

Banner Olive Branch MENU | April 2024 | All Meals are Prepared Fresh Daily in our Kitchen.

MON	TUE	WED	THU	FRI
<p>1</p> <p>Baked Salmon with a roasted bell pepper sauce, roasted brussel sprouts and a tomato and chickpea couscous salad</p> 	<p>2</p> <p>Herb Chicken with homemade cream sauce with carrots, kale, edamame and quinoa</p> 	<p>3</p> <p>Sweet and Sour Pork with peppers, pineapple and an Oriental Vegetable Mix in a homemade sauce with brown rice</p> 	<p>4</p> <p>Shredded Beef Soft Tacos with Bermuda Mixed Vegetables and Pinto Beans with bell peppers</p> 	<p>5</p> <p>Cold Pastrami Slider with shredded lettuce and Cucumber & Tomato Salad and potato chips</p> 
<p>8</p> <p>Lemon Popcorn Chicken with homemade sauce, oriental mixed vegetables with snow peas and brown rice</p> 	<p>9</p> <p>Pork Roast with Sauerkraut, carrots, sweet potatoes and a roll</p> 	<p>10</p> <p>Sloppy Joes with Bermuda mixed vegetables and wedge potatoes</p> 	<p>11</p> <p>Cheese and Spinach tortellini in a sundried tomato cream sauce, with Normandy mixed vegetables and peas</p> 	<p>12</p> <p>Chicken, mozzarella and artichoke salad with lettuce, tomatoes, and potato chips</p> 
<p>15</p> <p>Pork Chop with warm apples, broccoli, roasted sweet potato and a roll</p> 	<p>16</p> <p>Southwest Chicken with corn relish, Spanish rice with peppers, tomatoes and a Caribbean vegetable mix</p> 	<p>17</p> <p>Burnt End brisket with baby baked potatoes, carrots and a roll</p> 	<p>18</p> <p>White fish in a handmade white wine sauce, asparagus, rice pilaf and Scandinavian vegetable mix</p> 	<p>19</p> <p>Cold Roast Beef Sub with potato salad and potato chips</p> 
<p>22</p> <p>Garlic Shrimp in Cilantro Cream Sauce with brown rice and cauliflower</p> 	<p>23</p> <p>Meatballs in Marinara sauce with pasta, asparagus and Bermuda mixed vegetables</p> 	<p>24</p> <p>Chicken Spinach Salad with cranberries, feta cheese and red onion served with shredded carrots and a roll</p> 	<p>25</p> <p>BBQ Pork with homemade smokey macaroni & cheese, green beans and carrots</p> 	<p>26</p> <p>Tuna Sald with carrots and bell peppers in pasta salad with potato chips</p> 
<p>29</p> <p>Baked Ziti in Meat Sauce with Brussel sprouts and Carribean mixed vegetables</p> 	<p>30</p> <p>Chicken with homemade gravy, brown rice, carrots and cauliflower</p> 	<p>MEMBER LUNCH (Age 60 and older) 11:00am-12:00pm \$5.00 Suggested Contribution</p> <p>GUEST LUNCH (Under age 60) Cost: \$7.00</p>		

BREAKFAST
6:30 am – 8:30am
Cost: \$4.00

TO GO MEAL
\$5.00

*Fresh milk and seasonal fruit are also provided with all meals.

"Happiness is sharing good food with good friends."

 **Banner.**
Olive Branch Senior Center

Banner Olive Branch Activities Calendar | April 2024

MON	TUE	WED	THU	FRI
<p>1 9:30am-1:00pm ClipDart Haircutting</p> <p>10:00-10:45 Exercise 2nd floor</p> <p>12:00-2:00- Games & Social Time</p>	<p>2 10:00-11:00 Computer Class YouTube- you can learn anything.</p>	<p>3 10:00-10:45- Bingo Dining room</p> 	<p>4 9:00-10:00-Support group "How to contain anxiety and worry"- 6 week program- sign up required</p> 	<p>5 10:00-10:45 Exercise 2nd floor</p>
<p>8 10:00-10:45-Exercise 2nd floor</p> <p>12:00-2:00- Games & Social Time</p>	<p>9 9:30-11:00 Medicare support</p> <p>10:00-11:00 Computer Class Title Fraud Prevention</p>	<p>10 8:00-12:00 Medicare Support</p> <p>10:00-10:45 Bingo Dining Room</p>	<p>11 9:00-10:00-Support group "How to contain anxiety and worry"</p> <p>12:30-2:30-Movie</p>  <p>1:00-2:00 Lawyer- by appointment</p>	<p>12 10:00-10:45 Exercise 2nd floor</p>
<p>15 9:30-10:30 Computer Class Special Event</p> <p>10:00-10:45 Exercise</p> <p>12:00-2:00- Games & Social Time</p>	<p>16 9:30-11:00 Medicare support</p>  <p>11:00: Monday Group-Blue Grass/country western band</p>	<p>17 8:00-12:00 Medicare support</p> <p>10:00-10:45 Bingo Dining room</p>	<p>18 9:00-10:00-Support group "How to contain anxiety and worry"</p> <p>1:00-2:00 Lawyer- by appointment</p>	<p>19 10:00-10:45 Exercise 2nd floor</p>
<p>22 10:00-10:45 Exercise 2nd floor</p> <p>12:30-2:00 Low Vision Social Group</p> <p>12:00-2:00- Games & Social Time</p>	<p>23 9:30-11:00 Medicare support</p> <p>10:00-11:00 Computer Class Facebook 101</p> 	<p>24 8:00-12:00 Medicare Support</p> <p>10:00-10:45 Bingo Dining room</p>	<p>25 9:00-10:00-Support group "How to contain anxiety and worry"</p> <p>12:30-2:30-Movie</p>  <p>1:00-2:00 Lawyer- by appointment</p>	<p>26 10:00-10:45 Exercise 2nd floor</p>
<p>29 10:00-10:45 Exercise 2nd floor</p>	<p>30 9:30-11:00 Medicare support</p> <p>10:00-11:00 SPECIAL EVENT: Computer Class - Online Dating</p>	<p>8:00-12:00 Medicare support</p> <p>10:00-10:45Bingo Dining room</p>		

Free Food Pantry Open 7:00am-10:00am

Our Food Pantry is available to anyone 18 and older.

We are a St. Mary's Food Bank Partner

Computer Lab Open Daily 9:00am-2:00pm

Monthly computer classes offered.

Sign up at the 2nd floor reception desk.

Transportation is available.

Visit the Monday Menders Mondays 10:00-11:30

Bring a clean item for mending by skilled sewers from the Sew-n-Sew Club.



Banner Olive Branch Senior Center
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www.BannerHealth.com/OliveBranch