



SENIOR COMMUNITY CAFÉ CALENDAR CONGREGATE October, 2010



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1	Cranberry Juice Turkey Cutlet Sweet Potato w/ Apples Peas & Pearl Onions Cranberry Jelly Dinner Roll Double Chocolate Cake.
4	Vegetable Beef Soup Quiche Oven Roasted Red Potatoes Capri Blend Vegetables Bran Muffin Applesauce	5	Sliced Meatloaf w/ Gravy Sour Cream & Chive Mashed Potatoes Green & Wax Beans 12-Grain Bread Fruit Cocktail	6	Autumn Soup Herbed Baked Chicken Sweet potatoes Whole Green Beans Wheat Bread Fruit Cocktail Cinnamon apple Peach Crumble	7	Grape Juice Frankfurter on Hot Dog Roll Picnic Baked Beans Mustard/Ketchup Sauerkraut Frosted Carrot Cake	8	Butter Breaded Fish Filet Noodles w/ Parsley & Parmesan Pickled Beet Salad Tartar Sauce. Wheat Bread Sliced Peaches
11	Orange Juice Savory Baked Chicken Rice O'Brien Green Beans Whole Wheat Dinner Roll Fruit Festival	12	Minestrone Soup Grande Cheese Ravioli Tossed Green Salad w/ French Dressing Grated Parmesan Cheese Italian Bread Apricots	13	Fish Florentine Mashed Potatoes California Blend Vegetables Tartar Sauce Whole wheat bread 1sl Apple Slices	14	Cran-Orange Juice Roast Turkey w/ Gravy Stuffing w/ CranRaisins Peas & Carrots Oat Nut Bread Apple Strudel Stick	15	Garden Vegetable Soup Mini-Cheeseburgers on a Bun Potato Wedges Corn Cobbett's Mustard, Relish, Ketchup, Diced Onions Leaf Lettuce & Tomatoes Sliced Pears
18	Breaded Pork Steak Scalloped Potatoes Bias Cut Carrots Pumpnickel Bread Fresh Fruit	19	Minestrone Soup Individual Supreme Pizza Garden Salad w/ Ranch Dressing Saltines Tropical Fruit	20	Peach-BBQ Chicken Quarters Apple Butter Baked Beans Fresh Summer Salad w/ Vinaigrette Dressing Club Roll Applesauce	21	Roast Beef w/ Vegetable Gravy Baked Potato Zucchini & Tomatoes Rye Bread Peaches	22	Cream of Vegetable Soup Catch of the Day . Whipped Potatoes Coleslaw Tartar Sauce Oat Nut Bread Mixed Berries Shortcake w/ Topping
25	Rotini w/Meat Sauce And Meatballs Garden Salad w/Italian Dressing French Stick Tropical Fruit	26	Hearty Vegetable Soup Oven Fried Chicken Corn Bread Stuffing Collard Greens 100% whole Wheat Bread Sliced Peaches	27	Happy Halloween Apple Cider Roast Pork w/Gravy Mashed Potatoes Baby Carrots Rye Bread Pumpkin Pie w topping	28	Stuffed Salmon Boat w/Seafood Sauce Wild Rice Pilaf Broccoli Sprouts 12 Grain Bread Fruit Cocktail	29	Turkey Vegetable Soup Roast Turkey w/ Gravy Whipped Potato Harvard Beets Cranberry Sauce Wheat Dinner Roll Fresh Fruit

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).