



SENIOR COMMUNITY CAFÉ CONGREGATE CALENDAR-DECEMBER-2016



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1	Grape Juice Turkey Stew w/Potatoes Garden Salad Greens w/Tomatoes & Cucumbers Ranch Dressing Wheat Dinner Roll Fresh Orange	2	No Meals on Fridays
5	NATIONAL COOKIE DAY! Pineapple-Orange Juice Lemon Chicken Parslied Boiled Potatoes Summer Squash Wheat Dinner Roll Homemade Cookie	6	Fruit Punch Seafood Salad on Wheat Bun Baked Sweet Potato Shredded Lettuce Fresh Orange	7	Mediterranean Soup Orange & Cumin Rubbed Pork Carnival Rice Spinach Shredded Lettuce Fresh Apple	8	Salisbury Steak Italiana Parslied Bowties Italian Green Beans Oatnut Bread Sliced Peaches	9	No Meals on Fridays
12	Stuffed Cabbage w/Marinara Sauce Rice Romano Beets Oatnut Bread Fresh Apple	13	Hearty Vegetable Soup Hot Dog Baked beans Sauerkraut Mustard/Ketchup/Relish Hot Dog Roll Pineapple Tidbits	14	Senior Center Holiday Meal Appetizers, Ham, scalloped potatoes, glazed carrots, special dessert MUST sign-up—space is limited—call 860-228-1700 Hebron & Amston RESIDENTS ONLY	15	Apple Juice Tuna w/Noodles Casserole Peas & Diced Carrots 100% Whole Wheat Bread Fresh Orange	16	No Meals on Fridays
19	Orange-Pineapple Juice Seasoned Chicken in Alfredo Sauce Over Penne Pasta Broccoli Florets 100% Whole Wheat Bread Blueberry Pomegranate Bar	20	Cream of Asparagus Soup Garden Salad Greens Cherry Tom/Cucumbers/Onions w/Tuna Salad Italian Dressing Wheat Dinner Roll Fresh Orange	21	Monthly Birthday Party Baked stuffed chicken breasts, homemade mac & cheese, special potatoes, vegetable, special dessert Cost is \$5 - call to reserve your spot 860-228-1700	22	Beef Vegetable Soup Beef Meatballs in Sweet & Sour Sauce Fluffy White Rice Vegetable Medley Pumpnickel Bread Mandarin Oranges	23	No Meals on Fridays CLOSED IN OBSERVANCE OF HOLIDAY – No Meals on Wheels Delivery
26	CLOSED IN OBSERVANCE OF HOLIDAY	27	Orange juice Stuffed Pepper Mashed Potatoes Bias Cut Carrots 12-Grain Bread Fresh Apple	28	Apple Juice Alaskan Pollack w/Seafood Sauce Rice Pilaf Broccoli Normandy 100% Whole Wheat Bread Lemon Pudding w/Whipped Topping	29	Six Bean Soup American Chop Suey Italian Blend Vegetables Mixed Salad Greens w/Cherry Tomatoes & Cucumbers Raspberry Vinaigrette Dressing/Wheat Bread Sliced Peaches	30	Senior Center is CLOSED on MONDAY, JANUARY 2ND

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)