

# WETHERSFIELD SENIOR COMMUNITY CAFÉ MENU CALENDAR – AUGUST 2022

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Italian Sausage w/ Peppers & Onions Linguini / Broccoli Normandy / Oatnut Bread/ Fresh Fruit	2	Orange Juice Baked Airline Chicken Potato Stuffing ( Potatoes w/ Onions, Carrots & Celery ) Green Beans / Wheat Roll Apple Nut Pie ** <u>Contains NUTS</u>	3	<u>NATIONAL WATERMELON DAY</u> Salisbury Steak w/ Gravy Egg noodles Mixed Vegetables 100 % Whole Wheat Bread Fresh Watermelon Slice	4	Grape Juice Chili Cheese Dog on Hot Dog Roll Baked Potato Fries / Catsup Seasoned Carrots Pudding w/ Topping	5	Stuffed Green Pepper w/ Tomato Sauce White Rice / Zucchini / Wheat Bread / Fresh Fruit
8	Cheese Lasagna w/ Tom Sauce / Vegetable Medley / Italian Bread / Fresh Fruit	9	Grape Juice Maple-Glazed Kielbasa Mustard / Mashed Potatoes Prince Edward Blend Veg / Rye Bread / Frosted Cake	10	Honey Mustard Grill Chicken Sandwich on Kaiser Roll w/ Sliced Tomato / Lettuce/ Mustard & Mayo / Potato Salad / Fresh Fruit	11	Meat Raviolis / Tomato Sce 4-Way Vegetable Blend Parmesan Cheese Garlic Knot Fresh Fruit	12	100 % Fruit Punch Juice / Seafarer’s Clam Strips Sweet Potato Wedges / Catsup / Creamy Coleslaw / Wheat Dinner Roll / Baked Cookie
15	Meatloaf w/gravy Mashed Potatoes Prince Williams Veggies 100% wh wheat bread Fresh Fruit	16	<u>National Catfish Month</u> Southern Style Catfish Seasoned Yellow Rice Spinach 12 Grain Bread Fresh Watermelon Slice	17	Grape Jce/Corned Beef/Boiled Potatoes / Braised Cabbage & Carrots / Mustard / Wheat Dinner Roll / Frosted Cake	18	Orange Juice Pepperoni & Cheese Pizza Tossed Greens w/ Cherry Toms and Cucs w/ Ranch Fresh Fruit	19	Smothered Chicken Gravy / Cornbread Stuffing / Green & Yellow Wax Beans/ Oatnut Bread / Apple NUT Pie <u>has NUTS</u>
22	Country Fried Steak / Gravy / Garlic Smashed Potatoes / Brussel Sprouts / Rye Bread / Fresh Fruit	23	Stuffed Cabbage w/ Tom Sce White & Wild Rice Blend Capri Blend Vegetables 12 Grain Bread Fresh Fruit	24	Italian Wedding Soup Chef Salad w/ Romaine Lettuce ; Julienned Ham, Turkey, Cheese /Cherry Toms/ Cucs / Onions /Dressg/ Garlic Knot / Baked Cookie	25	<u>NAT’L EAT A PEACH MONTH</u> 100 % Fruit Punch Jce Orange Marmalade Pork Mash Pots / California Veggies/ 100 % Whole Wheat Bread/ Peach Pie	26	Orange Juice Beef Hot Dog w/ Bun Baked Beans / Mix Veggies Catsup, Mustd, Relish Fresh Watermelon Slice
29	Grape Juice Spaghetti & Meatballs w/ Marinara Sce / Parm Cheese / 4- Blend Vegetables / Dinner Roll Wholegrain Fruit Oatmeal Bar	30	Orange Juice / Grilled Ham Steak/ Scrambled Eggs / Catsup / Grilled Asparagus / Home Fries / Cinnamon Roll	31	BBQ Chicken Leg Mashed Potatoes / Seasoned Corn/ Corn Muffin Loaf / Fresh Fruit				

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 **860-721-2959** 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!

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