

Banner Olive Branch Senior Center MENU | SEPTEMBER 2024

All Meals are Prepared Fresh Daily in our Kitchen.

*The pictures on our menu represent the food being served and may not match the meal exactly.

*Fruit & milk provided with all meals.
Side soup M/W/F; Side Salad T/Th

MON	TUE	WED	THU	FRI	
<p>2</p> <p>CLOSED FOR LABOR DAY</p> 	<p>3</p> <p>Chicken with Homemade Gravy, Brown Rice, Carrots and Cauliflower</p> 	<p>4</p> <p>Pork Schnitzel with Homemade Mushroom Gravy; Scandinavian Vegetables, Wedge Potatoes and Roll</p> 	<p>5</p> <p>Pot Roast Stroganoff with Broccoli and Chef's Choice Vegetable</p> 	<p>6</p> <p>Crab Salad Roll with Tomatoes, Celery, Coleslaw, Potato Chips and Pickle</p> 	
<p>9</p> <p>BBQ Chicken Sandwich with Peapods and Carrots</p> 	<p>10</p> <p>Pork in Marinara Sauce with Pasta, Italian Mixed Vegetables and Asparagus</p> 	<p>11</p> <p>Beef & Brown Rice with Broccoli and Chef's Choice Vegetable</p> 	<p>12</p> <p>Italian Sausage with Peppers and Onions, Baby Baked Potato and Roll</p> 	<p>13</p> <p>Salmon on Mixed Green Salad with Red Onion, Tomato, and Asparagus with Balsamic Dressing and a Roll</p> 	
<p>16</p> <p>Baked Salmon w/ Roasted Bell Pepper Sauce, Roasted Brussel Sprouts; Tomato and Chickpea Couscous</p> 	<p>17</p> <p>Herb Chicken with Homemade Cream Sauce, Carrots, Kale and Edamame in Quinoa</p> 	<p>18</p> <p>Sweet and Sour Pork w/Peppers in Homemade Pineapple Sauce, Chef's Choice Vegetable, Fried Brown Rice</p> 	<p>19</p> <p>Shredded Beef Soft Tacos with Bermuda Mixed Vegetables, Pinto Beans with Bell Peppers</p> 	<p>20</p> <p>Cold Pastrami Slider with Shredded Lettuce, Cucumber & Tomato Salad, Potato Chips, and Pickle</p> 	
<p>23</p> <p>Lemon Popcorn Chicken with Homemade Sauce, Asian Mixed Vegetables, Snow Peas and Brown Rice.</p> 	<p>24</p> <p>Pork Roast with Sauerkraut, Carrots, Sweet Potato, and Roll</p> 	<p>25</p> <p>Sloppy Joe with Bermuda mixed vegetables, and wedge potatoes</p> 	<p>26</p> <p>Cheese & Spinach Tortellini w/Sundried Tomato Cream Sauce, Chef's Choice Veg & Normandy Vegetable</p> 	<p>27</p> <p>Chicken, Mozzarella and Artichoke Salad with Lettuce & Tomatoes, Potato Chips, Roll, and V8</p> 	
<p>30</p> <p>Pork Chop with Warm Apples, Broccoli and Roasted Sweet Potato with a Roll</p> 	<p>Thank you to our partners</p>  		<p>Banner Olive Branch Senior Center 13049 N 103rd Ave. Sun City, AZ 85351 623-465-6000</p>		<p>BREAKFAST - \$5 6:30 – 8:30am</p> <p>TO-GO MEAL - \$5 11am - 12pm</p> <p>BROWN BAG LUNCH - \$5 (Sandwich, Chips, Fruit)</p>
				<p>LUNCH - \$5 (Suggested donation for age 60 & older) 11am - 12pm</p> <p>GUEST LUNCH - \$5 (Under age 60)</p>	

MON

2

CLOSED FOR LABOR DAY



TUE

3

NEW HOURS
7:30-8:30am Mr. Medicare Q&A
9:30-11am Technology Help* with Sunrise Mtn H.S. Dining Room
10-10:45am Exercise
1-2pm Lawyer*



WED

4

9-10:30am Line Dance Class
10am Bingo - Exercise Room
10-11 Mobility/Fall Prevention Class* 1st of 3 classes

THU

5

7:30-9:30am Oak Street Health Dining Room
10am-12pm Banner Medicare Advantage Dining Room
1-2pm Lawyer*

FRI

6

9-10:30am Technology Q&A* Word Documents Sign-up required
10-10:45am Exercise



9

9-10:30am Line Dance Class
9:30-12:30am ClipDarts Haircuts*
10-11:30am Monday Menders - 2nd floor Multipurpose Room

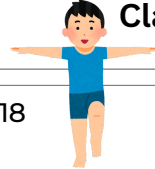


10

7:30-8:30am Mr. Medicare Q&A
10-10:45am Exercise
1-2pm Lawyer*

11

9-10:30am Line Dance Class
10am Bingo - Exercise Room
10-11 Mobility/Fall Prevention Class* 2nd of 3 classes



12

7:30-9:30am Oak Street Health Dining Room
10am-12pm Banner Medicare Advantage - Dining Rm
10-10:45am Virtual Travel Club* Pyramids of Egypt
1-2pm Lawyer*

13

9-10:30am Technology Q&A* Get to Know Your Desktop Sign-up required
12pm Movie* "Walk the Line" FREE POPCORN!

16

9-10:30am Line Dance Class
10-11:30am Monday Menders - 2nd floor Multipurpose Room

17

7:30-8:30am Mr. Medicare Q&A
10-10:45am Exercise
1-2pm Lawyer*



18

9-10:30am Line Dance Class
10am Bingo - Exercise Room
10-11 Mobility/Fall Prevention Class* 3rd of 3 classes

19

7:30-9:30am Oak Street Health Dining Room
10am-12pm Banner Medicare Advantage Dining Room
1-2pm Lawyer*



20

9-10:30am Technology Q&A* Open Lab/Q&A Sign-up required
10-10:45am Exercise



23

9-10:30am Line Dance Class
10-11:30am Monday Menders - 2nd floor Multipurpose Room
12:30-2pm Low Vision Social Group - Exercise Room

24

7:30-8:30am Mr. Medicare Q&A
10-10:45am Exercise
1-2pm Lawyer*

25

9-10:30am Line Dance Class
10am Bingo - Exercise Room
1-2pm Dementia Friends Information Session* Dining Room Sign-up Required 623-465-6000



26

7:30-9:30am Oak Street Health Dining Room
10am-12pm Banner Medicare Advantage - Dining Rm
10-10:45am Virtual Travel Club* Rainforest of Borneo
1-2pm Lawyer*

27

9-10:30am Technology Q&A* Video Chatting Sign-up required
10-10:45am Exercise
12pm Movie* "Daddy Daycare" FREE POPCORN!

30

9-10:30am Line Dance Class
10-11:30am Monday Menders - 2nd floor Multipurpose Room

Olive Branch Activities

*Asterisk means Reservation Required. Please sign up at 2nd floor reception area.

Visit the Monday Menders

Mondays 10-11:30am
Bring a clean item for mending by skilled sewers from the Sew-n-Sew Club.

Computer Lab

Open Daily 9am-2pm except when a class is in session.