



SENIOR COMMUNITY CAFÉ CONGREGATE CALENDAR-OCTOBER-2016



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
3	Fruit Punch Chicken Pot Pie w/Peas & Corn Summer Salad Greens w/Sliced Tomatoes & Cucumbers Ranch Dressing Fresh Apple	4	Stuffed Cabbage w/Marinara Sauce Brown Rice Beets Rye Bread Fresh Orange	5	Turkey Vegetable Soup Roast Turkey w/Gravy Cut-Up Sweet Potatoes French Style Green Beans 100% Whole Wheat Bread Fresh Banana	6	Grape Juice Country Fried Steak Baked Potato California Blend Vegetables Oatnut Bread Sliced Peaches	7	No Lunch on Fridays		
10	Closed for Columbus Day Holiday		11	Pineapple-Orange Juice Hot Dog on Hot Dog Roll Baked Beans Red/Green Cabbage Coleslaw w/Shredded Carrots Mustard/Ketchup/Relish Homemade Cookie	12	Monthly Birthday Party Kielbasa & Pierogis with Birthdays Cake – Entertainment by “Four Fun” at 12:45. Cost is \$5. To register call 860-228-1700. Deadline to register is Friday, October 7 th .	13	Tuna Salad on Star Roll Tortellini Salad Sliced Tomatoes & Leaf Lettuce Fresh Banana	14	No Lunch on Fridays	
17	Grape Juice Peach BBQ Chicken Leg Potato Salad Corn Coblette Homemade Biscuit Fresh Apple	18	Cream of Vegetable Soup Chef Salad w/Mixed Greens Shredded Cheese Turkey Ham Cooked Egg Italian Salad Dressing Wheat Dinner Roll Fresh Orange	19	Baked Ham w/Raisin Sauce Lyonnaise Potatoes Asparagus 12-Grain Bread Pineapple Tidbits & Mandarins	20	Minestrone Soup Grande Cheese Ravioli Tossed Green Salad French Dressing Saltines Fresh Banana	21	No Lunch on Fridays		
24	Cran-Orange Juice Sage Stuffed Chicken Mashed Potatoes Peas & Diced Carrots Oatnut Bread Apple Oatmeal Bar	25	Italian Meatballs Seashell Pasta w/Marinara Sauce Spinach Salad w/Sliced Tomatoes Ranch Dressing Club Roll Fresh Orange	26	Mariner’s Clam Chowder Seafarer Salad on Whole Grain Bun Baked Sweet Potato Lettuce Fresh Apples	27	Hamburger w/Broth Sliced Tomatoes & Leaf Lettuce White Bean & Broccoli Florets Salad Wheat Hamburger Bun Mustard/Relish/Ketchup Fresh Banana	28	No Lunch on Fridays		
31	CRT HALLOWEEN MEAL Apple Juice Macaroni & Cheese Stewed Tomatoes /Zucchini Garden Salad w/Cuc/Tomatoes Italian Dressing Wheat Bread Special Dessert			HAPPY		HALLOWEEN					

Elderly Nutrition Program meals are served Monday thru Thursday to persons 60 years of age or older and their spouses. All meals are served with milk, bread and margarine. DONATIONS: \$2.50 (or whatever you can afford)