



SENIOR COMMUNITY CAFÉ CONGREGATE CALENDAR-SEPTEMBER-2015



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1	Orange Juice Frankfurter on Frankfurter Roll Baked Beans/Hamburger on Roll Red/Green Cabbage Coleslaw w/Shredded Carrots Mustard/Ketchup/Relish Fresh Orange	2	Orange Juice Peach BBQ Chicken Leg Potato Salad Corn Cobbette Homemade Biscuit Homemade Cookie	3	Roast Beef w/Gravy Mashed Sweet Potatoes Broccoli Normandy Wheat Dinner Roll Sliced Pears	4	Stuffed Salmon Boat w/Newbury Sauce Rice Medley Beets 100% Whole Wheat Bread Fresh Fruit
7	CLOSED IN OBSERVANCE OF LABOR DAY HOLIDAY	8	Apple Juice Buttercrumb Fish Filet Mashed Potatoes Beets 100% Whole Wheat Bread Vanilla Pudding w/Whipped Topping	9	Macaroni & Cheese Stewed Tomatoes & Zucchini Garden Salad Greens w/Cucumbers & Cherry Tomatoes Ranch Dressing Rye Bread Fresh Fruit	10	Roast Turkey w/Gravy Corn Bread Stuffing Cranberry Sauce Mixed Vegetables Dinner Roll Fresh Orange	11	NATIONAL CHEESEBURGER DAY Vegetable Soup Mini-Cheese Burgers on a Bun Potato Wedges Three Bean Salad Rolls/Saltines Ketchup/Mustard/Relish Oatmeal Apple Fruit Bar
14	Sliced Meatloaf w/Gravy Sour Cream & Chive Mashed Potatoes Prince Edward Blend Vegetables 12-Grain Bread Sliced Pears	15	Roast Chicken Quarter w/Broth Rice Pilaf Whole Baby Carrots Oatnut Bread Mixed Fruit	16	Baked Ham w/Raisin Sauce Cut-Up Sweet Potatoes Spinach Wheat Dinner Roll Pineapple Tidbits	17	Grape Juice Grande Cheese Ravioli w/Tomato Sauce Tossed Salad Greens w/Tomatoes/Cucumbers Italian Dressing 100% Whole Wheat Bread Sliced Peaches over Pound Cake w/Whipped Topping	18	Orange-Pineapple Juice Cran Raisin Chicken Salad In a Corn Bowl Tortellini Salad Shredded Lettuce Sliced Apples
21	Orange-Pineapple Juice Veal Piccata Boiled Potatoes Sliced Carrots 100% Whole Wheat Bread Sliced Peaches & Pears	22	Grape Juice Tony's Individual Supreme Pizza Cucumber/Tomato & Onion Salad Saltines Fresh Fruit	23	American Chop Suey California Blend Vegetables Spinach Salad w/Mandarins & Almonds Raspberry Vinaigrette Dressing 100% Whole Wheat Bread Mixed Fruit	24	Orange Juice Seafarer Seafood Salad on Croissant Baked Sweet Potato Lettuce Fresh Fruit	25	Cran-Apple Juice Turkey Meatballs w/Sweet & Sour Sauce Oriental Rice Oriental Vegetables 12-Grain Bread Chocolate Pudding w/Whipped Topping
28	Barbeque Pork Ribeye Baked Beans Broccoli Cuts Rye Bread Pineapple Tidbits & Mandarin Oranges	29	Beef Vegetable Soup Eggplant Roll-Up w/Marinara Sauce Rotini w/Tomato Basil Sauce Mixed Vegetables Club Roll Cookie	30	Orange -Pineapple Juice Fish Florentine Confetti Rice Green Beans & Wax Beans Pumpnickel Bread Sliced Peaches				

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)**