



SENIOR COMMUNITY CAFÉ CALENDAR CONGREGATE JULY 2012



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Grape Juice Lemon Baked Chicken Mashed Sweet Potatoes Summer Squash & Green Beans Oatnut Bread Fruited Gelatin	3	CRT FOURTH OF JULY PICNIC Cran Orange Juice Frankfurter On Frankfurter Roll Baked Beans Mustard/Relish/Ketchup Corn Nibbler Fresh Watermelon Slice	4	CLOSED IN OBSERVANCE OF HOLIDAY	5	Orange Juice Salisbury Steak w/Peppers/Onions Mushrooms Wild Rice Broccoli & Cauliflower Oatnut Bread Tropical Fruit	6	Chicken Noodle Soup Tuscany chicken w/Artichokes & Tomatoes Baked Potato Scandinavian Blend Vegetables Rye Bread Peaches & Pears
9	<i>Meatloaf w/Gravy</i> <i>Sour Cream & Chive Mashed Potatoes</i> <i>Brussel Sprouts</i> <i>12-Grain Bread</i> <i>Fruit Cocktail</i>	10	Fish Florentine Mashed Potatoes Broccoli Normandy Whole Wheat Bread Mixed Berries (Strawberries & Blueberries Shortcake w/Whipped Topping	11	Pulled Pork Oriental w/Orange Sauce Over Fluffy White Rice Oriental Vegetables Pumpernickel Bread Fresh Fruit	12	Zucchini Soup Sesame Baked Chicken White & Brown Rice Italian Mixed Vegetables Wheat Bread Tropical Fruit	13	Ziti & Italian Meatballs w/Italian Sauce Parmesan Cheese Italian Green Beans Spinach Salad w/Cherry Tomatoes/Cucumbers Italian Dressing Italian Bread Apricots
16	Chicken Parmesan Rotini w/Tomato & Basil Sauce Broccoli Cuts Wheat Bread Pineapple Tidbits	17	Vegetable Chicken Soup Tuna Salad On Wheat Bun Leaf Lettuce & Sliced Tomato 3-Bean Salad Potato Wedges Sliced Peaches	18	Roast Turkey w/Gravy Sweet Potatoes & Apples Cranberry Sauce Mixed Vegetables Buttermilk Biscuit Apricots	19	Country Style Soup Tony's Individual Cheese Pizza Salad Greens w/Cherry Tomatoes/Cucumber Italian Salad Dressing Saltines Fresh Fruit	20	Grape Juice Beef Stroganoff Parslied Bowties Whole Baby Carrots Wheat Dinner Roll Frosted Cake
23	Baked Ham w/Raisin Sauce Lyonnais Potatoes Spinach Whole Wheat Bread Tropical Fruit	24	NATIONAL LASAGNA DAY! Minestrone Soup Cheese Lasagna w/Marinera Sauce Cucumber/Tomato/Onions Salad Whole Grain White Bread Lorna Doone Cookies	25	Pier 17 Fish Rice Medley Mixed Vegetables Wheat Dinner Roll Fresh Fruit	26	Vegetable Soup Breaded Chicken Cutlet On Star Sandwich Roll Italian Pasta Salad Leaf Lettuce & Sliced Tomato Mayonnaise Sliced Peaches & Pears	27	Roast Beef w/Vegetable Gravy Parslied Boiled Potatoes Peas & Pearl Onions Wheat Dinner Roll Pineapple Tidbits
30	Roasted Chicken Quarters w/Broth Herb Stuffing Brussel Sprouts Dinner Roll Apricots	31	Swedish Meatballs w/Italian Sauce Egg Noodles Green Beans & Wax Beans Wheat Bread Sliced Pears						

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses.
 All meals are served with milk, bread and margarine. DONATIONS: \$2.00 (or whatever you can afford)