

# WETHERSFIELD SENIOR COMMUNITY CAFÉ MENU CALENDAR

# OCTOBER 2024



Menu subject to change

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	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 food allergies prior to your meal !	1	Chicken Marsala with Mushrooms, Garlic Pasta & Broccoli 100% Whole Wheat Bread Wholegrain Fruit Bar 100 % Fruit Punch Juice	2	Shepherd's Pie with Mashed Potatoes Peas & Carrots Wheat Dinner Roll Fresh Fruit	3	Peach-Glazed Pork Chop Roasted Potato Chuckwagon Veg Blend Cornbread Loaf Fresh Fruit	4	Meatloaf with Veg Gravy Mashed Potatoes Whole Baby Carrots 100 % Whole Wheat Bread Fresh Fruit
7	Beef Meatballs with Marinara Sauce Parslied Fettuccine California Vegetables Wheat Bread Fresh Fruit	8	Potato Crumb Fish Tartar Sauce Potato Wedges, Ketchup Spinach & Wheat Bread Fresh Fruit	9	Salisbury Steak with Onion Gravy Yellow Rice with Beans Capri Vegetables 100 % Whole Wheat Bread Fresh Fruit	10	Chicken Caesar Salad Grilled Chicken Breast, Shaved Parmesan Cheese, Seasoned Croutons, Caesar Dressing, Roma Blend, Dinner Roll Fresh Fruit	11	<b><u>NATIONAL PORK DAY</u></b> Pork Piccata Rice Pilaf, Italian Veg Blend, Wheat Bread, Pudding with Topping 100 % Fruit Punch Juice
14	<b>CRT CLOSED FOR INDIGENOUS PEOPLES' DAY</b>	15	Roasted Turkey & Swiss Cheese Sandwich with Green Leaf Lettuce, Honey Mustard, Multigrain Hero, Potato Salad, Yogurt Cup	16	Cheese Tortellini Italian Salad with Salami, Tomatoes & Basil & Mixed Vegetables Wheat Dinner Roll Fresh Fruit	17	Brown Sugar Glazed Ham with Yams, Brussel Sprouts 100 % Whole Wheat Bread Fresh Fruit	18	Seafarer's Seafood Salad Potato Wedges, Ketchup Club Roll & Coleslaw Fresh Fruit
21	Baked Ziti with Ground Beef, Tomato Cream Sauce Gr & Yellow Wax Beans Garlic Knot & Fresh Fruit	22	<b><u>APPLE APPRECIATION DAY</u></b> Boneless Chicken Breast with Gravy, Sweet Potatoes, Monaco Blend Vegs, Wheat Bread, Cookie & Apple Juice	23	Swedish Meatballs with Brown Gravy Confetti Rice & Beets 100 % Whole Wheat Bread Fresh Fruit	24	Beef Hot Dog On Hot Dog Bun Ketchup, Mustard, Relish Baked Beans, Carrot Raisin Salad & Fresh Fruit	25	Chicken Scampi with Seasoned Pasta Steamed Broccoli Florets Wheat Dinner Roll Fresh Fruit
28	Maple-Glazed Kielbasa with Caramelized Onions Mixed Vegetables Parslied Boiled Potatoes Wheat Bread Fruit Bar & Orange Juice	29	Cheesy Vegetable Lasagna a la Vodka Vegetable Medley Bread Stick Fresh Fruit	30	Oven-Fried Chicken Macaroni & Cheese Buttered Corn Dinner Roll Yogurt Cup	31	<b><u>CELEBRATE GHOSTS 'N GOBLINS</u></b> Roast Beef with Gravy Garlic Smashed Pots, Peas & Carrots, 100 % Whole Wheat Bread, Holiday Sweet – Boo! 100 % Fruit Punch Juice		What makes a food high or low in fiber ? Foods that contain <u>5</u> grams fiber or more are high fiber foods & foods with <u>2</u> grams or less are low fiber foods. A fresh apple with peel has 4.4 grams fiber!

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!