

This Week at Mountain Creek!

January 13 , - January 19, 2019

Sunday, January 13

6:00 Sunday
Devotional THE



Monday, January 14

9:00 Koble - OR3
9:30 Seniorcize - DR
9:30 Summit - FL
2:00 Shuffleboard - 2nd
6:00 42 Club - BR
6:30 Table games - QR3

Tuesday, January 15

9:30 DVD Exercise - FC
9:30 Communion & Rosary - CH
10:00 Sandy's Creation
10:00 Health Talk - New Year,
"New you"
1:30 Bridge Club - BR
2:00 Quarter Bingo
6:00 42 Club - BR
6:30 Table Games - QR3

Wednesday, January 16

9:30 Seniorcize - DR
9:30 Kroger & Summit - FL
10:00 Avon - FL
1:00 Bible Study
2:00 Shuffleboard - 2nd
2:00 Skip-Bo - QR3
2:00 Walmart - FL
3:00 Paul Anderson - FL
6:00 42 Club - BR
6:30 Table games - QR3

Thursday, January 17

9:30 DVD Exercise - FC
2:00 Prize Bingo - MPR
6:00 42 Club - BR
6:00 Wii Bowling - 2ND
6:30 Table Games - QR3

Friday January 18

9:30 Seniorcize - DR
9:30 Summit - FL
2:00 Shuffleboard Practice
5:30 Movie Night - Brian's
Song
6:00 42 Club - BR
6:30 Table Games - QR3

Saturday, January 19

12:00 Paul Baskin - MPR
2:00 Quarter Bingo - MPR
5:30 Table Games - QR3

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| | Trip |
| | Community event |
| | Vendor |
| | Religious |
| | Fitness |
| | Health |

VELMA TAWWATER 1/13

Happy
Birthday

Mountain Creek's Weekly Menu

DAILY HOURS: 8:00 - 9:30 A.M., 11:30 A.M. - 2:00 P.M., & 3:30 - 5:30 P.M.

ALWAYS AVAILABLE AT BREAKFAST: COLD CEREAL OF CHOICE, OMELETS, EGGS TO ORDER, HASHBROWNS & GRAVY

ALL YOU CAN EAT SOUP AND SALAD DURING LUNCH & SUPPER

| SUNDAY, January 13 | | | | |
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| <u>BREAKFAST:</u> Sausage Oatmeal Pancakes | <u>LUNCH:</u> Turkey & Dressing Honey Glazed Ham Mashed Potatoes, Green Bean Casserole, Yams, Cranberry Sauce & Roll | <u>SOUP OF THE DAY</u> Chef's Choice | <u>SUPPER:</u> Ham & Cheese Quiche w/ Cup of Fresh Fruit Beef Goulash, Green Peas & Bread Stick | <u>DESSERT:</u> Mango Cheesecake |
| MONDAY, January 14 | | | | |
| <u>BREAKFAST:</u> Bacon Cream of Wheat Blueberry Muffins | <u>LUNCH:</u> Fried Shrimp Butterfly w/ Cocktail Sauce Spaghetti w/ Meatballs Roasted New Potatoes, Almandine Green Beans, Baby Carrots & Bread | <u>SOUP OF THE DAY</u> Chicken Noodle | <u>SUPPER:</u> Hot Dog w/ Fritos Tamales w/ Cheese Sauce, Spanish Rice & Side of Black Bean Salad | <u>DESSERT:</u> Peach Pie |
| TUESDAY, January 15 | | | | |
| <u>BREAKFAST:</u> Sausage Grits Biscuits & Sausage Gravy | <u>LUNCH:</u> Pork Chops w/ Mushrooms Salmon w/ Dill Sauce Garlic Parmesan Red Potatoes, Broccoli & Cheese, Spinach w/ Caramelized Onions & Bread | <u>SOUP OF THE DAY</u> Cream of Mushroom | <u>SUPPER:</u> Turkey Avocado Croissant Sandwich w/ Chips Chicken Strip Basket w/ Fries & Gravy | <u>DESSERT:</u> Tuxedo Cake |
| WEDNESDAY, January 16 | | | | |
| <u>BREAKFAST:</u> Bacon Oatmeal French Toast | <u>LUNCH:</u> Cilantro Lime Chicken Chicken Fried Steak Scalloped Potatoes, Gravy, Black Eyed Peas, Roasted Brussel Sprouts & Roll | <u>SOUP OF THE DAY</u> Cowboy | <u>SUPPER:</u> Bratwurst Sausage & Sauerkraut w/ Onion Rings BLT Sandwich w/ French Fries | <u>DESSERT:</u> Mexican Nachos w/ Ice Cream |
| THURSDAY, January 17 | | | | |
| <u>BREAKFAST:</u> Sausage Grits Breakfast Burrito | <u>LUNCH:</u> Parmesan Crusted Tilapia Orange Glazed Pork Rice Pilaf, Steamed Broccoli, Roasted Cauliflower & Bavarian Bread | <u>SOUP OF THE DAY</u> Beef Taco | <u>SUPPER:</u> Crunchy Beef Taco w/ Fixings Corn Dog w/ Cup of Fruit | <u>DESSERT:</u> Apple Crisp |
| FRIDAY, January 18 | | | | |
| <u>BREAKFAST:</u> Bacon Cream of Wheat Breakfast Jacks | <u>LUNCH:</u> Fried or Baked Catfish Chicken King Ranch Casserole Fried Potatoes, Pinto Beans Turnip Greens, Hushpuppies & Cornbread | <u>SOUP OF THE DAY</u> Vegetable | <u>SUPPER:</u> Trio Plate Salad (Egg, Chicken & Tuna) w/ Cup of Beets Shrimp Primavera Casserole w/ Baby Carrots & Garlic Bread | <u>DESSERT:</u> Pecan Pie |
| SATURDAY, January 19 | | | | |
| <u>BREAKFAST:</u> Sausage Oatmeal Cinnamon Rolls | <u>LUNCH:</u> Meatloaf Chicken Fried Chicken Baked Potato w/ Fixings, Gravy, Roasted Vegetable Medley & Bread | <u>SOUP OF THE DAY</u> Navy Bean & Ham w/ Cornbread Muffins | <u>SUPPER:</u> Hamburgers w/ Fixings & Fries Grilled PBJ Sandwich w/ Fritos | <u>DESSERT:</u> Chocolate Cake |