



# SENIOR COMMUNITY CAFÉ CONGREGATE CALENDAR-OCTOBER-2015



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
 <p><i>Fall Break: October 6-10</i></p>		<p>On Columbus Day, head straight for a great time!</p> 				<p>1 Orange Juice Roast Beef w/Gravy Garlic Smashed Potatoes Cut Green Beans Wheat Dinner Roll Sliced Apples</p>		<p>2 Roast Chicken w/Gravy Bowtie Pasta Italian Mixed Vegetables 100% Whole Wheat Bread Sliced Pears</p>	
<p>5 Italian Meatballs w/Italian Sauce Penne w/Italian Sauce Italian Green Beans Club Roll Fresh Fruit</p>		<p>6 Tomato Vegetable Soup Cold Cut Grinder: Turkey/Ham/American Cheese Potato Puffs Leaf Lettuce Sliced Tomatoes Grinder Roll/Saltines Mustard/Mayonnaise Sliced Peaches</p>		<p>7 Roast Pork Hawaiian Style Fluffy White Rice Broccoli Spears 12-Grain Bread Pineapple Tidbits &amp; Mandarins</p>		<p>8 Orange-Pineapple Juice Oven Fried Chicken Mashed Potatoes Peas &amp; Diced Carrots Wheat Dinner Roll Lemon Pudding w/Whipped Topping</p>		<p>9 Alaskan Pollock w/Seafood Sauce Wild Rice Scandinavian Blend Vegetables Pumpnickel Bread Tropical Fruit</p>	
<p>12 <b>CLOSED IN OBSERVANCE OF COLUMBUS DAY HOLIDAY</b></p>		<p>13 Frankfurter on Frankfurter Roll Baked Beans Red/Green Cabbage Coleslaw w/Shredded Carrots Mustard/Ketchup/Relish Fresh Orange</p>		<p>14 Orange Juice Peach BBQ Chicken Leg Potato Salad Corn Cobbette Homemade Biscuit Homemade Cookie</p>		<p>15 Roast Beef w/Gravy Mashed Sweet Potatoes Broccoli Normandy Wheat Dinner Roll Sliced Pears</p>		<p>16 Stuffed Salmon Boat w/Newburg Sauce Rice Medley Beets 100% Whole Wheat Bread Fresh Fruit</p>	
<p>19 Autumn Soup Salisbury Steak w/Vegetable Gravy Garlic Smashed Potatoes California Blend Vegetables Saltines 100% Whole Wheat Bread Sliced Apples</p>		<p>20 Orange Juice Turkey Stew w/Extra Vegetables Boiled Potatoes Brussel Sprouts Homemade Biscuit Apple &amp; Peach Crisp</p>		<p>21 Roast Pork A La Orange Oriental Rice Broccoli Normandy 12-Grain Bread Sliced Peaches &amp; Pears</p>		<p>22 Hearty Vegetable Soup Tuna Fish Salad on Croissant Sweet Potato Fries Saltines Leaf Lettuce Sliced Tomatoes Tropical Fruit</p>		<p>23 Carbonara (Ham &amp; Bacon) Sauce Over Faralle Noodles Italian Mixed Vegetables Wheat Dinner Roll Fresh Orange</p>	
<p>26 Orange-Pineapple Juice Barbeque Pork Ribeye Cut-Up Sweet Potatoes &amp; Apples Vegetable Medley 100% Whole Wheat Bread Fruited Gelatin w/Whipped Topping</p>		<p>27 Fish Florentine Mashed Potatoes Creamed Spinach Rye Bread Fresh Fruit</p>		<p>28 Chicken Vegetable Soup Orange Glazed Almond Chicken White &amp; Wild Rice Prince Edward Blend Vegetables Wheat Dinner Roll Saltines Fruit Cocktail</p>		<p>29 Pot Roast w/Vegetable Gravy Baked Potato Peas &amp; Diced Carrots Oatnut Bread Pineapple Tidbits</p>		<p>30 <b>CRT HALLOWEEN MEAL</b> Orange Juice Macaroni &amp; Cheese Spinach Salad w/Cucumber &amp; Cherry Tomatoes/Italian Dressing Stewed Tomatoes &amp; Zucchini 100% Whole Wheat Bread Special Dessert</p>	

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)**