



# SENIOR COMMUNITY CAFÉ CALENDAR CONGREGATE AUGUST, 2010



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Cranberry Juice Chicken Parmesan Spaghetti w/ Marinera Sauce Tossed Salad w/ Italian Dressing Pumpnickel Bread Freckled Pudding w/ Topping	3	Apple Juice Apricot Glazed Pork Loin Oriental Rice Oriental Vegetables 100% Whole Wheat Bread Pineapple Tidbits & Mandarin Oranges	4	Corn Chowder Seafarer's Seafood Salad on a Croissant Baked Sweet Potato Leaf Lettuce & Sliced Tomatoes , Oyster Crackers Sliced Pears	5	<b>NATIONAL LEMON MERINGUE PIE DAY!</b> Grape Juice Sloppy Joes on a Bun Potato Puffs Cucumber & Tomato Salad Lemon Meringue Pie	6	Orange-Pineapple Juice Roast Turkey Cutlet w/ Gravy Fiesta Rice Peas & Pearl Onions 100% Whole Wheat Bread Applesauce
9	Macaroni & Cheese Stewed Tomatoes Tossed Green Salad w/ French Dressing 12 Grain Bread Pineapple Tidbits	10	Tomato Vegetable Soup Cold Cut Grinder, Ham, Beef Bologna, Salami Mustard/Mayonnaise Leaf Lettuce & Tomato Potato Puffs , Grinder Roll/Saltines , Apricots	11	BBQ Pork Ribecue Macaroni Salad Mixed Vegetables Whole Wheat Bread Fresh Fruit	12	Chicken Noodle Soup Lemon Baked Chicken Parslied Noodles Spinach Salad w/ Mandarins, Almonds & Dressing Homemade Buttermilk Biscuit Chocolate Brownie	13	French Dip Roast Beef Sliced Roast Beef w/ Broth Kaiser Roll Potato Wedges Carrot & Raisin Salad Tropical Fruit
16	Swedish Meatballs w/ Gravy Buttered Bowties Noodles Mixed Vegetables 100% Whole Wheat Bread Sliced Pears	17	Chicken Orzo Vegetable Soup Almond Cranberry Chicken Salad on a Star Roll, Tater Tots w/ Ketchup, Garden Salad w/ Raspberry Vinaigrette Dressing Saltines , Watermelon	18	Baked Ham w/ Raisin Sauce Apple Butter Baked Beans Hawaiian Coleslaw Marble Bread Tropical Fruit	19	Baked Salmon with Seafood Sauce White & Brown Rice Blend Broccoli Florets in Lemon Broth Dinner Roll , Fresh Fruit	20	Cranberry Juice Roast Turkey w/ Gravy Sweet Potato w/ Apples Peas & Pearl Onions Cranberry Jelly, Dinner Roll Double Chocolate Cake
23	Vegetable Beef Soup Quiche Oven Roasted Red Potatoes Capri Blend Vegetables Bran Muffin Applesauce	24	<b>NATIONAL ZUCCHINI DAY!</b> Orange Pineapple Juice Italian Style Chicken Linguine w/ Italian Sauce Zucchini & Summer Squash Italian Bread Apple Strudel Stick	25	Sliced Meatloaf w/ Gravy Sour Cream & Chive Mashed Potatoes Green & Wax Beans 12 Grain Bread Fruit Cocktail	26	Juice, Milk Individual Pizza Summer Salad w/Cherries, Nuts, & Cheese w/Raspberry Vinaigrette Dressing, Berry Shortcake Supreme w/Topping	27	Butter Breadcrumbed Fish Filet Noodles w/ Parsley & Parmesan Pickled Beet Salad Tartar Sauce Wheat Bread
30	Orange Juice Savory Baked Chicken w/ Broth Rice O'Brien, Green Beans Whole Wheat Dinner Roll Fruit Festival		Minestrone Soup Grande Cheese Ravioli Tossed Green Salad w/ French Dressing Grated Parmesan Cheese Italian Bread , Apricots						

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).

TO CALL IN FOR RESERVATIONS, YOU MAY CALL JANET DIRECTLY AT 860-292-8279  
BETWEEN THE HOURS OF 8:30AM – 11:45AM. PLEASE BE SURE TO CALL AT LEAST 24 HOURS IN ADVANCE.  
PLEASE INDICATE IF YOU REQUIRER TRANSPORTATION WHEN YOU SIGN UP FOR LUNCH.