

WETHERSFIELD SENIOR COMMUNITY CAFÉ MENU CALENDAR

NOVEMBER 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 our staff of food allergies prior to meal consumption !		Prevent or manage Type-2 Diabetes when “on-the-go”: _When you are not preparing your own food, it may be difficult to eat healthy. Here are a few tips to help make		healthy choices while you are out: Order first so others do not influence your food choices; Order a small or have an appetizer as a main meal; Choose steamed, grilled, broiled, not		sautéed or fried. It is NEVER too late to prevent Type 2-Diabetes! Studies suggest that 30 mins of activity in addition to a low-fat, low calorie meal plan works for people aged 60+, reducing the risk of diabetes by 71 %!	1	Pork Carnita Spanish Rice with Red Beans Chuckwagon Blend Veggies Wheat Bread Fresh Fruit
4	Stuffed Cabbage with Sauce & Rice 5-Way Veg Blend 100 % Whole Wheat Bread Fresh Fruit	5	Macaroni & Cheese Stewed Tomatoes Cornbread Loaf Fresh Fruit	6	“ EAT CAKE! ” DAY Maple-Glazed Ham Mashed Sweet Potatoes Monaco Blend Veggies Dinner Roll - Orange Juice Frosted Cake	7	Boneless Chicken Breast with Mushroom Gravy Parslied Boiled Potatoes Spinach, Wheat Bread Fresh Fruit	8	Meatball Grinder with Mozzarella Cheese on a Hoagie Roll Tri-Colored Pasta Salad Vegetable Medley Yogurt Cup
11	VETERAN’S DAY CRT CLOSED IN OBSERVANCE OF HOLIDAY	12	Cranberry Chicken Salad on Hamburger Bun Potato Wedges, Ketchup Coleslaw Wholegrain Fruit Bar 100 % Fruit Punch Juice	13	Italian Sausage with Red & Green Peppers Marinara Sauce Farfalle Pasta Italian Green Beans Wheat Bread Fresh Fruit	14	Salisbury Steak with Gravy Lyonnaise Potatoes Brussel Sprouts Wholegrain White Bread Fresh Fruit	15	Stuffed Sole Rice Pilaf California Blend Veggies 100 % Whole Wheat Bread Fresh Fruit
18	CHICKEN SOUP FOR YOUR SOUL DAY Chicken Soup, Grilled Chicken Breast, Lettuce & Tomato, Honey Mustard, on Hero Roll, Saltines, Pudding with Topping	19	Rigatoni Bolognese Italian Vegetables 100 % Whole Wheat Bread Fresh Fruit	20	Kahlua Pork Braised Cabbage Yellow Rice Wholegrain White Bread Fresh Fruit	21	CRT THANKSGIVING DAY Grape Juice Roast Turkey with Gravy Cranberry Sauce, Cornbread Stuffing, Peas & Carrots Dinner Roll, Pumpkin Spiced Cookie	22	Beef Hot Dog, Hot Dog Bun Mustard, Relish, Ketchup Baked Beans, Potato Salad Fresh Fruit
25	Vegetarian-Style Lasagna Zucchini Squash Medley Bread Stick Fresh Fruit	26	Potato Crumb Fish with Tartar Sauce, Rosemary Potatoes, 4-Way Vegetable Blend, Wheat Bread, Jello Cup Grape Juice	27	Kielbasa with Mustard Caramelized Onions Rice Pilaf Capri Vegetable Blend Wheat Bread Fresh Fruit	28	HAPPY THANKSGIVING ! CRT CLOSED IN OBSERVANCE OF HOLIDAY	29	CRT CLOSED IN OBSERVANCE OF HOLIDAY

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!