



SENIOR COMMUNITY CAFÉ CALENDAR CONGREGATE SEPTEMBER 2012



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	CLOSED IN OBSERVANCE OF LABOR DAY	4	Baked Ham w/Raisin Sauce Mashed Potatoes Spinach Whole Wheat Bread Tropical Fruit	5	Pier 17 Fish Rice Medley Mixed Vegetables Wheat Dinner Roll Fresh Fruit	6	Vegetable Soup Breaded Chicken Cutlet On Star Sandwich Roll Italian Pasta Salad Leaf Lettuce & Sliced Tomato Mayonnaise Sliced Peaches & Pears	7	Roast Beef w/Vegetable Gravy Parslied Boiled Potatoes Peas & Pearl Onions Wheat Dinner Roll Pineapple Tidbits
10	<i>Roasted Chicken Quarter w/Broth Herb Stuffing Brussel Sprouts Dinner Roll Apricots</i>	11	Swedish Meatballs w/Sauce Egg Noodles Green Beans & Wax Beans Wheat Bread Sliced Pears	12	Mediterranean Soup Roasted Pork w/Vegetable Gravy Oriental Rice Peas & Diced Carrots Rye Bread Sliced Peaches Over Pound Cake w/Whipped Topping	13	Orange Pineapple Juice Seafarer's Seafood Salad On Croissant Shredded Lettuce Carrot Raisin Salad Potato Puff Fresh Fruit	14	Roast Turkey w/Gravy Cranberry Sauce Mashed Sweet Potatoes Mixed Vegetables Whole Wheat Bread Pineapple Tidbits
17	Macaroni 7 Cheese Mixed Salad Greens French Dressing Stewed Tomatoes & Zucchini Wheat Bread Fruit Cocktail	18	NATIONAL BUTTERSCOTCH PUDDING DAY! Grape Juice Baked Chicken w/Gravy Sweet Potatoes Spinach 12-Grain Bread Butterscotch Pudding w/Whipped Topping	19	American Chop Suey Sliced Carrots Garden Salad w/Raspberry Vinaigrette Dressing Whole Grain White Bread Fresh Fruit	20	Breaded Pork Steak w/Gravy White & Wild Rice Diced Squash Whole Wheat Bread Apricots	21	Clam Chowder Buttercrumb Fish Square Mashed Potatoes California Blend Vegetables Rye Bread Tropical Fruit
24	Grape Juice Lemon Baked Chicken Sweet Potatoes Summer Squash & Green Beans Oatnut Bread Fruited Gelatin	25	Cran Orange Juice Frankfurter On Frankfurter Roll Baked Beans Mustard/Relish/Ketchup Corn Nibbler Fresh Watermelon Slice	26	Cream of Carrot Soup Baked Fish Filet Tartar Sauce Rice Pilaf Hawaiian Coleslaw Rye Bread Apricots	27	Beef Stroganoff Parslied Bowties Whole Baby Carrots Wheat Dinner Roll Tropical Fruit	28	Chicken Noodle Soup Tuscany Chicken w/Artichokes & Tomatoes Baked Potato Scandinavian Blend Veg. Rye Bread Peaches & Pears
									

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)