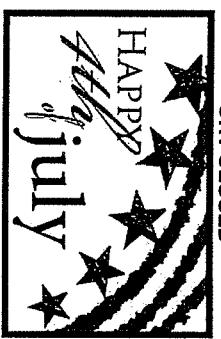



Please call 860-721-2955 one day in advance between 10am-12Noon to reserve a meal.

SENIOR COMMUNITY CAFÉ – CALENDAR MENU – JULY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Italian Style Meatballs w/ Seashell Pasta in Marinara Sauce Italian Blend Vegetables Whole Grain Bread Applesauce</p>	<p>3 CELEBRATE 4TH OF JULY Farmer Brown Soup Hamburger w/ Broth Potato Salad Mustard, Ketchup, Relish Sliced Tomatoes & Leaf Lettuce Multi-Grain Bun Lemon Pudding w/ Whipped Topping</p>	<p>4 CRT CLOSED </p>	<p>5 Orange-Pineapple Juice Barbeque Chicken Breast Mashed Potatoes Corn Wheat Dinner Roll Tropical Fruit</p>	<p>6 Grape Juice Apple-Glazed Roast Pork Loin w/ Broth Yellow Rice Spinach 100 % Whole Wheat Bread Fresh Banana</p>
<p>9 Hamburger w/ Broth on Multi-Grain Hamburger Bun Sliced Tomatoes & Leaf Lettuce Ketchup, Mustard, Relish Potato Salad Fresh Orange</p>	<p>10 Country Vegetable Soup Garden Salad Greens Cherry Tomatoes/ Cucumbers/ Onions w/ Grilled Chicken Strips/ Cheddar Cheese/ Italian Dressing/ Saline Crackers/ Pineapples & Mandarins Mix</p>	<p>11 Macaroni & Cheese Stewed Tomatoes & Zucchini Tossed Salad Greens w/ Cherry Tomatoes & Cucumbers Raspberry Salad Dressing Wheat Dinner Roll Pears</p>	<p>12 Stuffed Salmon Boat w/ Seafood Sauce Wild Rice Green Beans Dinner Roll Fruit Cocktail</p>	<p>13 National Hot Dogs & Beans Day Orange-Pineapple Juice Hot Dog/ Hot Dog Roll Mustard, Relish, Mustard Baked Beans Mixed Vegetables Frosted Chocolate Brownie</p>
<p>16 Orange Juice Barbeque Pulled Pork On Multi-Grain Bun. Red, Green, Purple Cabbage Coleslaw Tortellini Salad Tapioca Pudding w/ Whipped Topping</p>	<p>17 Salisbury Steak w/ Vegetable Gravy Boiled Potatoes Caribean Blend Vegetables Wheat Dinner Roll Applesauce</p>	<p>18 Oven-Fried Chicken Baked Beans Capri Blend Vegetables Corn Muffin Mandarin Oranges</p>	<p>19 Pot Roast w/ Gravy Oven Roasted Potatoes Brussel Sprouts Dinner Roll Peaches & Pears</p>	<p>20 Grape Juice Tuna Noodle Casserole Peas & Diced Carrots 100 % Whole Wheat Bread Fresh Banana</p>
<p>23 Lemon Baked Chicken Cornbread Stuffing Broccoli & Cauliflower Oatnut Bread Peaches</p>	<p>24 Beef Chili/ Shredded Cheese Baked Potato Sliced Carrots Wheat Dinner Roll Fresh Orange</p>	<p>25 JULY - BIRTHDAY Cream of Vegetable Soup Chef Salad w/ Mixed Greens (Shredded Cheese/ Ham / Cooked Egg) Wholegrain Saline Crackers/ Ranch Dressing/ Dinner Roll/ Pound Cake w/ Peaches & Berries & Whipped Topping</p>	<p>26 Swedish Meatballs Parslied Egg noodles Prince Edward Blend Vegetables Wheat Bread Pineapple Tidbits</p>	<p>27 Orange Juice Roast Turkey w/ Gravy Cut-Up Sweet Potatoes Spinach Cranberry Sauce 100 % Whole Wheat Bread Fruit Cocktail</p>
<p>30 Stuffed Cabbage w/ Marinara Sauce Farfalle Noodles Beets 100 % Whole Wheat Bread Pears</p>	<p>31 Breaded Fish Tartar Sauce Mashed Potatoes Garden Blend Vegetables 12 Grain Bread Mandarin Oranges</p>	<p>JULY </p>	<p><i>Some people believe good things come to those who wait... NOT ME I believe good things come to those who go out and make it happen!</i></p>	<p><i>Life is like a camera... Focus on what's important, Capture the good times, Develop from the negatives, And if things don't work out, Take another shot.</i></p>

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