

Senior Scenes

Volume 23— Issue 1

JANUARY 2022

2022 - JANUARY - 2022 - JANUARY - 2022

Here we are—**2022**—can you believe it!!!!!! Happy, happy, happy New Year and may this be a year of recovering, understanding, love, peace, good health and joy!!!

2022 will be a year of even more challenges for us—phones that do everything but make coffee and wash windows, robot machines in hospitals to deliver medication, robots in general, then there are the computers that everyone seems to think ALL seniors jump out of bed each day to check emails, etc. (when will they all learn that everyone does not want a computer)—some of us still like to hear a voice, see a face (oh, that is right you can ZOOM your family for holidays now), get a card or letter—you remember them, the people in the US Mail truck delivers them to your door—etc. But we are a resilient group, we roll with the punches, survive pandemics, some have lived through the great depression, seen more wars than we would like to admit, voted in Presidential elections and accepted the outcomes, are still proud to be Americans, and most importantly we have the Penn Hills Senior Service Center to visit when we want company, need assistance with rebates, LiHEAP, maybe a little legal help, etc., to share a lunch with friends, to participate in the many activities offered, to venture out in the evening with other seniors to see a musical, enjoy dinner, go to the casino, and much, much, more.

We are still following pandemic information daily with the CDC and local health authorities, some of it is not what we want to hear, and some is encouraging. Again, we are **SENIOR STRONG** and will help our friends and families get through this. We have seen polio vaccines that have worked, flu vaccine that lessen the spread of flu, shingles shots, pneumonia shots, whopping cough shots, all of which have helped us, and our children and grandchildren grow and thrive. We can survive COVID 19!

This is also a time to thank those who have supported the Penn Hills Senior Service Center over the past two years. To the people that provided extra food for the Grab-n-Go program, to the people who provided extra goodies for the HDM program, and once we reopened, to those who provided treats and special extras to help staff welcome you all back. Without the support of the senior oriented businesses i.e., assisted living facilities, in home care, health insurance companies, the grocery stores, the bakeries, etc., we would not have been able to make some of our surprise pop-up events available for the holidays. Thank you to all who found a way to help us. We appreciate you and want you to know we will not forget.

One more thing for the New Year, we are asking that if you attend a Senior Center activity in our building and it is in the afternoon, please finish up **by 4:15 pm**. Yes, we are open until 4:30 pm, but staff is limited between 3:30 and 4:30 pm and we like to check the building to make sure all doors are locked, and everything is secure before we punch out for the day. This is basically for Mondays, Wednesdays and Fridays, when there are activities in the afternoon, i.e., tai chi, yoga, pinochle, etc. We thank you in advance and know you will understand.

HAPPY NEW YEAR

Phyllis, Lena, Jan, Linda, Michele, Rae, Cheryl, Mary Anne and Romica

SNIPPETS:

Senior Veterans Group: Our next meeting will be on Thursday, FEBRUARY 17, 2022. Notices will be mailed and emails sent to those on my email list before each meeting. If you wish to be removed from the list, please call 412-244-3400 and leave a message and you will be removed. If you are new and would like to join (both ladies and gentlemen veterans), call 412-244-3400, leave your name, address and phone number and you will receive a notice.

Lunch/Coffee at the Center: hot meals will NOT be served in the Senior Centers at this time; however, a delicious box lunch will be offered to eat at the Center twice a month. The two dates in January for "eat in Center box lunches" are —Friday, Jan.14th -- chicken salad w/cranberries on multi-grain bread, and Friday, Jan. 28th --cold roast beef w/Swiss cheese on wheat bun. You can continue to bring your lunch also. If you are coming to the Center, even if it is not for lunch, please remember to call the day before by 11:00 am—412-244-3410 - 412-244-3401; we are slowly allowing more consumers in the lunchroom, but still need to keep it safe. **There will be another change in the Center Lunchroom.** The cost of a 3 lb can of coffee is going up very soon; therefore, the cost of a bottomless cup of coffee is going up to **\$.75** a cup beginning January 3, 2022. The County does not supply coffee to the Senior Centers, and it can be costly. Some of our seniors bring their own coffee cups and use the white Styrofoam cups to fill them. Donations are not as high as they should be and that is how we pay for the coffee, cream, sugar and other breakfast supplies. We know you will understand and support this change and we thank you for your cooperation.

Center Parking: please, please, please do not park in the handicap spaces unless you have a placard to display. I know it is convenient, but please consider those who drive but need a cane or walker to assist them for balance. Some have parked in the MUNICIPAL Employees only spaces—again, this is for the staff who have to punch in at a certain time, there are two spots with signage for a HDM vehicle and our Center van, they are also to be left vacant for those two vehicles and are used when ALL the HDM vehicles are operating properly. Thank you so much for your cooperation it is greatly appreciated.

NEWSLETTERS: if you have an email address please share it with Phyllis—if you have a computer you can view it (in color) on the Municipal web site: www.pennhills.org and click on the Senior option, they are also available at the Center in the lobby of the first floor.

MASKS: There has been no mandate by the State, County or Municipality regarding the wearing of **Masks** at the Center, **BUT** if you feel more comfortable wearing one, please do. If you need one, check the sanitizing stations and if there are none, ask the staff we will gladly provide it to you. Feeling safe is very important. We are all waiting to see if there is a surge in cases after this holiday season.

T-SHIRTS: We are in the process of getting 'sample' tee-shirts for the staff to wear so you can see what they look like. The slogan **!!!SENIOR STRONG !!!** will be on the front and on the back will be **Penn Hills Senior Service Center**. The color will be blue with white printing. We cannot just give them to everyone (even though we would like to) so there will be a \$6.00 charge to cover the cost—this has not been done and will not until we hear back from you. There would be no more than 75 purchased and the sizes would be medium, large, x-large and 1X.

Foundations Exercise Class: We are so very fortunate to be able to offer this class every Thursday to our seniors who may be experiencing balance problems, recovering from mobility surgery or a stroke, experiencing Parkinson's, etc. Our certified instructor, Anne Skrepen, is available to make you feel comfortable and welcome. If you have any questions, please call Lena at 412-244-3405. This class is NOT offered in every Center so the Penn Hills Senior Center is really fortunate to be able to offer it to you. Please see the flyer in this newsletter.

40 Year Anniversary: Please see the Special Anniversary flyer in this month's newsletter.

ACTIVITIES - JANUARY - 2022

JEFFERSON

(Lunch 11:30 am – Bingo 12 noon)

MONDAY

Coloring Nook - 8:00 - 11:00 am
Fitness Matters – 10:00 - 11:00 am
Aqua Aerobics – 10:00 – 11:00 am
Ceramics – 9:00 – 11:00 am
Tai-Chi – 12:30 – 2:00 pm
Yoga – 3:00 – 4:30 pm

TUESDAY

Coloring Nook – 8:00 – 11:00 am
Scrabble – 9:30 – 11:30 am
Mexican Train Dominoes – 10:00 – 11:30 am
Art Class – 12 – 1:30 pm
Cards/Games – 1:00 – 3:30 pm
Line Dancing – 10:00 – 11:00 am

WEDNESDAY

Coloring Nook – 8:00 – 11:00 am
Ceramics Class 1 – 9:00 – 12 noon
Ceramics Class 2 – 11:00 – 2:00 pm
Fitness Matters 10:00 – 11:00 am
Table Tennis – 1:00 -3:00 pm
Aqua Aerobics – 10:00 – 11:00 am
Knitting/Crocheting – 1:30 – 2:30 pm

THURSDAY

Coloring Nook – 8:00 – 11:00 am
Quilting Group - 9:00- 11:00 am
Line Dancing – 10:00 -11:00 am
Foundations – 1:15 -2:15 pm
Cars/Games – 1:00 – 3:30 pm

FRIDAY

Coloring Nook – 8:00 – 11:00 am
Bible Study Class – 10:00 – 11:00 am
Scrabble – 9:30 – 11:30 am
TOPS Weigh-In – 11:15 – 12 noon - Meeting – 12:15 pm
Pinochle – 12:30 – 4:00 pm Cards/Games 1:00 – 3:30 pm

McKINLEY

(Lunch 11:30 am – Bingo 12 noon)

MONDAY

Art & Painting Class – 9:00 am
Cards/Games/Puzzles – 10:00 am
Socialites Weigh-In – 5:30 - 6:00 pm
Meeting: 6:00 – 6:45 pm

TUESDAY

Blood Pressure w/Mary – 9:30 am
Puzzles
Pokeno – 10:00 am
Pickleball – 1:00 – 3:30 pm*

WEDNESDAY

Puzzles
Michigan Rummy – 10:00 am
Volleyball – 2:00 – 4:00 pm*

THURSDAY

Puzzles
Double Pokeno – 10:00 am
Chair Yoga – 10:15 am
Pickleball – 1:30 – 3:30 pm*

FRIDAY

Puzzles
Michigan Rummy – 10:00 am
Games – 10:00 am

Mary Anne has added **McCOFFEE Table Chats** to the daily activities at McKinley. It begins at 9:00 to 10:00 am Monday to Friday (see the info in *McKinley Messenger*).

*Pickle Ball and Volleyball are open to all interested REGISTERED seniors

CCAC CLASSES - JEFFERSON RD. – Blue Room 1st Floor

SENIORS FOR SAFE DRIVING CLASS FOR 2022

Srs. For Safe Driving 2022: following is the new schedule: Tues., Mar. 15th, Tues., June 14th, Tues., Sept. 13th and Tues., Dec. 13th. Remember that all classes are from 12:30 to 4:30 pm. To register for these classes: by phone: 1-800-559-4880 or on line at www.SeniorsForSafeDriving.com. Do NOT call the Senior Center.

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### SHARE AN IDEA

If you have an idea for a new program, please share it with Lena. She is always looking for something new to add to our activities. Maybe you would like to start a chess group or a table shuffleboard group, maybe a new book club, etc. Just because we do not offer it yet does not mean that it is something we don't want to do. We will try and see if it catches on, if it does, it becomes a regularly scheduled program. Give Lena a call at 412-244-3405 with any **GOOD** ideas that you may have.

We do not have a "card club" any longer. The closest we have is 4 gentlemen who play pinochle on Fridays. If you would like to join in, there is room for a few more tables – they meet between 9 am and **4:15 pm** on Fridays. If you like to play bridge, canasta, 500, and have at least 4 people, please call Lena and she will set up a day and time for you to come to the Center to play.

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LUNCH & LEARN

Yes, we are getting back into some kind of "normal" and scheduling these very informative mini programs.

Wednesday, Jan. 26, 2022: Attorney Meg Burkhardt will be here to talk about wills and power of attorney—something we should all be aware of. Plan to come for lunch and learn something that will be of great benefit to you. Program starts at 11:30 to noon.

We are hoping to add a few more to this list but are finding that speakers are cutting back due to the uncertainty of Covid. Let's all hope that this past holiday does not add to increased cases.

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JANUARY CENTER TRIPS

REMEMBER: Sign-up Sheets for the following trips will be on the counter at Michele's desk. Sign-up will be on a 'first come, first served' basis; so, if you are planning on making the trip, come early to sign-up. The theater cost of tickets will be due in full at sign-up. If you have any questions, please call Lena at 412-244-3405 or Michele at 412-244-3400. Also, there are some trips that require a lot of walking, etc. If you use a cane, walker or wheelchair make sure you will be able to participate. We try to include everyone, but sometimes we find there are problems for those with mobility issues.

Friday, Jan. 14, 2022 – Rivers Casino: and good company. We will leave the Center at 10:30am with return pick up at 3 pm.

Friday, Jan. 28, 2022-- Let's Eat Out Group: will be travelling to DeNunzio's Restaurant in Monroeville. Leave Center at 4 pm with return pick up at 7 pm.

We are cutting back trips in January due to the possibility of bad weather.

UPCOMING BENEDUM OUTINGS:

Sunday, March 20, 2022: *Beautiful..the Carole King Musical*

Sunday, April 24, 2022: *To Kill A Mockingbird*

Sunday, May 22, 2022: *The Temptations*

All shows are on Sundays and will be matinees; seats are second tier; and the price per ticket is \$25.00 (cash only) payable in **FULL** at sign-up. Watch future newsletters for sign-up dates, departure from Center and return to Center times.

Remember there will be many more inviting trips available in the coming months and if you have any suggestions, please let Lena know.

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**~~January Activities in the Center Lunchroom:~~** You never know what little surprise will be up Linda's and Rae's sleeves!!!!!! You won't want to miss one day at the Center in January!!!!!!

The ladies would really like to host holiday events as they did pre-pandemic but cannot have the number of participants as before, so they host POP-UP surprise events and I can "hint" that there is one planned for January, Valentine's Day, St. Patrick's Day, etc. maybe not as big as before, but I also hear there will be some entertainment too!!

**JANUARY WAL-MART TRIP: Thursday, January 20, 2022 – we will leave the Center at 11:00 am with a return pick up at 2:30 pm. PLEASE SIGN-UP for this trip in the Center Lunchroom on the sheet outside the Lunchroom office.**

# McKINLEY MESSENGER.....*Mary Anne Sciallo*

"As we start a new year, let's remember ONE word.....ONE....."

One tree can start a forest; One smile can begin a friendship, One hand can lift a soul; One word can frame a goal; One candle can wipe out darkness; One laugh can conquer doom; One hope can raise your spirits; One touch can show you care; One life can make the difference, be that One today.  
Unknown

Keep in mind January's weather brings a slow month for extra activities and trips. Travel safe!

Notice on the activities page I have added "McCoffee Table Chats and Laughs" from 9-10 am. This is something we have always had but not really brought special attention to. With all the alone time we had last January I want you to know you will not be alone in your thoughts here. Laughter is a great form of stress relief, and that's no joke! Laughter can enhance your intake of oxygen-rich air which stimulates your heart, lungs and muscles and increases the endorphins that are released by your brain. Happy thoughts and laughter manifests chemical reactions that can increase your immunity. Positive thoughts can actually release neuropeptides that help fight stress and potentially more serious illness. Laughing produces its own natural painkillers. It helps you connect with people, which lessens depression and anxiety and even improve your self-esteem. Remember the saying "laugh and the world laughs with you"? We share our own situations, mine a little shocking, and we watch the stress fade away. So go ahead and join us early before our main activity of the day and turn the corners of your mouth up into a smile and then give a laugh. Are your muscles a little less tense? Do you feel more relaxed? Give it a try, because laughter IS truly the best medicine.

Monday, January 3 is wear your "comfort clothes" day (whatever they may be). It's also bring your leftover Christmas cookies Day to share! Special coffee, lattes, and hot chocolate will be served.

Wednesday, January 5 is OPT to the Red, White and Blue in Avalon. Be at the McKinley Center at 9:30 for a 9:45 pickup.

Friday, January 14 breakfast will be made and served by yours truly. Breakfast is from 9:15 to 10 a.m. Donation is \$1.

Friday, January 21 is a Pizza and Pop Party at 11:30. We will be getting a delivery from our local Leone's Pizza on Plum Street. Fruit cups will also be served. Cost is \$3 per person.

Friday, January 28 is Book Club at 9:15 a.m. What a great thriller this month!"

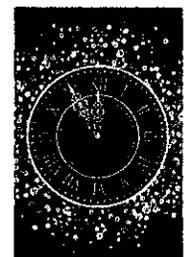
**ALLEGHENY COUNTY DEPARTMENT OF HUMAN SERVICES**  
**AREA AGENCY ON AGING**  
**NUTRITION DEPARTMENT**  
**JANUARY 1 – JANUARY 31, 2022**

**HAPPY NEW YEAR**

| MONDAY                                                                                                                                                                                                                                                                         | TUESDAY                                                                                                                                                                                                                                                                           | WEDNESDAY                                                                                                                                                                                                                                                     | THURSDAY                                                                                                                                                                                                                                                                                         | FRIDAY                                                                                                                                                                                                           |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>1/3/22</b><br/>           Baked Cod<br/>           w/Lemon Wedge<br/>           Au Gratin Potatoes<br/>           Stewed Tomatoes &amp;<br/>           Green Beans<br/>           Multi-Grain Bread<br/>           Strawberry Fruit &amp;<br/>           Grain Bar</p>   | <p><b>1/4/22</b><br/>           Turkey Patty<br/>           Cooked Spinach<br/>           Haluski<br/>           Wheat Bread<br/>           Fruit Cocktail</p>                                                                                                                    | <p><b>1/5/22</b><br/>           Cider Beef Stew<br/>           w/Celery, Onions,<br/>           Carrots &amp; Potatoes<br/>           Brown Rice<br/>           Wheat Roll<br/>           Orange</p>                                                          | <p><b>1/6/22</b><br/>           Chicken Breast<br/>           w/Lemon Herb Sauce<br/>           Gourmet Potatoes<br/>           Italian Green Beans<br/>           w/Red Pepper<br/>           Wheat Bread<br/>           Peach Cuts</p>                                                         | <p><b>1/7/22</b><br/>           Roast Beef w/Gravy<br/>           Whipped Potatoes<br/>           Broccoli Florets<br/>           Dinner Roll<br/>           Gala Apple<br/>           Oatmeal Raisin Cookie</p> |
| <p><b>1/10/22</b><br/>           Boneless Pork w/Gravy<br/>           Butternut Squash<br/>           Cubes<br/>           Cauliflower Florets<br/>           Honey Cracked Wheat<br/>           Bread<br/>           Fuji Apple<br/>           Graham Crackers</p>            | <p><b>1/11/22</b><br/>           Turkey w/Gravy<br/>           Spanish Rice<br/>           (brown rice, beans,<br/>           &amp; peppers)<br/>           Carrot Coins<br/>           Wheat Bread<br/>           Pineapple Cuts</p>                                             | <p><b>1/12/22</b><br/>           Beef Meatballs<br/>           Bowties w/Pasta<br/>           Sauce<br/>           Mixed Veggies (corn,<br/>           peas, green beans<br/>           &amp; carrots)<br/>           Italian Bread<br/>           Orange</p> | <p><b>1/13/22</b><br/>           Birthday Menu<br/>           Pepper Steak<br/>           w/Green Peppers,<br/>           Onions, Mushrooms<br/>           &amp; Tomatoes<br/>           Whipped Potatoes<br/>           Dinner Roll<br/>           Strawberry<br/>           Shortcake Roll</p> | <p><b>1/14/22</b><br/>           Chicken Breast<br/>           w/Mushroom Gravy<br/>           Parsley Potatoes<br/>           Broccoli Florets<br/>           Multi-Grain Bread<br/>           Banana</p>       |
| <p><b>1/17/22</b><br/>           Turkey Burger<br/>           Parmesan<br/>           w/Marinara Sauce &amp;<br/>           Mozzarella Cheese<br/>           Old Bay Potatoes<br/>           Mashed Winter Squash<br/>           Wheat Bread<br/>           Fruit Cocktail</p> | <p><b>1/18/22</b><br/>           Boneless Chicken<br/>           Breast<br/>           w/Honey Dijon<br/>           Sauce<br/>           Broccoli Florets<br/>           Scalloped Potatoes<br/>           Dinner Roll<br/>           Gala Apple</p>                              | <p><b>1/19/22</b><br/>           Shredded BBQ Beef<br/>           Midori Veggies<br/>           Brown Rice Pilaf<br/>           Wheat Bun<br/>           Orange</p>                                                                                           | <p><b>1/20/22</b><br/>           Meatloaf w/Gravy<br/>           Garlic Whipped<br/>           Potatoes<br/>           Peas &amp; Pearl Onions<br/>           Rye Bread<br/>           Cinnamon<br/>           Applesauce</p>                                                                    | <p><b>1/21/22</b><br/>           Lemon Pepper Cod<br/>           Macaroni &amp; Cheese<br/>           Italian Green Beans<br/>           w/Red Pepper<br/>           Multi-Grain Bread<br/>           Banana</p> |
| <p><b>1/24/22</b><br/>           Hearty Beef Stew<br/>           w/Potatoes, Carrots,<br/>           Onions &amp; Celery<br/>           Mexican Blend Veggies<br/>           Dinner Roll<br/>           Orange</p>                                                             | <p><b>1/25/22</b><br/>           Roast Beef<br/>           w/Gravy<br/>           Whipped Potatoes<br/>           Green &amp; Yellow<br/>           Beans<br/>           w/Mushrooms<br/>           Wheat Bread<br/>           Macintosh Apple<br/>           Graham Crackers</p> | <p><b>1/26/22</b><br/>           Turkey Divan<br/>           Parsley Potatoes<br/>           Broccoli Florets<br/>           Honey Cracked<br/>           Wheat Bread<br/>           Banana</p>                                                               | <p><b>1/27/22</b><br/>           Spiral Pasta w/Meat<br/>           Sauce (Turkey)<br/>           Spinach<br/>           Wheat Roll<br/>           Pineapple Cuts &amp;<br/>           Mandarin Oranges</p>                                                                                      | <p><b>1/28/22</b><br/>           Chicken Breast<br/>           w/Gravy<br/>           Savory Potatoes<br/>           Peas &amp; Carrots<br/>           Multi-Grain Bread<br/>           Apricots</p>             |
| <p><b>1/31/22</b><br/>           BBQ Pulled Pork<br/>           Sandwich<br/>           w/Wheat Bun<br/>           Parsley &amp; Chive<br/>           Potatoes<br/>           Brussels Sprouts<br/>           Fruit Cocktail</p>                                               |                                                                                                                                                                                               |                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                  |                                                                                                                             |

All meals include a choice of milk. Menus are subject to change if necessary due to supply and/or emergency.

Please be advised that food served may contain one of the following ingredients: milk, egg, fish (cod, tilapia), crustacean shellfish (crab, shrimp), tree nuts (almonds, pecans, walnuts), wheat, peanuts, soybeans.



# SANDWICH SHOP

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
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|---------------|----------------|--------------|
| BACON         | GRILLED CHEESE | MEAT LOAF    |
| BLT           | HAMBURGER      | MONTE CRISTO |
| CHICKEN       | HERO           | PBJ          |
| CLUB          | HOGIE          | SAUSAGE      |
| CORNED BEEF   | HAM AND SWISS  | SLIDER       |
| CUBAN         | HOT DOG        | SUB          |
| FRIED BALONEY |                | TUNA SALAD   |

Jan 2022  
SMB