



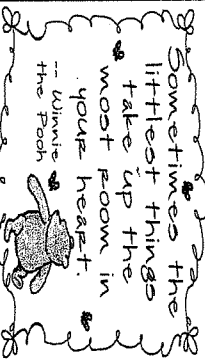
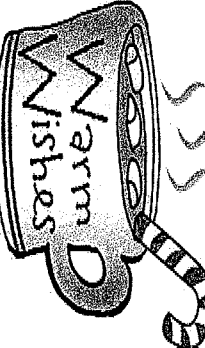
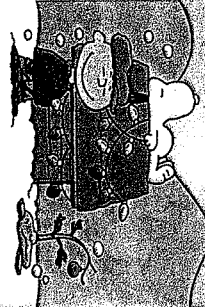


SENIOR COMMUNITY CAFÉ MENU CALENDAR – DECEMBER 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	Orange Juice Salisbury Steak / Veg Gravy Yellow Rice Cut Carrots 12 Grain Bread/ Margarine Peaches Hello, DECEMBER <i>make my wishes come true.</i>	National Cookie Day! White Bean & Escarole Soup Tuna Fish Salad Whole Grain Kaiser Roll Sweet Potato Wedges Sliced Tomato Shredded Lettuce Cookie	Orange Juice Roast Turkey w/ Gravy Broccoli Cranberry Stuffing Wheat Dinner Roll/ Margarine Applesauce  <i>You're Invited!</i>	Country Vegetable Soup Penne & Mini Beef Balls Garden Salad w/ Cherry Tomatoes & Cucumbers Ranch Dressing Saltine Crackers Fresh Banana	Sesame Chicken Mashed Potatoes Spinach 100% Whole Wheat Bread Margarine Fruit Cocktail  <i>December</i> <small>© 2018 The Food Network</small>
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6					
7					
8					
9					
10	Stuffed Green Pepper w/ Marinara Sauce Bowtie Pasta Broccoli & Cauliflower Oatnut Bread/ Margarine Peaches & Pears	Turkey Meatballs w/ Sweet & Sour Sauce Whole Gr White / Brown Rice Italian Blend Vegetables 100% Whole Wheat Br / Marg. Fresh Orange	Corn Chowder Breaded Fish Filet/ Tartar Sce. On Multi- Grain Bun Tortellini Salad Stewed Tomatoes Tropical Fruit	Orange Juice Rosemary Baked Chicken Baked Potato Sliced Carrots 12 Grain Bread/ Margarine Fruit Yogurt	Roast Pork Loin w / Broth Oven Roasted Potatoes Garden Blend Vegetables 100% Whole Wheat Br/ Marg. Pineapples & Mandarins
11					
12					
13					
14					
15					
16					
17	Grande Cheese Ravioli with Italian Sauce California Normandy Vegg Mixed Salad Greens w/ Cherry Toms & Cucumbers / Ranch Dressing 12 Grain Bread/ Margarine Fruit Cocktail	Apple Juice Kielbasa Pierogies w/ Onion Butter Sce Caribbean Blend Vegetables Wheat Dinner Roll/ Margarine Applesauce	CRT Celebrates the Holidays! Orange Juice Stuffed Chicken Breast/ Gravy Mashed Potatoes Peas & Diced Carrots Wheat Dinner Roll / Margarine Holiday Cookie	Sauerbraten with Gingersnap Gravy Parried Potatoes Broccoli Florets 100%Whole Wheat Bread Margarine Pears	Grape Juice Chili over Elbow Macaroni Italian Green Beans 100% Whole Wheat Br/ Marg. Fresh Orange Happy Holidays!
18					
19					
20					
21					
22					
23					
24	CRT CLOSED 	CRT CLOSED 	CRT Celebrates Dec Birthdays BBQ Pork Ribequ Carnival Rice Cut Green Beans 12 Grain Br/ Marg Frosted Cake / Fresh Orange	Italian Beef Meatballs with Italian Sauce Seashell Pasta / Marinara Sauce Italian Blend Vegetables Wheat Dinner Roll/ Marg Fresh Banana	Roast Turkey w/ Gravy Cut Sweet Potatoes 4-Way Vegetable Blend Cranberry Sauce Corn Muffin/ Margarine Pineapple Tidbits & Mandarins
25					
26					
27					
28					
29					
30					
31	Orange Juice Sliced Meatloaf w/ Gravy Spanish Rice Mixed Vegetables 100% Whole Wheat Br/ Marg Applesauce	Sometimes the lightest things take up the most room in your heart. -- Winnie the Pooh 	 Warm Wishes		THANK YOU for coming!

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. **SUGGESTED DONATION: \$2.50** (or whatever you can afford)

Please call 860-721-2955 one day in advance between 10a-11:30a to reserve a meal.