

MINA CARE AND SHARE SENIOR SERVICES

PO Box 195/ 211 8th St., Mina Nevada 89422

E-mail: minacareandshare@att.net

Phone (775) 573-2344; Fax (775) 573-2342

DECEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
2	3	4 CRAFTS	5	6 FOOD BANK	7	8
	Pepper Steak Brown Rice Green Salad Bran Roll Black Bean Soup Mixed Berry Cup #135	Sloppy Joes Peas/Carrots Chopped Spinach Italian Dressing Apple Crisp #70	Beef Patty On Whole Wheat Bun/Baked Beans Lettuce, Onion, Tomato Mixed Vegetables Cantaloupe Chunks #14	Tuna Casserole Green Salad French Dressing Peas Whole Wheat Roll Banana #177		
9	10	11	12	13	14	15
	Grilled Turkey & Swiss on Sourdough Scalloped Potatoes Vegetable Blend White Beans Soup Apricots	Stuffed Peppers Spinach Spaghetti Green Salad Italian Dressing Garlic Bread Nectarine/Pears #61	Chicken Noodle Casserole Zucchini & Tomatoes Vegetarian Beans Cornbread Plum #170	Lemon Baked Fish Peas/Carrots Coleslaw Honey Wheatberry Bread Ginger Cookies Spiced Applesauce Tomato Soup #140	Fallon Trip Leave By 7:00 AM	
16	17	18 CRAFTS	19 BIRTHDAY	20	21	22
	Creamy Chicken Alfredo Green Salad Green beans Garlic Bread Tropical Fruit	BBQ Beef Sandwich Corn on the Cob Baked Beans Steamed Spinach Creamy Coleslaw Citrus Delight #120	Baked Ham Sweet Potatoes Green Beans Casserole Whole Wheat Roll Jell-O w/Fruit Cake Bean Soup	Beef Stew over Whole Wheat Noodles Green Salad/Corn French Dressing Whole Wheat Roll Fruit Cup #16		
23	24	25	26	27	28	29
	Breakfast Served at 10:00 AM Biscuits/Gravy Sausage Patties Scrambled Eggs Peaches/Strawberries Orange Juice		Roast Beef Sweet Potatoes Calico Vegetable Salad/Red Beans Whole Wheat Roll Pineapple Chunks #176	Spaghetti in Meat Sauce Zucchini Green Salad Italian Dressing 7-Grain Bread Orange Mango Cup #39		
30	31 New Years Eve					
	Beef Stir Fry Brown Rice Beet Salad Mandarin Oranges #23					
Hawthorne Trip		****	****	Fallon Trip		Food Bank
Every Wednesday 12:30pm		1% Milk Served Daily	Whole Wheat Bread/Rolls	Dec. 14, 2018		Thursday Dec. 6, 2018
Help Us By: Volunteering and Coming in and having lunch with us!		Blood Pressure Machine Available any time we are Open	Contact Office to Sign up for Transportation 775-573-2344 Thank You for Your Support			Menu Subject To Changes
						