



SENIOR COMMUNITY CAFÉ CONGREGATE CALENDAR-NOVEMBER-2016



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
		1	Cran Raisin Chicken Salad on Multi-Grain Roll Spinach & Black Bean Salad Shredded Lettuce Fresh Apple	2	Country Vegetable Soup Garden Salad Greens Cherry Tomatoes/Cucumbers/Onions Grilled Chicken Strips Cheddar Cheese Italian Dressing Saltine Crackers Blueberry Pomegranate Oatmeal Bar	3	Roast Beef w/Gravy Sour Cream & Chive Mashed Potatoes Broccoli Spears 12-Grain Bread Fresh Orange	4 No Congregate Meals on Fridays			
		7	Orange-Pineapple Juice Seasoned Chicken in Alfredo Sauce Over Penne Pasta Broccoli Florets 100% Whole Wheat Bread Blueberry Pomegranate Bar	8	Cream of Asparagus Soup Garden Salad Greens Cherry Tom/Cucumbers/Onions w/Tuna Salad Italian Dressing Wheat Dinner Roll Fresh Orange	9	Roast Turkey w/Gravy Cornbread Stuffing Prince Edward Blend Vegetables Cranberry Sauce Oatnut Bread Fresh Apple	10	Beef Vegetable Soup Beef Meatballs in Sweet & Sour Sauce Fluffy White Rice Vegetable Medley Pumpnickel Bread Mandarin Oranges	11 CLOSED IN OBSERVANCE OF VETERANS DAY HOLIDAY	
14	Chicken Cacciatore Seashell Pasta w/Marinara Sauce Italian Mixed Vegetables Italian Bread Fresh Banana	15	Farmer Brown Soup Stuffed Pepper Mashed Potatoes Bias Cut Carrots 12-Grain Bread Fresh Apple	16	Monthly Birthday Party Turkey, potatoes, stuffing, cranberry sauce, vegetable, and pie. Cost is \$5 and you must reserve your space by Monday, November 14th by calling 860-228-1700	17	CRT HOLIDAY MEAL Orange-Pineapple Juice Festive Roast Turkey w/Gravy Herb Stuffing Cranberry Sauce Mashed Potatoes Peas & Diced Carrots Wheat Dinner Roll Pumpkin Pie w/Whipped Topping	18 No Congregate Meals on Fridays			
21	Macaroni & Cheese Stewed Tomatoes & Zucchini White Bean & Broccoli Florets Salad Oatnut Bread Fresh Orange	22	Barbeque Chicken Potato Salad Corn Cobbette Wheat Dinner Roll Fresh Banana	23	French Onion Soup Beef Liver w/Extra Sauteed Onions Mashed Potatoes Mixed Vegetables Saltines Fresh Orange	24	CLOSED IN OBSERVANCE OF THANKSGIVING HOLIDAY		25	CLOSED IN OBSERVANCE OF THANKSGIVING HOLIDAY	
28	Country Fried Steak Lyonnais Potatoes Caribbean Blend Vegetables Pumpnickel Bread Fresh Apple	29	Cream of Broccoli Soup Chef Salad w/Mixed Greens (Shredded Cheese/Turkey Ham) Cooked Egg Raspberry Vinaigrette Dressing Saltine Crackers Pineapple Tidbits	30	Italian Sausage & Red/Green Peppers w/Italian Sauce Rotini w/Italian Sauce Zucchini 12-Grain Bread Fresh Banana						

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. DONATIONS: \$2.50 (or whatever you can afford)