



SENIOR COMMUNITY CAFÉ CALENDAR CONGREGATE OCTOBER, 2009



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1	Cream of Carrot Soup Roast Pork Loin w/ Gravy Oriental Rice, Zucchini & Tomatoes, Whole Wheat Bread / Saltines , Applesauce	2	Boneless Chicken Piccata Mashed Potatoes Diced Carrots & Peas Whole Wheat Dinner Roll Fresh Fruit
5	Salmon w/Newburg Sauce Brown Rice Broccoli Normandy Whole Wheat Bread Tropical Fruit	6	Meatloaf w/Onion Gravy Red Bliss Potatoes Mexican Corn Whole Wheat Bread Fresh Fruit	7	Minestrone Soup Stuffed Shells w/Tomato Sauce, Tossed Salad w/Italian Dressing, Italian Bread/Saltines Apple Crumble	8	Coq Au Vin Chicken Lyonnais Potatoes French Style Green Beans 12 Grain Bread Fruit Cocktail	9	Sweet & Sour Pork White & Brown Rice Blend Cauliflower & Peas, Wheat Dinner Roll, Pineapple Tidbits w/ Mandarin Oranges
12	Lentil Soup, Swedish Meatballs w/Gravy Parsley Egg Noodles Peas & Pearl Onions Wheat Dinner Roll / Saltines, Fresh Fruit	13	Sole Florentine White & Wild Rice Blend PEI Blend Vegetables Rye Bread Sliced Apricots	14	National Éclair Day Chicken Vegetable Soup Chicken A la Orange Fiesta Rice Green & Waxed Beans Whole Wheat Bread / Saltines Éclair	15	Macaroni & Cheese Tossed Salad w/French Dressing Stewed Tomatoes Whole Wheat Bread Mixed Fruit	16	Roast Beef Au Jus Mashed Potatoes w/Chives Spinach w/Lemon Broth 12 Grain Bread, Pound Cake /Peaches & Whipped Cream
19	Fresh Pork Loin w/ Broth Sweet Potatoes & Apples California Blend Vegetables, Grain White Bread, Chocolate Pudding w/Topping	20	Autumn Soup Herbed Baked Chicken Rice Collard Greens Biscuit / Saltines Sliced Pears	21	Catch of the Day Tater Tots w/Ketchup Coleslaw 12 Grain Bread Fruit Festival	22	Beef Vegetable Soup Mini Cheeseburgers with Condiments Potato Wedges Saltines Fresh Fruit	23	Vegetable Lasagna w/Tomato Sauce, Zucchini Garden Salad with Raspberry Vinaigrette Dressing Italian Bread, Apricots
26	Plum Glazed Chicken Brown & White Rice Mixed Vegetables Rye Bread Pineapple Tidbits & Mandarin Oranges	27	Baked Ham w/Mustard & Onion Glaze Baked Sweet Potato Italian Green beans Whole Wheat Bread Sliced Peaches	28	Braised Beef w/Onions, Peppers & Mushrooms Parsley Egg Noodles Salad w/French Dressing Wheat Bread Fresh Fruit	29	Cod Loin w/Salsa Sauce Brown Rice Spinach Salad w/Almond Slices and Cranberries & Dressing 12 Grain Bread Chocolate Chip Cookie	30	Happy Halloween! Roast Turkey w/Gravy Mashed Potatoes Yellow Squash & Green Beans, Wheat Bread Spooky Pumpkin Pie w/Whipped Topping

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).

JANET VINING, NUTRITION MANAGER 292-8279 8:30 – 1:30