October 2019

Feridean Commons Dining Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Chicken & Rice Soup Lunch Choices BBQ Ribs Or Chicken Wings Dinner Choices Stuffed Salmon Or Steak & Mushrooms	2 Chunky Tomato soup Lunch Choices Crispy Chicken Or Scallop Potatoes Dinner Choices Beef Stew over Biscuit Or Cabbage Rolls	3 Wild Mushroom Soup Lunch Choices White Bean Chicken Chili Or Mushroom Swiss Burger Dinner Choices Honey Ham Or Quiche	4 Broccoli Cheese Soup Lunch Choices Open Faced Roast Beef Or Fish Sticks Dinner Choices Prime Rib Or Crispy Cob	5 Beer Cheese Soup Tailgate Party on Patio @ 11:30 Dinner Choices Stuffed Peppers Or Spaghetti
6 Cream of Asparagus Lunch Choices Apple Rosemary Pork Or Flank Steak Dinner Choices Roast Beef Wrap	7 French Onion Soup Lunch Choices Meat Ball Sub Or Chicken Parmesan Dinner Choices Lemon Herb Chicken Or Spinach Ravioli	8 Ham & Bean Soup Lunch Choices Tuna on Tomato Or Turkey Cranberry Salad Dinner Choices BBQ Pork Loin Or Pecan Tilapia	9 Chicken Noodle Soup Lunch Choices Polish Sausage & Potatoes Or Salisbury Steak Dinner Choices Breakfast for Dinner Yom Kippur	10 Chunky Tomato Lunch Choices Trio Salad Or Steak Sandwich Dinner Choices Lasagna Or Honey Walnut Chicken	11 Chicken Tortilla Lunch Choices Chefs Choice Dinner Choices BBQ Ribs Or Stuffed Salmon	12 Pinto Bean & Ham Soup Lunch Choices Pizza Or Calzone Dinner Choices Sloppy Joes Or Chicken Pot Pie
13 Beef Noodle Soup Lunch Choices Lemon Perch Or Beef Roast Dinner Choices Italian Beef Sandwich	14 Wild Mushroom Soup Lunch Choices Biscuit & Gravy or Blueberry Crepes Dinner Choices Apple Raisin Ham or Open Face Roast Beef Columbus Day (US) Thanksgiving Day (Canada) Sukkot	15 Chicken Noodle Soup Lunch Choices Chops & Beans Or BLT Dinner Choices Yankee Pot Roast Or Taco Salad	16 Vegetable Soup Lunch Choices Chefs Choice Or Turkey Rueben Dinner Choices German Food Night	17 Beef Noodle Soup Lunch Choices Roast Beef & Cheddar Or Fish Sandwich Dinner Choices Turkey Breast Or Pot Roast	18 Chicken & Rice Soup Lunch Choices Turkey Casserole Or Ham & Swiss Croissant Dinner Choices Beef Tenderloin Or Crispy Pollock	19 French Onion Soup Tailgate Party on Patio @ 11:30 Dinner Choices Meatloaf Or Chicken Thighs
20 Ham & Bean Soup Lunch Choices Pork Roast Or London Broil Dinner Choices Meatloaf on Texas Toast	21 Mushroom Soup Lunch Choices Chefs Choice Dinner Choices Flank Steak Or Chicken Quarters	22 Potato Soup Lunch Choices Sweet & Sour Chicken Or Beef & Broccoli Dinner Choices Crab Cakes or Sausage Bake Simchat Torah	23 Italian Wedding Soup Lunch Choices Chicken Strips Or Popcorn Shrimp Dinner Choices Italian Food Night	24 Chunky Tomato Lunch Choices Chicken Apple Salad Or Egg Salad Wrap Dinner Choices Cheeseburgers Or Chili Dog	25 Broccoli Cheese Soup Lunch Choices Assorted Pizza Dinner Choices Prime Rib Or Cod Loin	26 Chicken Noodle Lunch Choices Chicken Wings Or Steak Burgers Dinner Choices Pineapple Ham Steak Or Baked Mac & Cheese
27 Ham & Bean Soup Lunch Choices Turkey Breast Or Lamb Shank Dinner Choices Turkey Rueben	28 Cream of Potato Soup Lunch Choices Ham & Dumplings Or Hot Dogs Dinner Choices Mushroom Steak Or Meatloaf	29 Pinto Bean Soup Lunch Choices Chicken & Waffles Or Calzones Dinner Choices Fried Chicken Or Spaghetti	30 Wild Mushroom Soup Lunch Choices Steak Salad Or Chefs Salad Dinner Choices Seafood Night	31 Witches Brew Stew Halloween Party @ 11:30 Halloween Dinner Meal Halloween	**Executive Chef: Brian Kelley** Dining Services Direct Line: 614-359-5953 Dining Room Service Times: Breakfast 7:30 am to 9:00 am, Lunch 11:30 am to 1:00 pm, Dinner 4:30 pm to 6:00 pm	

October 2019

Feridean Commons
6885 Freeman Road
Westerville, Ohio 43082
(614) 898-7488

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 Nail Care - Spa 9:30 Silver Sneakers-KC **11:30 Birthday Celebration-CR w/ Ken & Mary** 1:00 Reminiscing Time-KC 1:00 Wii Bowling-NW 3:00 Bingo-KC 6:00 Euchre - WW	**2** **11:00 LUNCH BUNCH Eat Greek** 11:00 Sit and Be Fit-KC **2:00 Sunbury Library** 6:00 Movie – KC "Charlie Chan in London"	**3** Hair Salon Open 9:30 Silver Sneakers-KC 11:00 Sit & Be Fit-KC 1:00 Wii Bowling-NW 1:00 Shopping with Bev 3:00 Bingo-KC 6:00 Poker Night-EW	**4** 9:30 Bible Study-KC 10:30 Donuts & Cocoa-CR 11:00 Sit & Be Fit-KC 1:00 Bridge-WW 1:30 Canasta-EW 4:00 Happy Hour w/ Scott Brooks - DR	**5** **11:30 OSU Tailgate Party w/ Chef Brian - Patio** 1:00 Movie – KC "Varsity Blues" 3:30 Bingo – KC **7:30 OSU vs Michigan State**
9:30 Church Service-KC **6**	**7** 9:30 A.M. Shopping with Bev 10:00 Art w/ Dianne - KC 11:00 Sit & Be Fit-KC 11:30 Catholic Communion-KC 1:00 Bridge-EW 1:00 Shopping with Bev **3:00 Tribute to Louis Armstrong by Celeste Freidman - KC**	**8** 9:00 Nail Care-Spa 9:30 Silver Sneakers-KC 11:00 Balance Fitness-KC 1:00 Reminiscing Time-KC 1:00 Wii Bowling-NW 3:00 Bingo-KC 6:00 Euchre-WW	**9** **FLU SHOTS** **11:00 LUNCH BUNCH Ming Flower** 11:00 Sit and Be Fit-KC 6:00 Movie – KC "Love Finds a Home" Yom Kippur	**10** Hair Salon Open 9:30 Silver Sneakers-KC 11:00 Sit & Be Fit-KC 1:00 Wii Bowling-NW 1:00 Shopping with Bev-Polaris 3:00 Bingo-KC 6:00 Poker Night-EW	**11** 9:30 Bible Study-KC 10:30 Donuts & Cocoa-CR 11:00 Sit & Be Fit-KC 1:00 Bridge-WW 1:30 Canasta-EW 4:00 Happy Hour w/ Annie Hawe - DR	**12** 1:00 Movie – KC "The Blind Side" 3:30 Bingo – KC (caller is Fawn's son David)
9:30 Church Service-KC **13**	**14** 9:30 A.M. Shopping with Bev 10:00 Art w/ Dianne - KC 11:00 Sit & Be Fit-KC 11:30 Catholic Communion-KC **11:30 Ladies Lunch - CR** 1:00 Bridge-EW 1:00 Shopping with Bev Columbus Day (US) Thanksgiving Day (Canada) Sukkot	**15** 9:00 Nail Care-Spa 9:30 Silver Sneakers-KC 11:00 Balance Fitness-KC 1:00 Reminiscing Time-KC 1:00 Wii Bowling-NW 3:00 Bingo-KC 6:00 Euchre-WW	**16** **Podiatrist Visits** **11:00 LUNCH BUNCH Taqueria Guadalajara** 11:00 Sit and Be Fit-KC **1:00 Episcopal Communion – KC** 6:00 Movie – KC "West Side Story"	**17** Hair Salon Open 9:30 Silver Sneakers-KC **10:00 Westerville Library Visits** 11:00 Sit & Be Fit-KC 1:00 Wii Bowling-NW 1:00 Shopping with Bev 3:00 Bingo-KC 6:00 Poker Night-EW	**18** 9:30 Bible Study-KC 10:30 Donuts & Cocoa-CR 11:00 Sit & Be Fit-KC 1:00 Bridge-WW **1:00 Health Chat - EW** 1:30 Canasta-EW 4:00 Happy Hour w/ The Ramblers - DR **8:30 OSU vs Northwestern**	**19** 1:00 Movie of the Week-KC "We Are Marshall" 3:30 Bingo - KC
9:30 Church Service-KC **20**	**21** 9:30 A.M. Shopping with Bev 11:00 Sit & Be Fit-KC 11:30 Catholic Communion-KC **11:30 Men's Lunch - CR** 1:00 Bridge-EW 1:00 Shopping with Bev	**22** 9:00 Nail Care-Spa 9:30 Silver Sneakers-KC **10:30 Sing-A-Long w/ Debbie LB** 11:00 Balance Fitness-KC 1:00 Reminiscing Time-KC 1:00 Wii Bowling-NW 3:00 Bingo-KC 6:00 Euchre-WW Simchat Torah	**23** **10:45 LUNCH BUNCH Milestone 229** 11:00 Sit and Be Fit-KC 6:00 Movie – KC "Hope Springs"	**24** Hair Salon Open 9:30 Silver Sneakers-KC 11:00 Sit & Be Fit-KC 1:00 Wii Bowling-NW 1:00 Shopping with Bev 3:00 Bingo-KC 6:00 Poker Night-EW	**25** 9:30 Bible Study-KC 10:30 Donuts & Cocoa-CR 11:00 Sit & Be Fit-KC 1:00 Bridge-WW 1:30 Canasta-EW 4:00 Happy Hour w/ Matt Munhall - CR	**26** **TBD OSU vs Wisconsin** **11:30 OSU Tailgate Party w/ Chef Brian - Patio** 1:00 Movie of the Week-KC "House on Haunted Hill" 3:30 Bingo – KC (caller is Fawn's son David)
27 HAPPY BIRTHDAY TO YOU 1 – Jane Florence 2 - Fred Shaw 5 – Steve Moore 10 – Tom Stelzer 25 – Daniel Wingett 26 – Emil Oltean	**28** 9:30 A.M. Shopping with Bev 11:00 Sit & Be Fit-KC 11:30 Catholic Communion-KC 1:00 Bridge-EW 1:00 Shopping with Bev **3:00 Mark Gordon Gaskill sings "The Final Years"**	**29** 9:00 Nail Care-Spa 9:30 Silver Sneakers-KC 11:00 Balance Fitness-KC 1:00 Reminiscing Time-KC 1:00 Wii Bowling-NW 3:00 Bingo-KC 6:00 Euchre-WW	**30** **10:45 LUNCH BUNCH Sweet Carrot** 11:00 Sit and Be Fit-KC 6:00 Movie – KC "Casper"	**31** Hair Salon Open 9:30 Silver Sneakers-KC 11:00 Sit & Be Fit-KC **11:30 Halloween Party-DR** 1:00 Wii Bowling-NW 1:00 Shopping with Bev 3:00 Bingo-KC 6:00 Poker Night-EW Halloween	**Dining: 614-359-5953** ***Lori Coufal: Program Director*** **Bev Roederer-Transportation: 614-216-9322**	