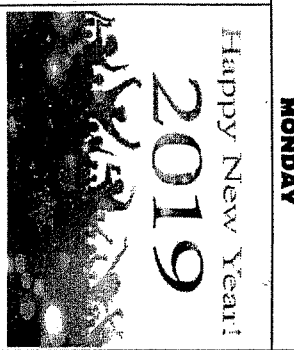
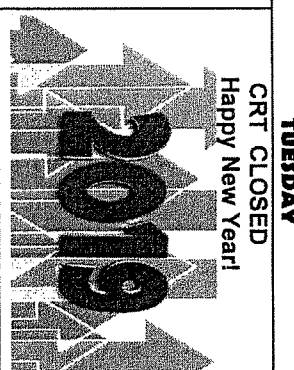
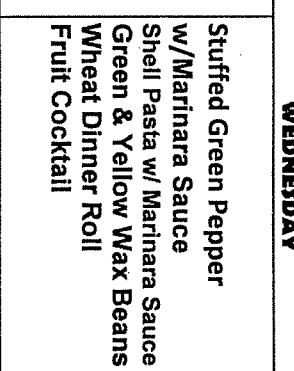
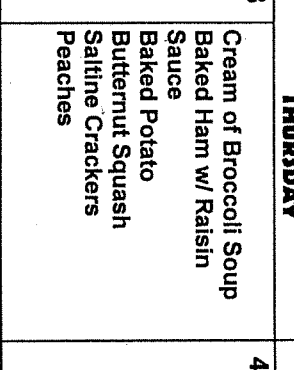
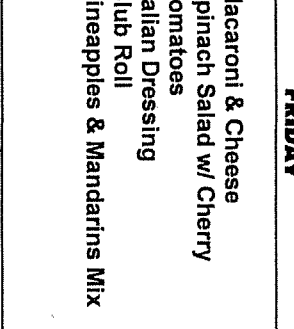
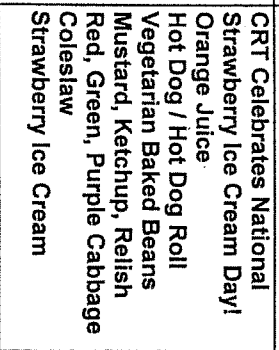
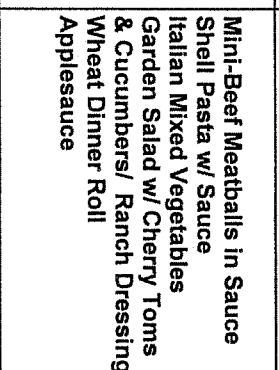
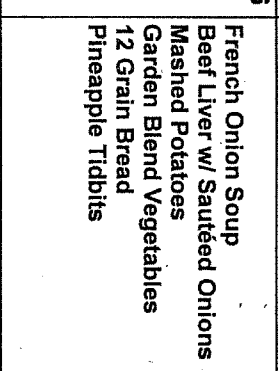
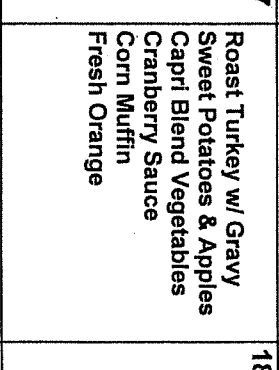
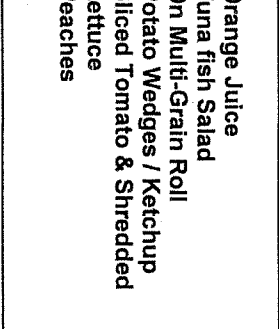

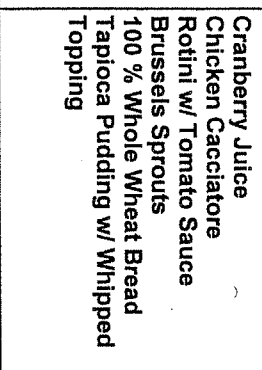
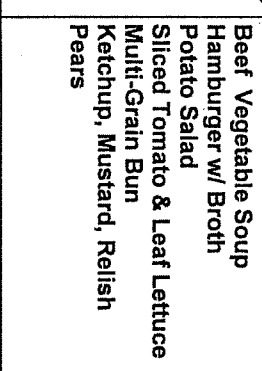
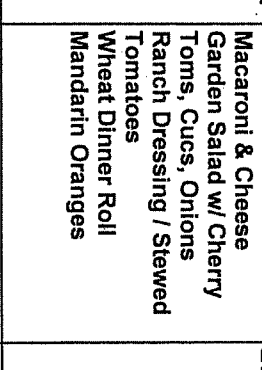
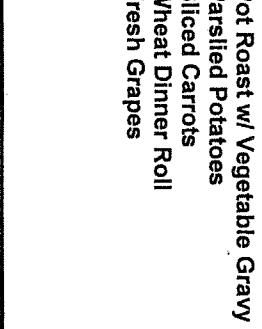
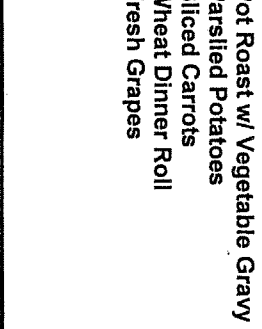
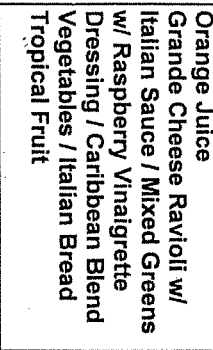
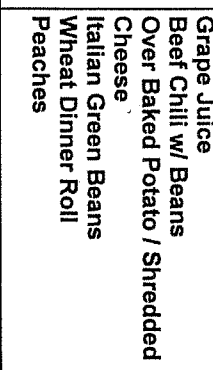
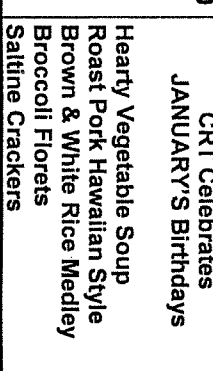
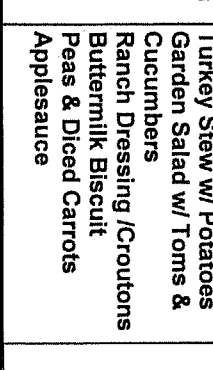
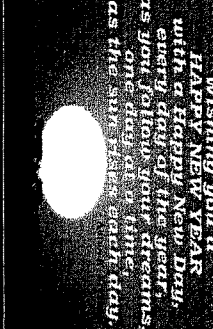
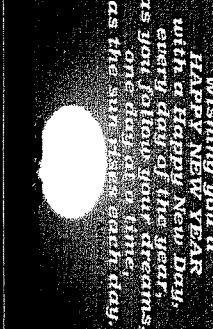
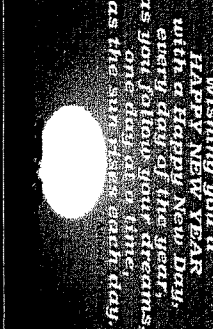


SENIOR COMMUNITY CAFÉ MENU CALENDAR – JANUARY 2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
7	Swedish Meatballs Bowties Peas & Diced Carrots Wheat Bread Peaches & Pears	8	Cranberry Juice Oven Fried Chicken Mashed Potatoes Corn Oatnut Bread Mandarin Oranges	9	Mediterranean Soup Roast Pork A La Orange Sweet Potatoes & Apples Caribbean Blend Vegetables Corn Muffin Cherry-Apple Crisp	10	Grape Juice Beef Chili w/ Beans / Shredded Cheese Elbow Macaroni Italian Green Beans 100 % Whole Wheat Bread Fresh Banana	11	Orange Juice Breaded Fish Filet / Tartar Sae Potato Puffs California Blend Vegetables 12 Grain Bread Fruit Cocktail					
14	CRT Celebrates National Strawberry Ice Cream Day! Orange Juice Hot Dog / Hot Dog Roll Vegetarian Baked Beans Mustard, Ketchup, Relish Red, Green, Purple Cabbage Colelaw Strawberry Ice Cream	15	Mini-Beef Meatballs in Sauce Shell Pasta w/ Sauce Italian Mixed Vegetables Garden Salad w/ Cherry Toms & Cucumbers/ Ranch Dressing Wheat Dinner Roll Applesauce	16	French Onion Soup Beef Liver w/ Sautéed Onions Mashed Potatoes Garden Blend Vegetables 12 Grain Bread Pineapple Tidbits	17	Roast Turkey w/ Gravy Sweet Potatoes & Apples Capri Blend Vegetables Cranberry Sauce Corn Muffin Fresh Orange	18	Orange Juice Tuna fish Salad On Multi-Grain Roll Potato Wedges / Ketchup Sliced Tomato & Shredded Lettuce Peaches					
21	CRT CLOSED Martin Luther King Day 	22	Cranberry Juice Chicken Cacciatore Rotini w/ Tomato Sauce Brussels Sprouts 100 % Whole Wheat Bread Tapioca Pudding w/ Whipped Topping	23	Beef Vegetable Soup Hamburger w/ Broth Potato Salad Sliced Tomato & Leaf Lettuce Multi-Grain Bun Ketchup, Mustard, Relish Pears	24	Macaroni & Cheese Garden Salad w/ Cherry Toms, Cuc, Onions Ranch Dressing / Stewed Tomatoes Wheat Dinner Roll Mandarin Oranges	25	Pot Roast w/ Vegetable Gravy Parslief Potatoes Sliced Carrots Wheat Dinner Roll Fresh Grapes					
28	Orange Juice Grande Cheese Ravioli w/ Italian Sauce / Mixed Greens w/ Raspberry Vinaigrette Dressing / Caribbean Blend Vegetables / Italian Bread Tropical Fruit	29	Grape Juice Beef Chili w/ Beans Over Baked Potato / Shredded Cheese Italian Green Beans Wheat Dinner Roll Peaches	30	CRT Celebrates JANUARY'S Birthdays Hearty Vegetable Soup Roast Pork Hawaiian Style Brown & White Rice Medley Broccoli Florets Saltine Crackers	31	Turkey Stew w/ Potatoes Garden Salad w/ Toms & Cucumbers Ranch Dressing /Croutons Buttermilk Biscuit Peas & Diced Carrots Applesauce							

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)

