

# WETHERSFIELD SENIOR COMMUNITY CAFÉ MENU CALENDAR **JULY 2024**

Menu subject to change

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Turkey Sausage Pasta with sauce & Parmesan Cheese Normandy Vegetables Garlic Knot Fresh Fruit	2	<b>TACO TUESDAY</b> Beef Taco in Taco Shell, Mexican-Style Rice & Beans, Lettuce, Tomato, Cheese, Sour Cream & Salsa Fresh Fruit	3	Roasted Turkey Sandwich Swiss cheese, Lettuce, Tomato & Honey Mustard on Multigrain- Ciabatta Roll, Tater Tots, Ketchup Cookie & Orange Juice	4	<b>CLOSED FOR THE HOLIDAY</b> 	5	 <b>CLOSED FOR THE HOLIDAY</b>
8	<b>BEANS &amp; FRANKS DAY</b> Chili Hot Dog on Bun Shredded Cheese, Baked Beans, Coleslaw Wholegrain Fruit Bar Orange Juice	9	Stuffed Pepper with Sauce Confetti Rice Italian Mixed Vegetables Wheat Bread Cookie 100% Fruit Punch Juice	10	Boneless Chicken Marsala with Mushrooms Rice Pilaf 5-Way Vegetable Blend 100% Whole Wheat Bread Fresh Fruit	11	BBQ Beef Brisket Potato Salad California Blend Vegetables Wheat Bread Fresh Fruit	12	Meatball Stroganoff Parslied Pasta Prince Edward Vegetables Dinner Roll, Orange Juice Pudding with Topping
15	Meat Lasagna with Marinara Sauce, Zucchini, Bread Stick & Fresh Fruit	16	Kielbasa with Mustard Garlicky Smashed Potatoes Capri Vegetables Wheat Dinner Roll Fresh Fruit	17	Oven-Fried Chicken Baked Beans 4-Way Vegetable Blend Cornbread Loaf Fresh Fruit	18	Baked Ham with Orange Glaze Mashed Sweet Potatoes Vegetable Medley, Wheat Bread & Grape Juice Cookie	19	Turkey Sloppy Joe on Wheat Hamburger Bun Tri-Colored Pasta Salad Mixed Vegetables Fresh Fruit
22	Smothered Pork Chop with Gravy, Rice, Monaco Blend Vegetables Wheat Dinner Roll Fresh Fruit	23	American Chop Suey with Elbow Pasta Italian Vegetable Blend 100% Whole Wheat Bread Fresh Fruit	24	Roast Beef with Gravy Mashed Potatoes Brussel Sprouts Dinner Roll Yogurt Cup	25	<b>JULY BELONGS TO BLUEBERRIES</b> Cobb Salad with Grilled Chicken Roma Blend, Hard Boiled Egg, Bacon, Blue Cheese, Grape Tomatoes, Ranch Dressing, Saltines, Blueberry Sweet	26	Seafarer's Seafood Salad on Club Roll, Sweet Potato Wedges, Ketchup Coleslaw Wholegrain Fruit Bar 100% Fruit Punch Juice
29	BBQ Boneless Grilled Chicken with Potato Salad Buttered Corn 100% Whole Wheat Bread Fresh Fruit	30	Macaroni & Cheese Stewed Tomatoes Wheat Dinner Roll Pudding with Topping Orange Juice	31	Swedish Meatballs Garlic Pappardelle Broccoli Florets Wheat Bread 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 our staff of any food allergies prior to your meal consumption!		Don't forget to support your local farmers and enjoy the summer's bounty of fresh fruits and vegetables !	

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 Friday for Monday reservation.)

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