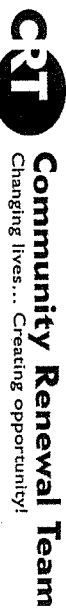




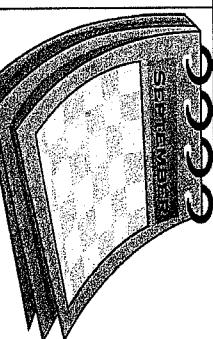
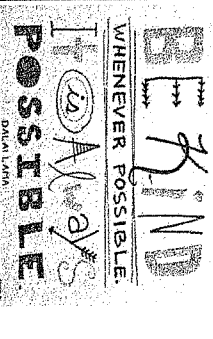
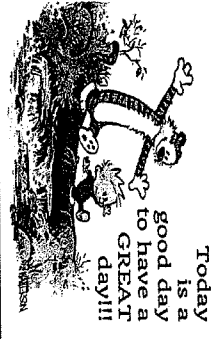
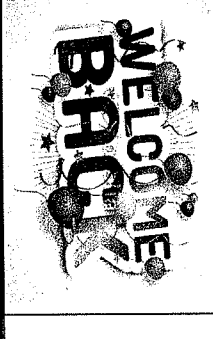



# SENIOR COMMUNITY CAFÉ MENU CALENDAR – SEPTEMBER 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> CRT CLOSED 	<b>4</b> Beef Chili / Shredded Cheese Elbow Macaroni Sliced Carrots Wheat Dinner Roll Fresh Orange	<b>5</b> Cream of Vegetable Soup Baked Chicken w/ Gravy Mashed Potatoes California Blend Vegetables 100 % Whole Wheat Bread Frosted Chocolate Brownie	<b>6</b> Swedish Meatballs Parslied Egg Noodles Prince Edward Blend Vegetables Wheat Bread Pineapple Tidbits	<b>7</b> Orange Juice Roast Turkey w/ Gravy Cut-Up Sweet Potatoes Spinach Cranberry Sauce 100 % Whole Wheat Bread Fruit Cocktail
<b>10</b> Stuffed Cabbage w/ Marinara Sauce Farfalle Noodles Beets 100 % Whole Wheat Bread Pears	<b>11</b> CRT Celebrates Patriot's Day! Orange-Pineapple Juice Hot Dog/ Hot Dog Roll Mustard, Relish, Ketchup Baked Beans Mixed Vegetables Pound Cake w/ Mixed Berries & Whipped Topping	<b>12</b> Cran-Apple Juice Rosemary Seasoned Chicken Yellow Rice Peas & Diced Carrots 12 Grain Bread Fruit Yogurt	<b>13</b> Mediterranean Soup Salisbury Steak w/ Gravy Vegetable Medley Baked Sweet Potato Club Roll Mandarin Oranges	<b>14</b> Grape Juice Macaroni & Cheese Stewed Tomatoes & Zucchini Dinner Roll Fresh Fruit
<b>17</b> Meatloaf w/ Gravy Potato Puffs Capri Blend Vegetables 100 % Whole Wheat Bread Pears 	<b>18</b> Turkey Divan w/ Broccoli Mashed Potatoes 100 % Whole Wheat Bread Pineapple Tidbits You're Invited! 	<b>19</b> Orange Juice Hot Dog/ Hot Dog Roll Mustard, Relish, Ketchup Baked Beans Red, Green, Purple Coleslaw Home Baked Chocolate Chip Cookie	<b>20</b> Hawaiian Style Roast Pork Rice Pilaf Peas 12 Grain Bread Mandarin Oranges You're Invited! 	<b>21</b> Italian Sausage w/ Red & Green Peppers w/ Italian Sauce Ziti w/ Tomato Basil Sauce Carrots Italian Bread Peaches
<b>24</b> BBQ Pork Ribeyeque Carnival Rice French-Style Green Beans Oatnut Bread Fruit Cocktail	<b>25</b> Vegetable Soup Grande Cheese Ravioli w/ Tomato Sauce Squash Medley Wheat Dinner Roll Wholegrain Fruit Oatmeal Bar	<b>26</b> CRT Celebrates SEPTEMBER'S BIRTHDAYS! Cran-Apple Juice Tuna Salad on Multi-Grain Bun Marinated Bean Salad Sweet Potato Wedges Fresh Grapes/ Frosted Cake	<b>27</b> Roast Beef w/ Gravy Chive Mashed Potatoes Chuckwagon Blend Vegetables 100 % Whole Wheat Bread Pears	<b>28</b> Potato Crumbed Fish Tartar Sauce Lyonaise Potatoes Scandinavian Blend Vegetables 100 % Whole Wheat Bread 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)

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