

WETHERSFIELD SENIOR COMMUNITY CAFÉ MENU CALENDAR – **NOVEMBER 2022**

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|--------|---|---------|--|-----------|---|----------|---|--------|------------------------|
| | | 1 | Grilled Catfish w/ Old Bay Remoulade Rosemary Fingerling Potatoes Chuck Wagon Blend Rye Bread Fresh Fruit | 2 | Orange Juice Hearty Beef Stew w/Boiled Potatoes and Carrots Dinner Roll Jello Cup | 3 | <u>National Sandwich Day</u> Apple Juice Cranberry Chicken Salad Sandwich on a Kaiser Roll Lettuce and Tomato Potato Salad Pudding Cup | 4 | CLOSED FRIDAYS |
| 7 | Sloppy Joes Crinkle Fries w/Ketchup Seasoned Cauliflower Hamburger Bun Fresh Fruit | 8 | Chicken Marsala Rice Pilaf Capri Vegetable Blend Dinner Roll Fresh Fruit | 9 | <u>National Cupcake Day</u> Fruit Punch Juice Grilled Ham Steak Scrambled Eggs Home Fries w/Ketchup Asparagus/Wheat Bread Assorted Cupcakes | 10 | Spaghetti and Meatballs Parmesan Cheese Steamed Broccoli Garlic Knots Fresh Fruit | 11 | CRT CLOSED FOR HOLIDAY |
| 14 | Apple Juice Stuffed Cabbage White Rice Yellow Squash Rye Bread Pudding Cup | 15 | Cracker Crumb Haddock w/ Tartar Sauce Seasoned Potato California Vegetable Wheat Bread Fresh Fruit | 16 | BBQ Beef Brisket Mac N Cheese Chuck Wagon Blend Whole Grain White Bread Fresh Fruit | 17 | <u>CRT Holiday Meal</u> Orange Juice Roasted Turkey w Gravy Corn Bread Stuffing Glazed Carrots Cranberry Sauce Honey Butter Biscuits Apple Pie | 18 | CLOSED FRIDAYS |
| 21 | Stuffed Shells Ala vodka Sauce Seasoned Spinach Garlic Knots Fresh Fruit | 22 | Fruit Punch Juice Sheppard's Pie Green Beans Dinner Roll Cookie | 23 | Salmon Cakes w/ Tartar sauce Rosemary Garlic Potato wedges Maple Brown Acorn Squash Rye Bread - Fresh Fruit | 24 | CRT CLOSED FOR HOLIDAY | 25 | CRT CLOSED FOR HOLIDAY |
| 28 | Grape Juice Pierogies w/ Onion/ Pepper Kielbasa w/ Mustard Capri Blend Whole Grain White Bread Jello Cup | 29 | Pineapple Sweet n Sour Chicken Vegetable Fried Rice Asian Vegetable Blend 100% Wh Wheat Bread Fresh Fruit | 30 | Salisbury Steak Onion & Mushroom Gravy Sweet Mashed potatoes Buttery Corn Dinner Roll 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!