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# Dexter Senior Center Menu Week of September 19th

SEPTEMBER 19TH 2016 BY DEE LOFLIN

## Dexter Senior Center Menu Week of September 19th

**Dexter, Missouri** - The Dexter Senior Center lunch menu for Monday, September 19th - Friday, September 23, 2016.

The Dexter Senior Center is located at 23 W. Stoddard St. in historic downtown Dexter.

You don't have to be a senior to eat. They serve lunch from 11:30 a.m. - 1 p.m. and the cost is \$3.50 for seniors and \$5.00 for non-seniors.

### Menu for this week!

Monday, September 19th - Lasagna, Roast Beef & Gravy, Golden Hominy, Lettuce & Fruit Salad w/Poppyseed, Dressing, Garlic Breadstick.

Tuesday, September 20th - Chicken Sandwich, Salmon Cake, Carrots, Coleslaw, Bun/Bread, Spiced Apple Tart.

Wednesday, September 21st - Taco Salad w/Seasoned Beef & Cheese, Lettuce, Tomatoes, Corn & Black Beans, Tortilla Chips, and Cracker Cake.

Thursday, September 22nd - Chicken & Dumplings, Ham, Spinach, Beets, Roll and Pear Cobbler.

Friday, September 23rd - Fish Sandwich, Chicken Salad, Brussel Sprouts, Carrots, Bun/Bread and Peaches.

On Monday they will have Batting Balloons at 10:30 with Bingo starting at 12:30 p.m.

On Tuesday they will have Blood Pressure Check with the Health Department at 10:00 a.m. and Quick Cooking at 12:30 p.m. Tuesday evening will be the annual Chili Supper.

On Wednesday they will have Activity Chair Bingo with Grace Reliant at 10:30 a.m. and Eating Smart, Being Active with Missouri Extension at 11:00 a.m.

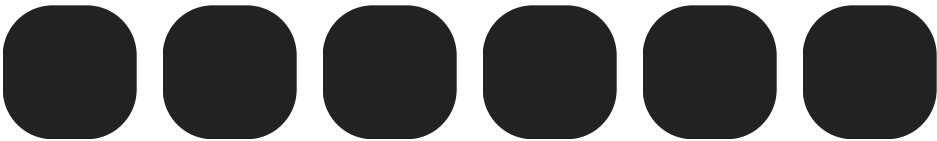
On Thursday it's Toss n Talk with Clearwater In-Home at 10:30 a.m. and a music special at 12:30 p.m.

On Friday it's the Word Search at 10:30 a.m., Bingo at 12:30 p.m. and Movie and Popcorn from 5:00 p.m. - 7:00 p.m.

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