

WETHERSFIELD SENIOR COMMUNITY CAFÉ MENU CALENDAR – **SEPTEMBER 2023**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
			NUTRITION TIP: No bones about it, all dairy products, almonds, kale, Swiss Chard and broccoli supply necessary calcium to prevent the risk of fractures.					1	Celebrate Labor Day All-Beef Hot Dog with Bun Ketchup, Must, Relish Baked Beans, Coleslaw Cookie - Orange Juice
4		5	Meatloaf with Gravy Mashed Potatoes Steamed Spinach 100 % Whole Wheat Bread Fresh Fruit	6	Chicken Parmesan Pasta with Red Sauce Yellow Squash Bread Stick Fresh Fruit	7	Cold Baked Ham Sandwich w/Amer Cheese on Soft Roll, Shredded Lett & Tom, Must, Mayo / Potato Salad Yogurt Cup, Grape Juice	8	Beef Stroganoff With Rice Vegetable Medley Wholegrain White Bread Fresh Fruit
11	Plain Beef Burger on Bun Ketchup, Must, Mayo Lettuce & Tomato Potato Wedges Fresh Fruit	12	Boneless Chicken Marsala Pesto Pasta Italian Style Vegetables Dinner Roll - Fresh Fruit	13	Salisbury Steak with Gravy & Cornbread Stuffing Asparagus 100 % Whole Wheat Bread Fresh Fruit	14	Butterscotch Puddin' Day Roast Turkey (Not Deli) with Gravy, Cranberry Sauce Mashed Potatoes Mixed Veggies, Wheat Bread Butterscotch Pudding with Topping - Orange Juice	15	Cheezy Veggie Lasagna with Alfredo Sauce Zucchini Garlic Knot Fresh Fruit
18	National Fortune Cookie Day Chicken Stir Fry Vegetable Fried Rice Asian Vegetable Blend Dinner Roll Fortune Cookie 100 % Fruit Punch Juice	19	BBQ Pork with Baked Beans Green Beans Wheat Bread Fresh Fruit	20	Chef Salad: Salad Greens with Ham, Hard Boiled Egg, Red Onion, Cherry Tomatoes, Cucumbers Ranch Dressing, Bread Stick Fresh Fruit Lemon Pudding with Topping	21	Beef Meatballs Garlic Smashed Potatoes Vegetable Blend 100 % Whole Wheat Bread Fresh Fruit	22	Clam Chowder Crab Cake / Tartar Sca Coleslaw Potato Wedges / Ketch Saltine Crackers Yogurt
25	Grande Cheese Raviolis with Marinara Sce Parmesan Cheese California Blend Vegetables Bread Stick, Fresh Fruit	26	Price is Right for Your Health Lunch & Learn Breaded Chicken with Gravy White Rice, Steamed Broccoli Wheat Bread, Fresh Fruit	27	Boneless Pork Chop with Mango Sce Plantains California Blend Veggies Cornbread Fresh Fruit	28	Potato Crumb Fish with Tartar Sauce Rosemary Potatoes Baby Carrots 100 % Whole Wheat Bread Fresh Fruit	29	100 % Fruit Punch Juice Macaroni & Cheese Stewed Tomatoes Wholegrain White Brd Cake

Menu items are subject to change.

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!