



SENIOR COMMUNITY CAFÉ CALENDAR CONGREGATE MARCH-2015



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Zucchini Soup Meatloaf w/Vegetable Gravy Orzo Pilaf Broccoli & Cauliflower Rye Bread Pineapple Tidbits	3	Orange-Pineapple Juice Chicken Brunswick Stew Parslied Boiled Potatoes Baby Carrots Dinner Roll Fresh Fruit	4	Vegetarian Vegetable Soup Roast Pork A La Orange Oriental Rice Prince William Blend Vegetables Pumpnickel Bread Cherry Peach Crisp	5	Beef Liver w/Sauteed Onions Mashed Potatoes Mixed Vegetables 100% Whole Wheat Bread Sliced Pears	6	Mulligataway Soup Eggplant Roll-Up w/Extra Marinara Sauce Rotini w/Tomato & Basil Sauce Zucchini Squash Whole Grain White Bread Sliced Apples
9	Roasted Chicken Leg w/Gravy Garlic Smashed Potatoes Broccoli Spears 100% Whole Wheat Bread Fresh Fruit	10	Veal Parmesan Parslied Bowties Italian Blend Vegetables Club Roll Fresh Fruit	11	Beef Noodle Soup Salisbury Steak w/Peppers/Onions/Mushrooms Rice Medley Winter Squash 12-Grain Bread Applesauce	12	Cran-Apple Juice Roast Turkey w/Gravy Baked Potato Cranberry Sauce Peas & Pearl Onions Dinner Roll Chocolate Pudding w/Whipped Topping	13	Stuffed Salmon w/Newburg Sauce Wild Rice Whole Green Beans Wheat Bread Peaches
16	White Bean & Escarole Soup Meatballs w/Tomato Sauce Cheese Rigatoni Garden Salad w/Cherry Tomatoes & Cucumbers Italian Dressing Club Roll Saltines Fruit Cocktail	17	HAPPY ST. PATRICK'S DAY Orange-Pineapple Juice Corned Beef Cabbage Parslied Baby Carrots Boiled Potatoes Mustard Rye Bread Special Dessert	18	Mandarin Chicken Fluffy White Rice Peas & Carrots Rye Bread Fresh Fruit	19	Baked Ham w/Pineapple Maraschino Cherry Sauce Cut-Up Sweet Potatoes Spinach Wheat Dinner Roll Applesauce	20	Minestrone Soup Tony's Individual Cheese Pizza Spinach Salad w/Tomatoes & Cucumbers Raspberry Vinaigrette Dressing Saltines Fresh Fruit
23	Veal Patty w/Onion Gravy Cut-Up Sweet Potatoes Capri Blend Vegetables 12-Grain Bread Fresh Fruit	24	Cran-Apple Juice Chicken Cacciatore Penne w/Marinara Sauce Broccoli Florets Italian Bread Pineapple Tidbits & Mandarins	25	Hearty Vegetable Soup Pot Roast w/Gravy Oven Roasted Potatoes Sliced Carrots Dinner Roll Fresh Fruit	26	Orange Juice Stuffed Cabbage w/Extra Tomato Sauce Mashed Potatoes Prince Edward Blend Vegetables Pumpnickel Bread Lemon Pudding Tart w/Whipped Topping	27	Alaskan Pollock w/Seafood Sauce Brown Rice Pilaf Broccoli Cuts 100% Whole Wheat Bread Peaches & Pears
30	Chicken Jubilee Rice Pilaf Cut Green Beans Wheat Dinner Roll Applesauce	31	Corn Chowder Crabby Cake on Multi-Grain Roll Tater Tots Saltines Red/Green Cabbage Coleslaw w/Shredded Carrots Tartar Sauce Fresh Fruit						

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)**