



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>MEATLOAF *Lg/Wild Rice Lima Beans Carrots Bread Fruit Salad</p> <p><i>Pville: Chairside Exercise Class -10:00 am</i></p>	<p>3</p> <p>HERB BAKED CHICKEN Scalloped Potatoes Tomato Salad *Dinner Roll Pears or Ice Cream FRIED CHICKEN AT CENTERS <i>Pville: Serenity Hospice Bingo 10:30</i> <i>EPC: Chairside Exercise Class - 10:15 am</i></p>	<p>4</p>  <p>CENTERS CLOSED TODAY HAPPY BIRTHDAY AMERICA!!</p>	<p>5</p> <p>BINGO AT BOTH CENTERS! PORK ROAST W/GRAVY Mashed Potatoes Green Beans *WG Bread (2) Baked Apples w/Raisins <i>Pville: Ramona's Bingo 10:30</i> <i>EPC: People's Bank Bingo at Noon</i> <i>EPC: Chairside Exercise Class - 10:15 am</i></p>	<p>6</p> <p>PATTY MELT OR CATFISH Sweet Potato Wedges Coleslaw *WG Bun or Bread Melon CATFISH AT CENTERS <i>EPC: Closed</i></p> <p style="text-align: right;">4</p>
<p>9</p> <p>CHICKEN & DUMPLINGS Mixed Veggies Slaw *WG Bread Fruit Salad</p> <p><i>Pville: Chairside Exercise Class -10:00 am</i> <i>EPC: MID AMERICA BINGO AT NOON!</i></p>	<p>10</p> <p>COUNTRY STEAK Mashed Potatoes Green Beans *WG Bread (2) Mandarin Oranges & Pineapple</p> <p><i>Pville: Game Day - all day w/Chris!</i> <i>EPC: Chairside Exercise Class - 10:15 am</i></p>	<p>11</p> <p>PARMESAN CRUSTED CHICKEN BREAST *Lg/Wild Rice Beet Salad Peas Bread Pears or Candy Bar</p> <p><i>Pville: Legacy Hospice Bingo 10:30</i> <i>EPC: PCHD Blood Pressure 11:45</i></p>	<p>12</p> <p>FISH TODAY AT EPC CENTER MOSTACCIOLI Spinach Salad Corn *WG Garlic Bread Peaches</p> <p><i>EPC: FISH TODAY!</i> <i>EPC: Chairside Exercise Class - 10:15 am</i></p>	<p>13</p> <p>MITCH & FRIENDS MUSIC TODAY! BAKED FISH OR FRIED CHICKEN Garlic Mashed Potatoes Carrot Raisin Salad Bread *Apple Crisp CATFISH AT CENTERS <i>Pville: Music & Dancing today!</i> <i>EPC: Closed</i></p> <p style="text-align: right;">5</p>
<p>16</p> <p>MUSHROOM CHOPPED STEAK Mashed Potatoes Green Beans Bread Fresh Fruit LIVER & ONIONS AT CENTERS <i>Pville: Dinner Music w/the Gillettes!</i> <i>Pville: Chairside Exercise Class -10:00 am</i></p>	<p>17</p> <p>BANK OF MO BIRTHDAY DINNER CHICKEN & DUMPLINGS Harvard Beets Bean Salad *WG Bread Jello w/Pears <i>Cake & Ice Cream at Centers!</i> <i>EPC: Better Hearing Bingo at Noon</i> <i>Pville: PCHD Blood Pressure 10:30</i></p>	<p>18</p> <p>EPC: MUSIC TODAY! LUCY'S TERIAKI PORK STEAK Potato Salad Seasoned Boccoli Bread *Fruit Crisp</p> <p><i>Pville: Bingo with Chris at 10:30</i> <i>EPC: Bob Klauss & Friends Music Today!</i></p>	<p>19</p> <p>HERB BAKED CHICKEN California Blend Parsley Potatoes *Dinner Roll Peaches or Candy FRIED CHICKEN AT CENTERS <i>EPC: Chairside Exercise Class - 10:15 am</i></p>	<p>20</p> <p>BBQ RIBLET OR CATFISH Coleslaw Baked Beans *WG Bun or Bread Mixed Fruit or Krispie Treat CATFISH AT CENTERS <i>Pville: Better Hearing Bingo at 10:30</i> <i>EPC: Closed</i></p> <p style="text-align: right;">1</p>
<p>23</p> <p>MEATLOAF Mashed Potatoes Green Beans *Dinner Roll Fruit Salad <i>Pville: Ombudsman Bingo at 10:30</i> <i>EPC: Crown Hospice Bingo at Noon</i> <i>Pville: Chairside Exercise Class -10:00 am</i></p>	<p>24</p> <p>CHICKEN SALAD Beet Salad Coleslaw *WG Bun Blushing Pears <i>Pville: Mike Sauer Bingo at 10:30</i> <i>EPC: Chairside Exercise Class - 10:15 am</i></p>	<p>25</p> <p>CHRISTMAS IN JULY PARTY!! ROAST BEEF Mashed Potatoes Tuscan Veggies *WG Bread (2) Baked Apples or Chocolate Cheesecake <i>Pville: Crown Manicures with Shannon</i> <i>EPC: Apple Project Paperwork Service</i></p> 	<p>26</p> <p>HAM & BEANS Sweet Potato Wedges Cauliflower Cornbread *Peach Crisp COUNTRY STEAK AT CENTERS <i>EPC: Chairside Exercise Class - 10:15 am</i></p>	<p>27</p> <p>BOBBY KLAUS & FRIENDS TODAY! SLOPPY JOE OR POPCORN SHRIMP Garden Corn Salad Glazed Carrots *WG Bun Mixed Fruit CATFISH AT CENTERS <i>Pville: Music & Dancing today!</i> <i>EPC: Closed</i></p> <p style="text-align: right;">2</p>
<p>30</p> <p>TACO SALAD *Spanish Rice Black Bean & Corn Salad Tortilla Chips Tropical Fruit <i>Pville: Chairside Exercise Class -10:00 am</i></p>	<p>31</p> <p>SPAGHETTI W / MEAT SAUCE Green Beans Garden Salad W/Veggies *WG Garlic Bread Peaches or Candy Bar <i>EPC: Chairside Exercise Class - 10:15 am</i></p>	<p style="text-align: center;">Perryville Center's buffet is open from 11:15 - 12:15 Monday thru Friday, and includes salad bar everyday, entrée, vegetables, fruit and a drink. EPC Center serves from 11:30 - Noon \$3.00 suggested donation for Seniors!</p>   <p style="text-align: center;">If you enjoy our centers, please tell your friends, and invite them to join us too!</p>		