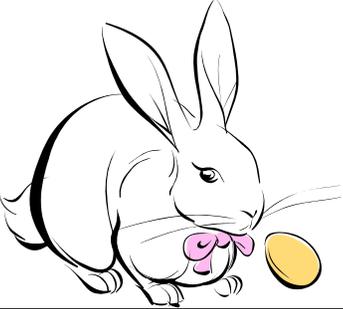




SENIOR COMMUNITY CAFÉ CALENDAR CONGREGATE MARCH 2013



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
			HAPPY		EASTER			1	Baked Fish w/Salsa Sauce White & Wild Rice Broccoli Cuts Wheat Bread Pineapple Tidbits & Mandarins
4	Country Style Vegetable Soup Italian Meatballs in Italian Sauce Spaghetti w/Italian Sauce Italian Mixed Vegetables 100% Whole Wheat Bread Peaches	5	Macaroni & Cheese Stewed Tomatoes & Zucchini Mixed Greens w/Tomatoes & Cucumbers Raspberry Vinaigrette Dressing Whole Grain White Bread Fresh Fruit	6	Orange Glazed Almond Chicken Fluffy White Rice Vegetable Blend 12-Grain Bread Fruit Cocktail	7	Apple Juice Pot Roast w/Vegetable Gravy Baked Sweet Potato Green Beans Rye Bread Lemon Pudding w/Topping	8	Seafood Chowder Breaded Fish Sandwich On Multi Grain Roll Tartar Sauce Coleslaw Oyster Crackers Tropical Fruit
11	Italian Style Meatloaf Farfalle Noodles Spinach Italian Bread Fresh Fruit	12	Chicken A La King Fluffy White Rice Whole Baby Carrots Wheat Bread Tropical Fruit	13	Orange & Cumin Rubbed Pork Baked Sweet Potato Brussel Sprouts Dinner Roll Applesauce	14	HAPPY ST. PATRICK'S DAY! Orange Juice Corned Beef Cabbage Parslied Baby Carrots Boiled Potatoes Mustard Rye Bread Specai Dessert	15	Corn Chowder Pier 17 Fish Fiesta Rice Coleslaw Tartar Sauce Wheat Bread Pineapple Tidbits
18	Pineapple Juice Bkaed Ham w/Pineapple Sauce Rice Pilaf Collard Greens Wheat Dinner Roll Apple Crumb Cake	19	Beef Liver w/Onion Gravy Mashed Potatoes Peas & Diced Carrots 100% Whole Wheat Bread Sliced Peaches	20	Beef Vegetable Soup American Chop Suey Zucchini Parmesan Cheese Club Roll Fruit Cocktail	21	Chicken Cutlet w/Divan Sauce Mashed Potatoes w/Chives California Blend Vegetables 12-Grain Bread Sliced Pears	22	Six Bean Soup Tuna Salad on Sandwich Roll Potato Wedges Ketchup Cucumber & Tomato Salad Fresh Fruit
25	Breaded Pork Steak w/Broth Mashed Sweet Potatoes Green Beans 12-Grain Bread Pineapple Tidbits	26	Zucchini Soup Vegetable Lasagna Garden Salad w/Cherry Tomatoes/ Cucumbers Salad Dressing Whole Grain White Bread Tropical Fruit	27	Apple Juice Salmon Boat w/Newburg Sauce White & Brown Rice Blend Prince Edward Blend Vegetables Wheat Bread Double Frosted Chocolate Cake	28	CRT HOLIDAY MEAL Chilled Cran-Orange Juice Holiday Baked Ham w/Pineapple Sauce Baked Sweet Potato Peas & Baby Carrots Wheat Dinner Roll Special Dessert		CLOSED IN OBSERVANCE OF GOOD FRIDAY

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)