



# SENIOR COMMUNITY CAFÉ CALENDAR CONGREGATE September, 2010

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1	Fish Florentine on Wheat Bun, Mashed Potatoes California Blend Vegetables Tartar Sauce Apple Slices	2	Cran-Orange Juice Roast Turkey w/ Gravy Stuffing w/ CranRaisins Peas & Carrots, Oat Nut Bread, Apple Strudel Stick	3	Garden Vegetable soup Mini-Cheeseburgers Potato Wedges Corn Cobbettes Saltines, Sliced Pears
6	<b>Closed Holiday</b>	7	<b>National Pizza Day</b> Minestrone Soup Individual Supreme Pizza Garden Salad w/ Ranch Dressing Saltines Tropical Fruit	8	Peach-BBQ Chicken Apple Butter Baked Beans Fresh Summer Salad w/ Vinaigrette Dressing Club Roll Applesauce	9	Sliced Roast Beef w/ Vegetable Gravy Baked Potato Zucchini & Tomatoes Rye Bread Peaches	10	Cream of Vegetable Soup Catch of the Day Whipped Potatoes Coleslaw, Tartar Sauce Oatnut Bread Mixed Berries Shortcake w/ Topping
13	Cranberry Juice Chicken Parmesan Spaghetti w/ Marinara Tossed Salad w/ Italian Dressing, Pumpnickel Bread, Freckled Pudding w/ Topping	14	Apricot Glazed Pork Loin Oriental Rice Oriental Vegetables 100% Whole Wheat Bread Pineapple Tidbits & Mandarin Oranges	15	Corn Chowder Seafarer's Seafood Salad on a Croissant Baked Sweet Potato Leaf Lettuce & Sliced Tomatoes, Oyster Crackers Sliced Pears	16	Grape Juice Salisbury Steak w. Vegetable Gravy Mashed Potato Cucumber & Tomato Salad Fresh Fruit	17	Orange-Pineapple Juice Roast Turkey w/ Gravy Fiesta Rice Peas & Pearl Onions 100% Whole Wheat Bread Applesauce
20	Macaroni & Cheese Stewed Tomatoes Tossed Green Salad w/ French Dressing 12 Grain Bread Pineapple Tidbits	21	Tomato Vegetable Soup Cold Cut Grinder Ham, Beef Bologna, Cheese Leaf Lettuce & Tomato Potato Puffs , Grinder Roll/Saltines, Apricots	22	BBQ Pork Ribecue Macaroni Salad Mixed Vegetables Whole Wheat Bread Fresh Fruit	23	Chicken Noodle Soup Lemon Baked Chicken Parslied Noodles Spinach Salad w/ Mandarins, Almonds & Dressing Buttermilk Biscuit Chocolate Brownie	24	French Dip Roast Beef Sliced Roast Beef w/ Broth Kaiser Roll Potato Wedges Carrot & Raisin Salad Tropical Fruit
27	Swedish Meatballs w/ Gravy, Bowties Noodles Mixed Vegetables Wheat Bread, Sliced Pears	28	Chicken Orzo Vegetable Soup Almond Cranberry Chicken Salad on a Star Roll Tater Tots, Garden Salad Saltines, Watermelon	29	Baked Ham w/ Raisins Sauce, Apple Butter Baked Beans, Hawaiian Coleslaw Marble Bread, Tropical Fruit	30	Baked Salmon w/ Seafood Sauce, White & Brown Rice Blend, Broccoli Florets in Lemon Broth, 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).

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.