



SENIOR COMMUNITY CAFÉ CONGREGATE CALENDAR-APRIL-2016



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
4	CRT WELCOMES ELLINGTON SENIOR CENTER Orange-Pineapple Juice Seasoned Chicken in Alfredo Sauce Over Penne Pasta Italian Green Beans Club Roll/Frosted Cake	5	Country Vegetable Soup Hot Dog Baked Beans Red/Green Cabbage Coleslaw Hot Dog Roll Mustard/Relish/Ketchup Fresh Fruit	6	Alaskan Pollock w/Seafood Sauce Orzo Pilaf Beets Rye Bread Fresh Orange	7	Potato Leek Soup Meatloaf w/Vegetable Broth Baked Potato Broccoli Cuts 12-Grain Bread Sliced Apples	8	Roast Turkey w/Gravy Cornbread Stuffing Cranberry Sauce Winter Squash 12-Grain Bread Sliced Peaches
11	Stuffed Cabbage w/Marinara Sauce Mashed Potatoes Beets 12-Grain Bread Fresh Orange	12	Tomato Basil Vegetable Soup Chicken Caesar Salad w/Spring Greens and Chicken Shredded Parmesan Cheese Cucumbers/Cherry Tomatoes Wheat Dinner Roll Croutons Apple Strudel Stick	13	Orange-Pineapple Juice Roast Pork Loin w/Vegetable Broth Oriental Rice Prince Edward Blend Vegetables 12-Grain Bread Apple Slices	14	Tuna w/Bowtie Noodles Casserole Peas & Carrots Oatnut Bread Fresh Fruit	15	Orange Juice Roast Beef w/Vegetable Gravy Garlic Smashed Potatoes Asparagus Rye Bread Blueberry/Pomegranate Oatmeal Bar
18	Cran-Apple Juice Chicken Pot Pie w/Peas & Carrots Garden Salad w/Tomatoes & Cucumbers Raspberry Vinaigrette Dressing Fresh Orange	19	Orange Juice Hamburger Hamburger Bun Sliced Tomatoes & Leaf Lettuce Spinach & Black Bean Salad Mustard/Relish/Ketchup Peaches	20	Mediterranean Minestrone Soup Italian Sausage & Red/Green Peppers w/Italian Sauce Penne w/Italian Sauce Italian Blend Vegetables Club Roll Pineapple Tidbits	21	Macaroni & Cheese Stewed Tomatoes & Zucchini Spinach Salad w/Cucumbers/Cherry Tomatoes Italian Dressing 100% Whole Wheat Bread Fresh Fruit	22	Beef Vegetable Soup Hot Dog Baked Beans Sauerkraut Hot Dog Roll Mustard/Relish/Ketchup Fresh Fruit
25	Rosemary Baked Chicken Rice Pilaf Broccoli Spears Dinner Roll Fresh Fruit	26	Orange-Pineapple Juice Meatloaf w/Gravy Parslied Egg Noodles Spinach Pumpnickel Bread Frosted Cake	27	Clam Chowder Alaskan Pollock w/Seafood Sauce Wild Rice Whole Baby Carrots Wheat Bread Mixed Fruit	28	Roast Turkey w/Gravy Cornbread Stuffing Mixed Vegetables Cranberry Sauce Wheat Dinner Roll Sliced Peaches & Pears	29	Orange Juice Barbeque Pulled Pork On Wheat Hamburger Bun Red/Green Cabbage Coleslaw w/Shredded Carrots Tater Tots Fruit Cocktail

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: \$2.50 (or whatever you can afford)**