



SENIOR COMMUNITY CAFÉ CALENDAR CONGREGATE DECEMBER-2013



| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|--------|--|---------|--|--|--|---|---|---|--|
| 2 | Breaded Pork Steak w/Broth Mashed Sweet Potatoes Green Beans 12-Grain Bread Pineapple Tidbits | 3 | Zucchini Soup Vegetable Lasagna Garden Salad w/Cherry Tomatoes/Cucumbers Salad Dressing Whole Grain White Bread Tropical Fruit | 4 | Salmon Boat w/Newbury Sauce White & Brown Rice Blend Prince Edward Blend Vegetables Wheat Bread Fresh Fruit | 5 | NATIONAL COOKIE DAY! Apple Juice Roast Turkey w/Gravy Mashed Potatoes w/Chives Diced Winter Squash Whole Wheat Bread Cranberry Sauce Cookie | 6 | Turkey Vegetable Soup Salisbury Steak w/Mushroom Gravy Baked Potato Broccoli Spears Wheat Dinner Roll Pears |
| 9 | Roast Chicken Quarter w/Gravy Sour Cream & Chive Mashed Potatoes Peas & Carrots 100% Whole Wheat Bread Tropical Fruit | 10 | Pork Loin w/Apricot Glaze Oriental Rice Scandinavian Vegetables Oatnut Bread Applesauce | 11 | Farmers Brown Soup Taco/Taco Meat Taco Wrap Shredded Cheese Shredded Lettuce Diced Tomatoes Carrots Fresh Fruit | 12 | Fish Florentine Mashed Potatoes Broccoli Rye Bread Pound Cake w/Sliced Peaches | 13 | Beef Vegetable Barley Soup Eggplant Roullette w/Marinera Sauce Ziti w/Marinera Sauce Spinach Salad w/Tomatoes Italian Salad Dressing Italian Green Beans Italian Bread Fruit Cocktail |
| 16 | Beef Stew w/Extra Vegetables Parsley Potatoes Mixed Salad Greens w/Tomatoes/Cucumbers Salad Dressing Club Roll Tropical Fruit | 17 | CRT HOLIDAY MEAL! Cran-apple Juice Stuffed Chicken Breast w/Gravy Holiday Vegetable Blend Seasoned Baby Potatoes Wheat Dinner Roll Ice Cream Sundae Cup | 18 | Baked Fish w/Salsa Sauce White & Wild Rice Broccoli Cuts Wheat Bread Pineapple Tidbits & Mandarins | 19 | CRT MEAL NOT SERVED TODAY PLEASE SEE SPECIAL FLYER FOR TODAYS MENU | 20 | Roast Turkey w/Gravy Sweet Potatoes Turnips Cranberry Sauce Dinner Roll Fruit Cocktail |
| 23 | Country Style Vegetable Soup Italian Meatballs in Italian Sauce Spaghetti w/Italian Sauce Italian Mixed Vegetables 100% Whole Wheat Bread Peaches | 24 | Macaroni & Cheese Stewed Tomatoes & Zucchini Mixed Greens w/Tomatoes & Cucumbers Raspberry Vinaigrette Whole Grain White Bread Fresh Fruit | 25 | SEASON'S GREETINGS CLOSED IN OBSERVANCE OF HOLIDAY! | 26 | Seafood Chowder Breaded Fish Square On Multi Grain Roll Tartar Sauce Coleslaw Oyster Crackers Tropical Fruit | 27 | Orange Glazed Almond Chicken Fluffy White Rice Vegetable Blend 12-Grain Bread Fruit Cocktail |
| 30 | Italian Style Meatloaf Farfalle Noodles Spinach Italian Bread Fresh Fruit | 31 | Chiocken A La King Fluffy White Rice Whole Baby Carrots Wheat Bread Tropical 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: \$2.00 (or whatever you can afford)**