


WETHERSFIELD SENIOR COMMUNITY CAFÉ MENU CALENDAR – MARCH 2024

Menu subject to change.

MONDAY			TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
	PLEASE BE ADVISED THAT OUR FOOD MAY HAVE COME IN CONTACT WITH OR CONTAIN PEANUTS, TREE NUTS, SOY, MILK, EGGS, WHEAT, SHELLFISH, SESAME, OR FISH. PLEASE ADVISE STAFF OF ANY FOOD ALLERGIES PRIOR TO MEAL CONSUMPTION !				Did you know that zinc is an essential trace mineral that may reduce stress in older adults ? Scientific research suggests that zinc may improve the body's balance of good and bad cholesterol-a positive effect.			Zinc plays a role in vision health, as well. Dietary sources of zinc include oysters ; beef patties ; canned baked beans ; pork roast ; breakfast cereal and low-fat fruit yogurt. Get zinc from a variety of foods !		1	<u>NAT'L ORANGES & LEMONS DAY</u> Orange Juice Eggplant Rollatini with Sauce Italian Blend Vegetables Bread Stick Lemon Pudding
4	100 % Fruit Punch Juice Mild Chili Cheese- All Beef Hot Dog Hot Dog Bun, Mustard, Relish, Ketchup Baked Beans, Coleslaw Tapioca Pudding	5	Orange Juice Baked Cheese & Beef Ziti Zucchini Squash Garlic Knot Frosted Cake	6	BBQ Beef Brisket Potato Salad Vegetable Medley Wheat Dinner Roll Fresh Fruit	7	Sloppy Joe on Hamburger Bun Tater Tots, Peas Fresh Fruit	8	Battered Fish and Chips (Potato Wedges) Tartar Sauce, Ketchup Chuckwagon Blend Veggies Wheat Dinner Roll Fresh Fruit		
11	Meat Lasagna with Marinara Sauce Chuckwagon Blend Vegetables Wheat Bread Fresh Fruit	12	Chicken Caesar Wrap : Grilled Chicken Breast, Green Leaf Lettuce, Caesar Dressing, Garlic Pesto Wrap, Mustard, Mayo, Potato Salad Fresh Fruit	13	Boneless Chicken with Gravy White Rice Mixed Vegetables Wheat Bread Yogurt Cup	14	 <u>CELEBRATE ST. PATRICK'S DAY</u> Grape Juice Corned Beef , Mustard Parslied Boiled Potatoes Cabbage & Carrots Rye Bread St. Patrick's Day Cookie	15	Grape Juice Macaroni & Cheese Stewed Tomatoes 100 % Whole Wheat Bread BROWNIE (NO NUTS)		
18	Chicken Stir-Fry Vegetable Fried Rice Asian Vegetable Blend Dinner Roll Fresh Fruit	19	<u>Nat'l Meatball Day</u> 100 % Fruit Punch Mini-Beef Meatballs with Sauce, Pasta Brussel Sprouts Garlic Knot, Cookie	20	Honey Baked Ham, Mustard Mashed Potatoes Broccoli Florets 100 % Whole Wheat Bread Fresh Fruit	21	Oven Fried Chicken Sweet Potato Wedges Collard Greens 100 % Whole Wheat Bread Fresh Fruit	22	Tuna Noodle Casserole with Peas Wheat Bread Yogurt Cup		
25	Boneless Chicken Marsala Parslied Pasta Italian Mix Veggies Wholegrain White Bread Fresh Fruit	26	Kielbasa, Mustard Caramelized Onions Paprika Diced Potatoes Capri Blend Vegetables 100 % Whole Wheat Bread, Fresh Fruit	27	Orange Juice Hearty Beef Stew with Potatoes and Root Vegetables Wheat Dinner Roll Vanilla Pudding	28	Chicken Rice Soup Salad Greens with Ham, Hard Cooked Egg, Red Onions, Cherry Toms, Cucumber, Ranch Dressing, Bread Stick Fresh Fruit	29	CLOSED IN OBSERVANCE OF HOLIDAY		

Elderly Nutrition Program meals, provide by CRT, are served Monday thru Friday to persons 60 years of age or older and their spouses or companion.

All meals are served with milk, bread, and margarine. **SUGGESTED DONATION: \$3.00** (or what you can afford.)

FOR RESERVATIONS, please call **860-721-2773** by 12 noon the day before you wish to dine with us (12pm Friday for Monday reservation.)

*Also, please notify us 24 hours in advance, if you know you need to cancel your reservation. Thank you!