



SENIOR COMMUNITY CAFÉ CALENDAR CONGREGATE FEBRUARY-2014



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	NATIONAL CARROT CAKE DAY! Six Bean Soup Stuffed Shells w/Marinara Sauce Garden Salad w/Cherry Tomatoes French Dressing Whole Wheat Bread Frosted Carrot Cake	4	Cranberry Glazed Chicken Quarter Rice Peas & Diced Carrots Oatnut Bread Applesauce	5	Country Style Soup Crabby Cake on Multi Grain Roll Tater Tots Red/Green Coelslaw w/Shredded Carrots Tartar Sauce Fresh Fruit	6	Meatloaf w/Vegetable Gravy Mashed Potatoes Broccoli Cuts Dinner Roll Pears	7	Grape Juice Tony's Individual Pizza Spinach Salad w/Tomatoes/Cucumbers Italian Dressing Baby Carrots Club Roll Pineapple Tidbits & Mandarins
10	Sesame Chicken Rice Pilaf w/Cran-Raisins Brussel Sprouts Wheat Bread Fresh Fruit	11	White Bean & Escarole Soup Barbeque Pork Ribeye Baked Sweet Potato Collard Greens Oatnut Bread Apple Strudel Stick	12	CLOSED IN OBSERVANCE OF LINCOLN'S BIRTHDAY!	13	American Chop Suey Broccoli Florets Mixed Salad Greens w/Tomatoes/Cucumbers Raspberry Vinigrette Dressing Whole Grain White Bread Tropical Fruit	14	HAPPY VALENTINE'S DAY! Turkey Orzo Vegetable Soup Roast Turkey w/Gravy Cornbread Stuffing Cranberry Sauce Peas & Pearl Onions Dinner Roll Specail Dessert
17	CLOSED IN OBSERVANCE OF PRESIDENTS' DAY!	18	Meatloaf Italian Style Penne w/Marinara Sauce Italian Mixed Vegetables Italian Bread Sliced Peaches	19	Herb Plum Seasoned Pork White & Wild Rice Blend Whole Green Beans Wheat Dinner Roll Sliced Pears	20	Hearty Beef Stew Parslied Boiled Potatoes Spinach Salad w/Tomatoes Ranch Dressing Whole Wheat Bread Fresh Fruit	21	Lemon Baked Chicken Sweet Potatoes & Apples Broccoli Normandy Whole Wheat Bread Tropical Fruit
24	Beef Vegetable Soup Mini Cheese Burger on a Bun Potato Wedges Carrot & Raisin Salad Ketchup, Mustard, Relish Pears	25	Cran-Orange Juice Roast Turkey w/Gravy Cut-Up Sweet Potatoes Turnips Cranberry Sauce Whole Wheat Bread Ice Cream	26	Russian Cabbage Soup Kielbasa Pierogies w/Onion Butter Sauce Sauerkraut Club Roll Fresh Fruit	27	Beef Liver w/Sauteed Onions Garlic Smashed Potatoes Mixed Vegetables Pumpernickel Bread Sliced Peaches	28	Corn Chowder Buttercrumb Fish Filet Rice Pilaf Red/Green Cabbage Coleslaw w/Shredded Carrots Tartar Sauce Rye Bread Fruit Cocktail
		HAPPY		VALENTINE'S		DAY!			

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: \$2.50 (or whatever you can afford)**