

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



Community Renewal Team
Changing lives... Creating opportunity!

SENIOR COMMUNITY CAFÉ MENU CALENDAR – NOVEMBER 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5	National Doughnut Day! Orange Juice Grande Cheese Ravioli with Italian Sauce California Blend Vegetables Mixed Greens w/ Cherry Toms & Cucu/ Ranch Dressing/ 12 Grain Bread Doughnut	6 Chicken Vegetable Soup Chicken Salad on Whole Grain Roll Coleslaw w/ Red, Green, Purple Cabbage Sweet Potato Wedges/ Ketchup Tropical Fruit	7 Apple Juice Kielbasa Pierogies w/ Onion Butter Sce Caribbean Blend Vegetables Wheat Dinner Roll Tapioca Pudding w/ Whipped Topping	8 Sauerbraten w/ Gingersnap Gravy Parried Potatoes Diced Carrots & Peas 100 % Whole Wheat Bread Applesauce	9 Chili Over Elbow Macaroni Shredded Cheddar Cheese Italian Green Beans 100 % Whole Wheat Bread Fresh Fruit
12	CRT CLOSED 	13 Seasoned Chicken in Alfredo Sauce Over Bowtie Pasta Caribbean Blend Vegetables 100 % Wholegrain White Bread Peaches	14 CRT THANKSGIVING DAY! Grape Juice Roasted Turkey w/ Gravy Herb Stuffing Broccoli Normandy Cranberry Sauce/ Corn Muffin Holiday Pumpkin Pie	15 Salmon Boat w/ Newburg Sauce Wild Rice Italian Blend Vegetables Wheat Bread Fresh Banana	16 Apple Juice Italian Beef Meatballs in Italian Sauce Seashell Pasta in Marinara Sauce Spinach Wheat Dinner Roll Pineapples & Mandarins
19	Meatloaf w/ Gravy Spanish Rice California Blend Vegetables Oatnut Bread Fruit Cocktail	20 Chicken Vegetable Soup Lemon Baked Chicken Mashed Potatoes Peas & Diced Carrots Wheat Dinner Roll Fresh Grapes	21 Orange Juice Roast Beef w/ Gravy Baked Potato Green & Yellow Wax Beans 100 % Whole Wheat Bread Fruit Wholegrain Oatmeal Bar	22 CRT CLOSED 	23 CRT CLOSED
26	Italian-Style Chicken Cacciatore Bowtie Pasta Broccoli Florets Wheat Dinner Roll Fresh Orange	27 Hearty Vegetable Soup Hot Dog / Hot Dog Roll Ketchup, Mustard, Relish Vegetarian Baked Beans Chuck wagon Blend Veg Fruit Cocktail	28 CRT Celebrates Nov Birthdays Orange Juice Baked Ham w/ Pineapple Sauce Yams Italian Green Beans 12 Grain Bread Frosted Cake	29 French Onion Soup Beef Liver/Sautéed Onions Mashed Potatoes Peas & Diced Carrots Saltine Crackers Mandarin Oranges	30 Grape Juice Beef Chili w/ Beans Baked Potato Brussels Sprouts 100 % Whole Wheat Bread Home-Baked Cookie

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)**