

SENIOR COMMUNITY CAFÉ MENU CALENDAR – **SEPTEMBER 2019**

Please call (860)721-2955 between 10am-11:30am the day before you wish to join us for lunch...

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	<div style="border: 1px solid black; padding: 5px; display: inline-block;">CAFÉ CLOSED</div> CRT Closed In Observance of Labor Day Holiday	3	Stuffed Cabbage w/ Marinara Sce / Farfalle Noodles / Beets / 100 % Whole Wheat Bread / Pears	4	Orange Juice Hot Dog / Hot Dog Roll Mustard, Relish, Ketchup Baked Beans /Mixed Vegetables Lemon Pudding w/ Topping	5	Mariner's Clam Chowder Seafarer's Seafood Salad / Shredded Lettuce / Saltines / Club Roll / Peaches	6	Grape Juice Macaroni & Cheese Stewed Tomatoes Wheat Dinner Roll Fresh Orange
9	Meatloaf w/ Gravy Mashed Potatoes Capri Blend Vegetables Wheat Bread Pineapple Tidbits	10	Orange Juice Chicken Caesar Salad w/ Chicken & Shredded Parmesan Cheese / Cucs / Cherry Toms / Caesar Salad Dressing / Croutons / Home-Baked Cookie	11	Hawaiian-Style Roast Pork Mashed Sweet Potatoes Peas & Diced Carrots 12 Grain Bread Fresh Orange	12	Orange Juice Turkey Divan Broccoli Baked Potato 100 % Whole Wh Bread Fruit Cocktail	13	Boneless Chicken Breast w/ Gravy Carnival Rice French-Style Green Beans Oatnut Bread Pears
16	Beef Chili / Shredded Cheese / Baked Potato Sliced Carrots / Wheat Dinner Roll / Fresh Orange	17	Orange Juice BBQ Pulled Pork on Multi-Grain Bun Tortellini Salad Red, Green, Purple Cabbage Coleslaw Fruit Cocktail	18	Roast Beef w/ Gravy Mashed Potatoes Chuck Wagon Blend Veggies 100 % Whole Wheat Bread Applesauce	19	Grape Juice Potato Crumbed Fish Potato Wedges/Ketchup Caribbean Blend Veggies Tartar Sauce Oatnut Bread Tapioca Pudding w/ Topping	20	Italian Sausage w/ Red, Green Peppers & Tomato Basil Sauce Ziti w/ Sauce Carrots 100 % Whole Wheat Brd Peaches
23	Teriyaki Chicken Strips Brown & White Rice Broccoli Florets Dinner Roll Pineapple Tidbits	24	Hamburger w/ Broth on Multi-Grain Bun Sliced Toms & Shredded Lettuce Ketchup / Mustard/ Relish / Potato Salad Fresh Orange	25	Roast Turkey w/ Gravy Stuffing / Cranberry Sauce Garden Blend Vegetables Corn Muffin Peaches	26	Orange Juice Macaroni & Cheese Stewed Tomatoes Wheat Dinner Roll Frosted Cake	27	Butter Crumb Breaded Pollock Mashed Potatoes Green Beans Tartar Sauce Dinner Roll Fruit Cocktail
30	Grape Juice Cheesy Veggie Lasagna Squash Medley Wheat Dinner Roll Mandarin Oranges								

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses. Doors open at 11:30am. **All meals are served with milk, bread and margarine. SUGGESTED DONATION: \$2.50 (or whatever you can afford)**