



SENIOR COMMUNITY CAFÉ CALENDAR CONGREGATE FEBRUARY, 2010



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Lemon Baked Chicken Mashed Potatoes w/ Chives Whole Baby Carrots Wheat Dinner Roll Apple Sauce	2	Chicken Vegetable Soup Stuffed Peppers w/ Tomato Sauce , White & Brown Rice Capri Blend Vegetables Dinner Roll / Saltines Fresh Fruit	3	Cranberry Juice Old Fashioned Beef Stew Tossed Salad w/ Raspberry Vinaigrette Dressing Homemade Biscuit Tapioca Pudding w/Topping	4	Coriander & Plum Seasoned Pork Loin Rice Pilaf Wax Beans Whole Grain White Bread Pineapple Tidbits	5	Six Bean Soup Chicken Cutlet Lettuce & Tomato Cucumber Salad Mayonnaise Multi Grain Roll / Saltines Fruit Cocktail
8	Salmon Boat w/ Newburg Sauce Rice Pilaf Italian Green Beans Wheat Bread Apricots	9	Cranberry Juice Meatloaf w/ Onion Gravy Mashed Potatoes w/ Chives Peas & Diced Carrots Rye Bread Apple Crisp	10	Minestrone Soup Manicotti w/ Italian Sauce Tossed Salad w/ Italian Dressing Italian Bread / Saltines Fresh Fruit	11	Happy Valentine's Day Cran-Orange Juice Roast Turkey w/ Gravy Herbed Stuffing , Cut-Up Winter Squash , Cranberry Sauce , 12 Grain Bread Cherry Tart w/ Topping	12	CRT CLOSED FOR LINCOLN'S BIRTHDAY-- NO LUNCH SERVED THE CENTER WILL BE OPEN
15	CENTER CLOSED FOR PRESIDENT'S DAY	16	Orange Pineapple Juice Savory Baked Chicken Lyonnais Potatoes Collard Greens Dinner Roll Ice Cream	17	Corn Chowder Catch of the Day Tartar Sauce, Wild Rice California Vegetables Oatnut Bread / Saltines Fresh Fruit	18	Roast Beef w/ Mushroom Gravy Whipped Potatoes Peas & Pearl Onions Wheat Dinner Roll Sliced Pears	19	Orange Juice Grande Cheese Ravioli w/ Marinara Sauce , Spinach Salad w/ Cherry Tomatoes and Dressing Green Beans , Club Roll , Apple Nibbler
22	French Onion Soup Roast Pork Loin w/ Gravy Mashed Sweet Potato Riviera Vegetables 100% Whole Wheat Bread / Saltines Applesauce	23	Baked Chicken w/ Supreme Sauce Cornbread Stuffing Brussell Sprouts Dinner Roll Pineapple and Mandarin Oranges	24	National 'Do A Random Act of Kindness' Day Orange Pineapple Juice Beef Stroganoff, Parslied Noodles , Mixed Vegetables, Rye Bread / Oyster Crackers Frosted Chocolate Éclair	25	Grape Juice Spaghetti w Italian Sauce Meatballs w/ Italian Sauce Tossed Salad w/ Raspberry Vinaigrette Club Roll Tropical Fruit	26	Cream of Broccoli Soup Baked Fish Sandwich Tartar Sauce Potato Wedges Pineapple Coleslaw Multi Grain Roll / Saltines Peaches

Elderly Nutrition Program meals are served Monday thru Friday to persons and their spouses' 60 years of age or older.
All meals are served with bread, coffee and/or tea and milk. DONATIONS: \$2.00 (or what ever you can afford).



TO CALL IN FOR RESERVATIONS, YOU MAY CALL JANET DIRECTLY AT 860-292-8279
BETWEEN THE HOURS OF 8:30AM – 11:45AM. PLEASE BE SURE TO CALL AT LEAST 24 HOURS IN ADVANCE.
PLEASE INDICATE IF YOU REQUIRER TRANSPORTATION WHEN YOU SIGN UP FOR LUNCH.

