



SENIOR COMMUNITY CAFÉ CALENDAR CONGREGATE DECEMBER, 2009



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1	Autumn Soup Herbed Baked Chicken , Rice Collard Greens Biscuit / Saltines Sliced Pears	2	Catch of the Day Tater Tots w/ Ketchup Coleslaw 12 Grain Bread Fruit Festival	3	Apple Juice Orange & Cumin Rubbed Pork Loin w/Broth Sweet Potatoes & Apples California Blend Vegetables 100% Whole Wheat Bread Chocolate Pudding w/Topping	4	Vegetable Lasagna, Zucchini Garden Salad w/ Raspberry Vinaigrette Dressing Italian Bread Apricots
7	Plum Glazed Chicken Brown & White Rice Blend Mixed Vegetables Rye Bread Pineapple Tidbits & Mandarin Oranges	8	Baked Ham w/ Mustard & Onion Glaze Baked Sweet Potato Italian Green Beans 100% Whole Wheat Bread Sliced Peaches	9	Braised Beef w/ Onions, Peppers & Mushrooms - Parslied Egg Noodles, Salad Greens w/ French Dressing Wheat Bread Fresh Fruit	10	Orange Juice Cod Loin w/ Salsa Sauce Brown Rice Spinach Salad w/ Almond slices & Cranberries & Dressing ,12 Grain Bread Chocolate Chip Cookie	11	Chicken Rice Soup Roast Turkey w/ Gravy Mashed Potatoes Yellow Squash & Whole Green Beans Wheat Bread / Saltines Fruit Cocktail
14	American Chop Suey Sliced Carrots Tossed Salad Greens w/ Raspberry Vinaigrette Dressing Whole Wheat Dinner Roll Sliced Pears	15	Beef Barley Soup Pork Ribecue on Multi Grain Apple Butter Baked Beans Capri Vegetables Saltines , Apricots	16	Chilled Sparkling Cranberry Juice Stuffed Chicken Breast w/ Gravy Holiday Vegetable Blend Diced Turnips, Squash & Carrots Seasoned Baby Potatoes Whole Wheat Dinner Roll Ice Cream Sundae	17	Orange Pineapple Juice Sauerbraten w/ Gingersnap Gravy , Cut Sweet Potatoes Mixed Vegetables Dinner Roll Cake w/ Icing	18	Corn Chowder Pier 17 Fish w/ Tartar Sauce Mashed Potatoes Pineapple Coleslaw Wheat Bread / Saltines Sliced Peaches
21	Lemon Baked Chicken Rice Pilaf Broccoli 12 Grain Bread Mandarin Oranges w/ Pineapple Tidbits	22	Mulligatawny Soup Eggplant Rollette w/ Italian Sauce Rigatoni w/ Italian Sauce Spinach w/ Lemon Broth Rye Bread / Saltines Fruit Festival	23	Orange Juice Beef Stroganoff Parslied Bowties Winter Squash Cubes 12 Grain Bread Freckled Pudding	24	Cream of Carrot Soup Roast Pork Loin w/ Gravy Oriental Rice Zucchini & Tomatoes 100% Whole Wheat Bread / Saltines , Applesauce	25	CLOSED SEASONS GREETINGS!
28	Salmon Boat w/ Newburg Sauce Brown Rice Broccoli Normandy 100% Whole Wheat Bread Tropical Fruit	29	Meatloaf w/ Onion Gravy Red Bliss Potatoes Mexican Corn Wheat Bread Fresh Fruit	30	Minestrone Soup Stuffed Shells w/ Tomato Sauce, Tossed Salad Greens w/ talian Dressing Italian Bread / Saltines Lemon Dessert	31	Coq Au Vin Lyonnais Potatoes French Style Green Beans 12 Grain Bread Fruit Cocktail		

Elderly Nutrition Program meals are served Monday thru Friday to persons and their spouses' 60 years of age or older.

All meals are served with bread, coffee and/or tea and milk. DONATIONS: \$2.00 (or what ever you can afford).

PLEASE INDICATE IF YOU REQUIRER TRANSPORTATION WHEN YOU SIGN UP FOR LUNCH. TO CALL IN FOR RESERVATIONS, YOU MAY CALL JANET DIRECTLY AT 292-8279 BETWEEN THE HOURS OF 8:30 AM- 11:45AM. BE SURE TO CALL AT LEAST 24 HOURS IN ADVANCE.