





WETHERSFIELD SENIOR COMMUNITY CAFÉ MENU CALENDAR

APRIL 2025

Menu is subject to change

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Now that Spring has finally sprung , enjoy the lovely weather by exercising with a brisk walk ! Be sure to take along your water bottle and a nutritious snack.	1		2	<u>Make Lunch Count Day</u> Seasoned Chicken Drumstick Oven-Roasted Potatoes 5-Way Vegetable Blend 100 % Whole Wheat Bread Yogurt Cup, Grape Juice	3		4	
7	Sticky Honey Garlic Meatballs Garlic Pappardelle Capri Vegetables Wheat Bread Fresh Fruit	8		9	Kielbasa with Mustard Carmelized Onions Mashed Potatoes Green & Yellow Wax Beans Wheat Bread Fresh Fruit	10		11	
14	Beef Hot Dog / Hot Dog Bun Mustard, Relish, Ketchup Homestyle Baked Beans Creamed Corn Fresh Fruit	15		16	Philly Cheese Steak with Cheese Sauce on Hoagie Roll with Peppers & Onions Potato Wedges & Ketchup Fresh Fruit	17		18	
21	Grande Cheese Raviolis with Parmesan Cheese Italian Blend Veggies Garlic Knot Fresh Fruit	22		23	Boneless Chicken Breast with Red & Green Peppers and Onions Paprika-Diced Potatoes 100 % Whole Wheat Bread Fresh Fruit	24		25	
28	Orange Juice Turkey & Cheese Wedge Sandwich Broccoli Cookie	29		30	Roast Beef with Gravy Mashed Potatoes Peas & Diced Carrots Dinner Roll Fresh Fruit		Please be advised that our food may come in contact with or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, sesame or fish. Please advise staff of allergies prior to meal !		Almonds offer 50 % Daily Value of Vit E (healthy skin & hair) ; 25 % Daily Value Riboflavin (Vit B for Red Blood cells) ; 20 % Magnesium (Blood Pressure).

Elderly Nutrition Program meals, provide by CRT, are served 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 Wednesday for Monday reservation.)

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