt.

		1 Beef Vegetable Soup Baked Potatoes w/ Trimmings Green Salad Oatmeal Cookies	2 Smothered Chicken Rice Pilaf California Vegetables Spinach Salad w/Mandarin Oranges Banana Pudding	3 Pulled Pork Sandwiches Potato Salad Scandinavian Vegetables Garden Salad Apple Cobbler
6 Vegetable Lasagna Baked Apples Garlic Bread Mixed Green Salad Vanilla Pudding	7 Soft Beef Tacos Spanish Rice Pinto Beans Coleslaw Salad Angel Food Cake/w/Topping	8 Teriyaki Chicken Rice Oriental Vegetables Green Salad Chocolate Chip Cookies	9 Cheeseburgers on Wheat Bun Baked Chips Green Beans Mixed Green Salad Ambrosia	10 Parmesan Crusted Chicken Macaroni & Cheese Peas & Carrots Spinach Salad w/Mandarin Oranges Sherbet
13 Salisbury Steak Rice Pilaf Chopped Broccoli Green Salad Spice Cookies	14 Chicken Alfredo Italian Vegetables Garlic Bread Spinach Salad w/Mandarin Oranges Peach Cobbler	15 Meatloaf w/ Tomato Sauce Macaroni & Cheese Peas & Carrots Mixed Green Salad Sherbet	16 Chicken Pot Pie Mashed Potatoes Baked Apples Green Salad Lemon Cake w/ Icing	17 Baked Fish Filet w/Lemon Wedges Hush Puppies Scandinavian Vegetables Coleslaw Salad Chocolate Pudding
20 Chicken Fajitas Spanish Rice Ranchero Beans Mixed Green Salad Yellow Cake w/ Icing	21 Pepperoni Pizza Pasta Salad Green Beans Green Salad w/Avocado Sugar Cookies	22 Baked Cod Filet Roasted Potatoes Mixed Vegetables Spinach Salad w/Mandarin Oranges Peach Cobbler	23 Swedish Meatballs w/Mushroom Gravy over Noodles Chopped Broccoli Green Salad Brownies	24 Tomato Basil Soup w/ Grilled Cheese Sandwiches Baked Apples Peas & Carrots Mixed Green Salad Neapolitan Ice Cream
27 Spaghetti Meatballs Chopped Broccoli Garlic Bread Coleslaw Salad Apple Cobbler	28 Stir Fry Chicken Rice Oriental Vegetables Mixed Green Salad Ambrosia	29 Smothered Steak Mashed Potatoes Green Beans Coleslaw Salad Vanilla Pudding	30 Beef Chili Cornbread Peas & Carrots Spinach Salad w/Mandarin Oranges Peanut Butter Cookies	

Approved by: Julie Pan

Date: March 15, 2015