


WETHERSFIELD SENIOR COMMUNITY CAFÉ MENU CALENDAR – MARCH 2023

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
6		7		1	Roast Beef w/ Gravy Mashed Potatoes Steamed Spinach 100% Whole Wheat Bread Fresh Fruit	2	Chicken Parmesan Parslied Egg Noodles Yellow Squash Garlic Knot Fresh Fruit	3	<h2 style="margin: 0;">CLOSED FRIDAYS</h2>
13	Pork Meatballs w/ Gravy Garlic Smashed Potato Vegetable Blend 100% Whole Wheat Bread Fresh Fruit	14	Chicken Stir Fry White Rice Steamed Broccoli Wheat Bread Fresh Fruit	8	<u>NATIONAL COLD CUT DAY</u> Sliced Turkey American Cheese Club Roll Shredded Lettuce & Sliced Tomato Mayo & Mustard Packets Fresh Fruit Yogurt Cup	9	Baked Ham Potato Salad Peas & Carrots Rye Bread Fresh Fruit	10	<h2 style="margin: 0;">CLOSED FRIDAYS</h2>
20	Boneless Chicken Marsala Pesto Pasta Italian Vegetables Garlic Knot Fresh Fruit	21	Vegetable Soup Plain Hamburger on Bun Sweet Potato Fries Shred Lettuce & Sliced Tomato Ketchup & Mayo Packets Fresh Fruit	15	Grape Juice All Beef Hot Dog / Hot dog Bun/ Ketchup, Mustard, Relish Smoked Baked Beans Mixed Vegetables Fresh Fruit	16	<u>CRT ST. PATRICK'S DAY</u> Orange Juice Corned Beef Boiled Carrots Boiled Potatoes Rye Bread Mustard Packets Green Shamrock Cookie	17	<h2 style="margin: 0;">CLOSED FRIDAYS</h2>
27	Sofrito Boneless Pork Chop Spanish Roasted Potatoes Broccoli Normandy Cornbread Fresh Fruit	28	Vegetable Quiche Potato Wedges / Ketchup California Vegetables Garlic Knot Fresh Fruit	22	Pot Stickers w/ Duck Sce Vegetable Fried Rice Oriental Vegetable Blend Dinner Roll Fresh Fruit	23	Turkey Pot Pie w/ Peas & Carrots Brussels Sprouts 100 % Whole Wheat Bread Fresh Fruit	24	<h2 style="margin: 0;">CLOSED FRIDAYS</h2>
29	Nutrition Education Talk: Nutrition Matters Roasted Turkey w/Gravy Cranberry Sce/ Cornbread Stuffing Asparagus/ Wheat Bread Fresh Fruit	30	<u>NATIONAL LEMON & ORANGE DAY</u> Orange Juice Lemon Chicken Picatta Mashed Potatoes / Veg Medley Garlic Knot Lemon Pudding w/ Whip Topping	29	Nutrition Education Talk: Nutrition Matters Roasted Turkey w/Gravy Cranberry Sce/ Cornbread Stuffing Asparagus/ Wheat Bread Fresh Fruit	30	<u>NATIONAL LEMON & ORANGE DAY</u> Orange Juice Lemon Chicken Picatta Mashed Potatoes / Veg Medley Garlic Knot Lemon Pudding w/ Whip Topping	31	<h2 style="margin: 0;">CLOSED FRIDAYS</h2>

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: \$3.00** or what you can afford.
 The menu is subject to change due to possible unavailability of product. Thank-you very much for your understanding !