



SENIOR COMMUNITY CAFÉ CALENDAR CONGREGATE AUGUST 2012



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1	Mediterranean Soup Roasted Pork w/Vegetable Gravy Oriental Rice Peas & Diced Carrots Rye Bread Sliced Peaches Over Pound Cake w/Whipped Topping	2	Orange Pineapple Juice Seafarer's Seafood Salad On Croissant Roll Shredded Lettuce Carrot Raisin Salad Potato Puff Fresh Fruit	3	NATIONAL WATERMELON DAY! Roast Turkey w/Gravy Cranberry Sauce Mashed Sweet Potatoes Mixed Vegetables Whole Wheat Bread Watermelon
6	Macaroni & Cheese Mixed Salad Greens French Dressing Stewed Tomatoes & Zucchini 12-Grain Bread Fruit Cocktail	7	Grape Juice Baked Chicken w/Gravy Sweet Potatoes Spinach Wheat Bread Freckled Vanilla Pudding w/Whipped Topping	8	American Chop Suey Sliced Carrots Garden Salad w/Raspberry Vinaigrette Dressing Whole Grain White Bread Fresh Fruit	9	Breaded Pork Steak w/Gravy White & Wild Rice Diced Squash Whole Wheat Bread Apricots	10	Clam Chowder Buttercrumb Fish Square Mashed Potatoes California Blend Vegetables Rye Bread Tropical Fruit
13	Grape Juice Lemon Baked Chicken Sweet Potatoes Summer Squash & Green Beans Oatnut Bread Fruited Gelatin	14	Cran Orange Juice Frankfurter On Frankfurter Roll Baked Beans Mustard/Relish/Ketchup Corn Nibbler Fresh Watermelon	15	Cream of Carrot Soup Baked Fish Filet Tartar Sauce Rice Pilaf Hawaiian Coleslaw Rye Bread Apricots	16	Beef Stroganoff Parslied Bowties Whole Baby Carrots Wheat Dinner Roll Tropical Fruit	17	Chicken Noodle Soup Tuscany Chicken w/Artichokes & Tomatoes Baked Potato Scandinavian Blend Vegetables Rye Bread Peaches & Pears
20	Meatloaf w/Gravy Sour Cream & Chive Mashed Potatoes Brussel Sprouts 12-Grain Bread Fruit Cocktail	21	Fish Florentine Mashed Potatoes Broccoli Normandy Whole Wheat Bread Mixed Berried (Strawberries & Blueberries) Shortcake w/Whipped Topping	22	NATIONAL EAT A FRESH PEACH DAY! Pork Oriental w/Orange Sauce Over Fluffy White Rice Oriental Vegetables Pumpernickel Bread Fresh Peach	23	Zucchini Soup Sesame Baked Chicken White & Brown Rice Italian Mixed Vegetables Wheat Bread Tropical Fruit	24	Ziti & Italian Meatballs w/Italian Sauce Parmesan Cheese Italian Green Beans Spinach Salad w/ Cherry Tomatoes/Cucumbers Italian Dressing Italian Bread Apricots
27	Chicken Parmesan Rotini w/Tomato & Basil Sauce Broccoli Cuts Wheat bread Pineapple Tidbits	28	Vegetable Chicken Soup Tuna Salad On Wheat Bun Leaf Lettuce & Sliced Tomato 3-Bean Salad Potato Wedges Sliced Peaches	29	Roast Turkey w/Gravy Sweet Potatoes & Apples Cranberry Sauce Mixed Vegetables Buttermilk Biscuit Apricots	30	Country Style soup Tony's Individual Cheese Pizza Salad Greens w/Cherry Tomatoes/Cucumber Italian Salad Dressing Saltines Fresh Fruit	31	Orange Juice Salisbury Steak w/Peppers Onions/Mushrooms Wild Rice Broccoli & Cauliflower Oatnut Bread Frosted Cake

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses.
All meals are served with milk, bread and margarine. DONATIONS: \$2.00 (or whatever you can afford)