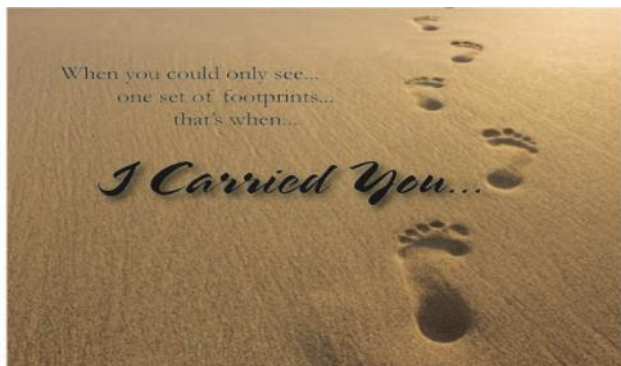


# This Week at Mountain Creek!

July 15 - 21, 2018

## Sunday, July 15

6:00 Sunday Devotional THE



## Monday, July 16

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

## Tuesday, July 17

9:30 DVD Exercise - FC  
9:30 Communion & Rosary - CH  
1:30 Bridge Club - BR  
2:00 Quarter Bingo - MPR  
6:00 42 Club - BR  
6:30 Table Games - QR3

## Wednesday, July 18

9:30 Seniorcize - DR  
9:30 Kroger & Summit - FL  
10:00 AVON - FL  
1:00 Bible Study w/ Mary Ellen  
2:00 Shuffleboard - 2nd  
2:00 Skip-Bo - QR3  
2:00 Walmart - FL  
6:00 42 Club - BR  
6:30 Table games - QR3

## Thursday, July 19

9:30 DVD Exercise - FC  
10:15 Tai Chi  
10 - 2 Cornerstone Boutique—FL  
2:00 Legion of Mary - CH  
2:00 Prize Bingo - MPR  
6:00 42 Club - BR  
6:00 Wii Bowling - 2ND  
6:30 Table Games - QR3

## Friday, July 20

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

## Saturday, July 21

2:00 Quarter Bingo - MPR  
3:00 Baskin Gospel Hour - MPR  
6:30 Table Games - QR3

	Trip
	Community event
	Vendor
	Religious
	Fitness

**Vanita Heath** 7/19  
**Cliff Steele** 7/20  
**Jim Peebles** 7/20



# This Week's Menu

HOURS DAILY: 7:30 - 9:00 A.M., 11:30 A.M. - 2:00 P.M., & 4:00 - 6:00 P.M.

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

**ALWAYS AVAILABLE AT LUNCH AND SUPPER: ALL YOU CAN EAT SOUP AND SALAD**  
**THIS WEEK'S SPECIALS**

SUNDAY, July 15				
<b>BREAKFAST:</b> Bacon Oatmeal Biscuits & Sausage Gravy	<b>LUNCH:</b> Pork Loin w/ Cranberry Sauce Pot Roast w/ Carrots & Potatoes, Mashed Potatoes & Gravy, Italian Green Beans & Bread	<b>SOUP OF THE DAY</b> Beef & Cabbage	<b>SUPPER:</b> Ham & Broccoli & Cheese Quiche w/ Cup of Fresh Fruit  Chicken Pot Pie w/ Biscuit	<b>DESSERT:</b> Raspberry Cheesecake
MONDAY, July 16				
<b>BREAKFAST:</b> Sausage Cream of Wheat Blueberry Muffins	<b>LUNCH:</b> Ritz Chicken Breast Lemon Butter Tilapia, Baked Sweet Potato, Yellow Squash Casserole, Navy Beans & Cornbread	<b>SOUP OF THE DAY</b> Vegetable	<b>SUPPER:</b> BBQ Stuffed Baked Potato w/ Fixings  Pepperoni, Cheese or Supreme Pizza	<b>DESSERT:</b> Hawaiian Cake
TUESDAY, July 17				
<b>BREAKFAST:</b> Bacon Grits  Pancakes	<b>LUNCH:</b> Beef Stir Fry  Shrimp Lo Mein, Fried Rice, Sautéed Zucchini, Mushrooms, Egg Roll or French Bread	<b>SOUP OF THE DAY</b> French Onion	<b>SUPPER:</b> Beef Teriyaki w/ Asian Vegetables & Steamed Rice  Breakfast Jacks w/ Fries	<b>DESSERT:</b> Cherry Crunch
WEDNESDAY, July 18				
<b>BREAKFAST:</b> Sausage Oatmeal French Toast	<b>LUNCH:</b> Beef Lasagna Chicken Alfredo, Baked Potato, Asparagus, Steamed Broccoli & Garlic Bread	<b>SOUP OF THE DAY</b> Chicken & Dumplings	<b>SUPPER:</b> Grilled Turkey & Cheese Sandwich w/ Chips Assorted Wings Basket w/ Fries	<b>DESSERT:</b> Strawberry Shortcake
THURSDAY, July 19				
<b>BREAKFAST:</b> Bacon Grits Breakfast Burritos	<b>LUNCH:</b> Glazed Ham Turkey & Dressing w/ Mashed Potatoes & Gravy, Green Bean Casserole, Yams & Roll	<b>SOUP OF THE DAY</b> Cream of Mushrooms	<b>SUPPER:</b> Waffles w/ Toppings, Scramble Eggs & Sausage  Chicken Quesadilla w/ Charro Beans	<b>DESSERT:</b> Pecan Pie
FRIDAY, July 20				
<b>BREAKFAST:</b> Sausage  Cream of Wheat Danishes	<b>LUNCH</b> Fried or Baked Catfish or Beef Wellington  Fried Potatoes, Pinto Beans Turnip Greens, Hushpuppies & Cornbread	<b>SOUP OF THE DAY</b> Beef Taco	<b>SUPPER:</b> Monte Cristo Sandwich w/ Sweet Potato Fries  Chili Bowl w/ Fixings	<b>DESSERT:</b> Sundae Brownie
SATURDAY, July 21				
<b>BREAKFAST:</b> Bacon  Oatmeal Cinnamon Rolls	<b>LUNCH:</b> Spaghetti w/ Meat Sauce  Chicken Marsala, Roasted New Potatoes, Creamy Spinach Casserole, Carrots & Garlic Bread	<b>SOUP OF THE DAY</b> Creamy Corn Chowder	<b>SUPPER:</b> Reuben Sandwich w/ Fritos  Chicken Tetrazzini Casserole w/ Cauliflower & Bread	<b>DESSERT:</b> Chess Pie