



SENIOR COMMUNITY CAFÉ CONGREGATE CALENDAR-SEPTEMBER-2016



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1	Tuna Salad on Star Roll Black Bean & Cous Cous Salad Sliced Tomatoes/Leaf Lettuce Fresh Banana	2	Roast Pork Hawaiian Style Wild Rice Vegetable Medley 100% Whole Wheat Fresh Apple
5	CLOSED IN OBSERVANCE OF LABOR DAY HOLIDAY	6	Meatloaf w/Gravy Parslied Bowtie Noodles Spinach Rye Bread Fresh Orange	7	Orange-Pineapple Juice Baked Ham w/Raisin Sauce Lyonnaise Potatoes Asparagus 12-Grain Brad Chocloate Brownie	8	Peach BBQ Chicken Leg Potato Salad Corn Cobbette Homemade Biscuit Fresh Apple	9	Grande Cheese Ravioli Tossed Green Salad French Dressing Italian Bread Fresh Banana
12	Seafarer Salad on Whole Grain Bun Baked Sweet Potato Lettuce Peaches	13	Italian Meatballs Seashell Pasta w/Marinara Sauce Spinach Salad w/Sliced Tomatoes Ranch Dressing Club Roll Fresh Apple	14	Sage Stuffed Chicken Mashed Potatoes Peas & Diced Carrots Oatnut Bread Fresh Orange	15	Hamburger w/Broth Sliced Tomatoes & Leaf Lettuce White Bean & Broccoli Florets Salad Wheat Hamburger Bun Mustard/Relish/Ketchup Fresh Banana	16	Orange Juice Roast Turkey w/Gravy Cornbread Stuffing Broccoli Cranberyy Sauce 100% Whole Wheat Bread Apple Oatmeal Bar
19	NATIONAL BUTTERSCOTCH DAY Orange Juice Macaroni & Cheese Stewed Tomatoes /Zucchini Garden Salad w/Cuc/Tomatoes Italian Dressing/Wheat Bread Butterscotch Pudding w/Topping	20	Cran Raisin Chicken Salad on Multi-Grain Roll Spinach & Black Bean Salad Shredded Lettuce Fresh Watermelon	21	Roast Beef w/Gravy Sour Cream & Chive Mashed Potatoes Broccoli Spears 12-Grain Bread Fresh Apple	22	Country Vegetable Soup Garden Salad Greens Cherry Tomatoes/Cucumbers/ Onions w/Grilled Chicken Strips Cheddar Cheese Italian Dressing/Saltines Fresh Orange	23	Alaskan Pollock w/Seafood Sauce Rice Medley Sliced Carrots Wheat Dinner Roll Pears
26	American Chop Suey Capri Blend Vegetables Spinach Salad w/Mandarins Raspberry Vinaigrette Dressing 100% Whole Wheat Bread Fresh Banana	27	Cream of Asparagus Soup Chicken Caesar Salad w/Spring Greens/Chicken Shredded Parmesan Cheese Cucumbers/Cherry Tomatoes Croutons Caesar Salad Dressing Dinner Roll Homemade Cookie	28	Roast Pork w/Gravy Orzo Pilaf Broccoli Cuts Pumpnickel Bread Fresh Apple	29	Turkey Meatballs w/Sweet & Sour Sauce Brown & White Rice Mixed Vegetables 12-Grain Bread Pineapple Tidbits & Mandarins	30	Salisbury Steak w/Gravy Scalloped Potatoes Spinach 100% Whole Wheat Bread Fresh Orange

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)