

# WETHERSFIELD SENIOR COMMUNITY CAFÉ MENU CALENDAR – JULY 2022

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1	BBQ Chicken Leg Potato Salad Seasoned Corn Corn Bread Watermelon Slice
4	CRT Closed In Observance of Fourth of July	5	<b>Nat'l Hot Dog &amp; Beans Month</b> Grape Juice Beef Hot Dog / Hot Dog Bun Mustard, Relish and Ketchup Baked Beans Creamy Coleslaw Home-Baked Cookie	6	Orange Juice Cobb Salad w/ Bacon, Hard Boiled Egg, Red Onion, Cherry Tomatoes and Avocado / Ranch Dressing / Dinner Roll Fresh Fruit	7	Italian-Style Meatballs Baked Ziti w/ Mozzarella Seasoned Green Beans Garlic Knot Fresh Fruit	8	Baked Pork Chop / Gravy Corn Bread Stuffing California Blend Veggies 12 Grain Bread Pineapples & Mandarins
11	Apple Juice Beef & Bean Burrito Rice & Beans Roasted Corn Fresh Fruit	12	Tomato Soup Grilled Cheese & Tomato Sandw Curly Fries / Catsup Coleslaw Fresh Fruit	13	Orange Juice Margherita Pizza Garden Salad w/ Toms & Cucumbers / Dressing Brownie	14	General Tso Chicken Vegetable Fried Rice Asian Vegetable Blend 12 Grain Bread Applesauce	15	Hamburger w/ Lett, Tom, Cheese on Kaiser Roll /Ketchup / Mustard Tortellini Salad / Biscuit w/ Berries / Topping Fruit Punch Juice
18	Orange Juice Meat Ravioli w/ Sauce California Blend Veggies Garlic Bread Fresh Fruit	19	Grape Juice Greek Chicken Salad w/ Romaine Lettuce; Lemons ; Feta Cheese ; Cucs ; Cherry Toms ; Red Onions ; Black Olives / Pita Chips / Frosted Carrot Cake	20	<b>Nat'l Fortune Cookie Day</b> Fruit Punch Juice Teriyaki Shrimp Skewers Fried Rice / Broccoli Oatnut Bread Fortune Cookie	21	Spinach & Tomato Quiche Lyonnaise Potatoes Asparagus Rye Bread Fresh Fruit	22	Popcorn Shrimp Crinkle Fries / Catsup Vegetable Medley Wheat Dinner Roll Fresh Fruit
25	Apple Juice Meatloaf w/ Veg Gravy Seasoned Egg noodles Spinach / 12-Bread Frosted Cake	26	Chicken Fajita w/ Peppers / Onions / Red Rice & Beans / 4- Way Vegetable Blend / Peaches	27	BBQ Beef Brisket Macaroni & Cheese / Brussel Sprouts / Rye Bread / Fresh Fruit	28	Chicken Alfredo with Penne Pasta Broccoli Florets / 100 % Whole Wheat Bread / Fruit Cocktail	29	<b>National Lasagna Day</b> OJ / Vegetarian Lasagna/ Italian Mix Veggies / Garlic Knot / 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: \$3.00** (or what you can afford.)  
Please call 860-721-2979 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!