

# WETHERSFIELD SENIOR COMMUNITY CAFÉ MENU CALENDAR – MAY 2023

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Meatloaf w/ Gravy Mashed Potatoes Steamed Spinach 100 % Whole Wheat Brd Fresh Fruit	2	Chicken Parmesan Pasta w/ Sauce Yellow Squash Garlic Knot Fresh Fruit	3	Cracker Crumb Haddock Rosemary Potatoes Baby Carrots /Tartar Sce 100 % Whole Wheat Brd Fresh Fruit	4	Beef Stroganoff Steamed Orzo Vegetable Medley 12 Grain Bread Fresh Fruit	5	<u>CRT Celebrates Cinco de Mayo</u>  Grape Juice Mexican- Seasoned Pulled Pork / Pico de Gallo Sce Spanish-Style Yellow Rice Corn & Pepper Blend Veg Cornbread Loaf / Tres Leche
8	BBQ Pork Tater Tot Ketchup Green Beans 100 % Wh Wheat Brd Fresh Fruit Chocolate Pudding	9	Sliced Turkey American Cheese on Sandwich Roll Shredded Lettuce & Tomato Mayo & Mustard Packet Fresh Fruit Yogurt Cup	10	Baked Ham Potato Salad Peas & Carrots 12 Grain Bread Fresh Fruit	11	<u>CRT Celebrates Mother's Day</u>  Orange Juice Quiche Lorraine Wedge Seasoned Diced Potatoes Asparagus Wheat Bread Cheesecake Brownie	12	Beef Meatballs w/ Gravy Garlic Smashed Potatoes Vegetable Blend 100 % Whole Wheat Bread Fresh Fruit
15	Chicken Stir Fry White Rice Steamed Broccoli Wheat Bread Fresh Fruit	16	Grape Juice All-Beef Hot Dog Hot Dog Bun / Ketchup, Mustard, Relish Smoked Baked Beans Mixed Veggies Cookie	17	Vegetable Lasagna Zucchini Garlic Knot Fresh Fruit	18	Clam Chowder Crab Cake / Tartar Sce Coleslaw Sweet Potato Fries Ketchup / Oyster Crackers Fresh Fruit	19	Boneless Chicken Marsala Pesto Pasta Italian Vegetables Garlic Knot Fresh Fruit Mini Cannoli
22	Vegetable Soup Plain Hamburger on Hamburger Bun Potato Wedges Shred Lettuce & Sl Tomato / Ketchup & Mayo Pkts / Fresh Fruit	23	Teriyaki Chicken Vegetable Fried Rice Asian Vegetable Blend Dinner Roll Fresh Fruit	24	<u>Celebrate Strawberries</u>  Orange Juice Turkey Pot Pie w/ Peas & Carrots Brussel Sprouts 100 % Whole Wheat Brd Strawberries w/ Biscuit and Topping	25	Ricotta Stuffed Shells w/ Marinara Sauce California Blend Veggies Dinner Roll Fresh Fruit	26	Sofrito Boneless Pork Chop Spanish Roasted Potatoes Broccoli Normandy Cornbread Fresh Fruit Wholegrain Fruit Bar
29	CRT Closed In Observance of the Holiday	30	Potato Fish Potato Wedges / Ketchup California Vegetables Garlic Knot Fresh Fruit	31	Salisbury Steak w/ Gravy Cornbread Stuffing Asparagus Wheat Bread Fresh Fruit				

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 **860-721-2959** 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!