





# SENIOR COMMUNITY CAFÉ CONGREGATE CALENDAR-AUGUST-2017



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	1	Stuffed Cabbage w/Marinara Sauce Rice Romano Beets Rye Bread Tropical Fruit	2	Cran-Apple Juice Pot Roast w/Gravy Baked Sweet Potato Spinach 100% Whole Wheat Bread Homemade Cookie	3	Spring Vegetable Soup Chef Salad w/Mixed Green Shredded Cheese Turkey Ham Cooked Egg/Croutons Ranch Dressing Wheat Dinner Roll Fresh Banana	4	Orange Juice Lemon Baked Chicken Parslied Bowties Broccoli Florets Oatnut Bread Pineapple Tidbits	
7	Pineapple-Orange Juice Meatballs w/Italian Sauce Ziti w/Italian Sauce Broccoli & Cauliflower Oatnut Bread Pears	8	Clam Chowder Seafarer's Seafood Salad Baked Sweet Potato Shredded Lettuce Multi-Grain Bun Fresh Orange	9	Roast Turkey w/Gravy Corn Bread Stuffing Sliced Carrots Cranberry Sauce 100% Whole Wheat Bread Pineapple Tidbits & Mandarins	10	<b>CRT SUMMER PICNIC</b> Orange Juice Assorted Cheese Pizza Salad Greens w/Cherry Tomatoes & Cucumbers & Onions Italian Salad Dressing Frosted Carrot Cake Fresh Fruit	11	Mandarin Chicken Oriental Rice Oriental Vegetables 12-Grain Bread Fruit Cocktail
14	Sausage w/Red/Green Peppers Penne w/Tomato Basil Sauce Italian Green Beans Club Roll Tropical Fruit	15	American Chop Suey Spinach Salad w/Tomatoes/ Cucumbers/Onions Raspberry Vinaigrette Dressing Capri Blend Vegetables Oatmeal Bread-1 sl. Fresh Orange	16	<b>August Birthday Party</b> Scalloped potatoes with ham, grilled chicken, zucchini and squash casserole, and dessert. Cost is \$5 – Registration Deadline August 14 <sup>th</sup> . To register call 860-228-1700.	17	Chicken Vegetable Soup Orange & Cumin Rubbed Pork w/Broth White & Brown R ice Broccoli Spears 100% Whole Wheat Bread Banana	18	Potato Crumbled Fish Chive Mashed Potatoes Creamed Spinach Tartar Sauce Rye Bread Pineapple Tidbits
21	Stuffed Green Pepper w/Tomato Sauce Mashed Potatoes Brussel Sprouts 100% Whole Wheat Bread Pineapple Tidbits	22	Hamburger w/Broth Sliced Tomatoes & Leaf Lettuce White Bean & Broccoli Florets Salad Whole Grain Hamburger Bun Mustard/Relish/Ketchup Pears	23	Tuna w/Bowtie Noodles Casserole Peas & Diced Carrots Oatnut Bread Fresh Orange	24	Mediterranean Soup Roast Pork Loin Hawaiian Style Yellow Rice California Normandy Veggies. Wheat Dinner Roll Applesauce	25	Orange-Pineapple Juice Cran-Raisin Chicken Salad On Multi-Grain Bun Tortellini Salad Leaf Lettuce/Sliced Tomatoes Peaches Over Pound Cake w/Whipped Topping
28	Grape Juice Salisbury Steak w/Gravy Rice Pilaf Creamed Spinach Rye Bread Tropical Fruit	29	Cran-Apple Juice Garden Salad Greens/Cherry Tomatoes/Cucumbers/Onions Grilled Chicken Strips Cheddar Cheese Italian Dressing/Croutons Pineapple Tidbits	30	<b>CRT SUMMER PICNIC</b> Orange Juice Hot Dog Vegetarian Baked Beans Red/Green Cabbage Coleslaw w/Shredded Carrots Hot Dog Roll Mustard/Relish/Ketchup Frosted Banana Cake	31	Country Vegetable Soup Grande Cheese Ravioli w/Tomato Sauce Italian Blend Vegetables Saltines Fresh Orange		

**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)**