

# This Week at Mountain Creek!

January 20 , - January 26, 2019

## Sunday, January 20

6:00 Sunday Devotional THE



## Monday, January 21

9:00 Dr. Salano - QR3  
 9:30 Seniorcize - DR  
 9:30 Summit - FL  
 10:00 FYI Clothing - FL  
 2:00 Shuffleboard - 2nd  
 6:00 42 Club - BR  
 6:30 Table games - QR3

## Tuesday, January 22

9:30 DVD Exercise - FC  
 9:30 Communion & Rosary - CH  
 10:00 Hedy - Vendor FL  
 1:30 Bridge Club - BR  
 2:00 Quarter Bingo  
 4:30 Dine Out - El Ranchito in  
 Arlington Tx.  
 6:00 42 Club - BR  
 6:30 Table Games - QR3

## Wednesday, January 23

9:30 Seniorcize - DR  
 9:30 Kroger & Summit - FL  
 1:00 Bible Study w/ Jewel Cross  
 2:00 Shuffleboard - 2nd  
 2:00 Skip-Bo - QR3  
 2:00 Walmart - FL  
 3:00 Chordbusters - MPR  
 6:00 42 Club - BR  
 6:30 Table games - QR3

## Thursday, January 24

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 25

9:30 Seniorcize - DR  
 9:30 Summit - FL  
 10:00 Bunco - MPR  
 2:00 Shuffleboard Practice  
 6:00 42 Club - BR  
 6:30 Table Games - QR3

## Saturday, January 26

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

Donald Robitaille 1/21  
 Lilly Freidmann 1/23

	Trip
	Community event
	Vendor
	Religious
	Fitness
	Health



# 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 AND SUPPER**

SUNDAY, January 20				
<b>BREAKFAST:</b> Sausage Oatmeal  Pancakes	<b>LUNCH:</b> Slow Cooked Beef Brisket Texas BBQ Baked Chicken  Mashed Potatoes w/ Cream Gravy, Asparagus, Roasted Vegetables & Roll	<b>SOUP OF THE DAY</b>  Chef's Choice	<b>SUPPER:</b> BLT Sandwich w/ Cup of Fresh Fruit  Pulled Pork Sandwich w/ Sweet Potato Fries	<b>DESSERT:</b>  Southern Peach Cobbler
MONDAY, January 21				
<b>BREAKFAST:</b> Bacon Cream of Wheat  Orange Blossom Muffins	<b>LUNCH:</b> Brown Sugar Glazed Pork Chops Spinach Stuffed Chicken Breast  Bacon Roasted Sweet Potatoes, Parmesan Garlic Buttered Corn, Sautéed Spinach & Cornbread Muffins	<b>SOUP OF THE DAY</b>  Potato Soup	<b>SUPPER:</b> Egg Salad Sandwich w/ Chips  Mexican Chicken Casserole, Green Peas & Bread	<b>DESSERT:</b>  Pineapple Upside Down Cake
TUESDAY, January 22				
<b>BREAKFAST:</b> Sausage Grits  Biscuits & Sausage Gravy	<b>LUNCH:</b> Shrimp Alfredo w/ Garlic Bread Or Beef Fajitas  Spanish Rice, Charro Beans, Sugar Snap Peas, Guacamole, Chips & Salsa	<b>SOUP OF THE DAY</b>  Chicken & Dumplings	<b>SUPPER:</b> Grilled Chicken Sandwich w/ Fried Green Beans  Spaghetti w/ Meat Sauce, Vegetable Medley & Garlic Bread	<b>DESSERT:</b>  Soda Shoppe Root Beer Float
WEDNESDAY, January 23				
<b>BREAKFAST:</b> Bacon Oatmeal  French Toast	<b>LUNCH:</b> Beef Stew Baked Chicken  Wild Rice, Sweet Beets, Spinach Casserole & Bread	<b>SOUP OF THE DAY</b>  Vegetable Beef	<b>SUPPER:</b> Hamburger w/ Fixings & French Fries  Shrimp Teriyaki, Fried Rice & Asian Vegetables w/ Egg Roll	<b>DESSERT:</b>  Chocolate Pie
THURSDAY, January 24				
<b>BREAKFAST:</b> Sausage Grits  Breakfast Burritos	<b>LUNCH:</b> Salisbury Steak Salmon Croquettes  Sweet Potato Casserole, Lima Beans, Italian Vegetables & French Bread	<b>SOUP OF THE DAY</b>  Broccoli Cheese	<b>SUPPER:</b> Waffles w/ Strawberries & Toppings, Bacon  Chicken Tacos w/ Lettuce, Tomatoes & Cheese	<b>DESSERT:</b>  Home-baked Cookies w/ Vanilla Ice Cream
FRIDAY, January 25				
<b>BREAKFAST:</b> Bacon Cream of Wheat  Donuts	<b>LUNCH</b> Fried or Baked Catfish Chicken Pot Pie  Fried Potatoes, Pinto Beans Turnip Greens, Hushpuppies or Cornbread	<b>SOUP OF THE DAY</b>  Lentil	<b>SUPPER:</b> Cheese Ravioli w/ Alfredo Sauce & Peas  Beef Au Jus Sandwich & Fried Onion Rings	<b>DESSERT:</b>  Strawberry Shortcake
SATURDAY, January 26				
<b>BREAKFAST:</b> Sausage Oatmeal  Cinnamon Rolls	<b>LUNCH:</b> Pineapple Glazed Ham Honey Mustard Chicken  Scalloped Potatoes, Zucchini & Tomatoes, Buttered Corn & Roll	<b>SOUP OF THE DAY</b>  Chunky Chicken & Rice	<b>SUPPER:</b> Chili Bowl w/ Fixings  Grilled Turkey Melt Sandwich w/ Fritos	<b>DESSERT:</b>  Gingerbread