









SENIOR COMMUNITY CAFÉ CONGREGATE CALENDAR- NOVEMBER-2017



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1 Corn Chowder Breaded Fish Filet Multi-Grain Roll Tortellini Salad Tartar Sauce Stewed Tomatoes Tropical Fruit		2 Orange Juice Rosemary Baked Chicken Leg Baked Potato Sliced Carrots 12 Grain Bread Ice Cream Cup		3 NO MEALS ON FRIDAY	
6 Grande Cheese Ravioli Italian Sauce California Blend Veggies Mixed Salad Greens w/ Cherry Toms & Cuc Ranch Dressing Rye Bread Fruit Cocktail		7 Chicken Vegetable Soup Chicken Salad Whole Grain Bun Coleslaw w/ Red, Green, Purple Cabbage Potato Puffs Tropical Fruit		8 Apple Juice Kielbasa Pierogies w/ Onion Butter Sauce Caribbean Blend Veggies Wheat Dinner Roll Lemon pudding w/ Whipped Topping		9 Sauerbraten w/ Gingersnap Gravy Parslied Potatoes Diced Carrots & Peas 100 % Whole Wheat Bread Applesauce		10  SENIOR CENTER CLOSED	
13 Orange Juice Sloppy Joe (Ground Turkey w/ Seasoned Tomato Sauce) Multi-Grain Bun Potato Wedges Capri Blend Vegetables Pears		14 Grape Juice Seasoned Chicken In Alfredo Sauce Over Bowtie Pasta Broccoli Florets 100 % Whole Grain Bread Peaches		15 Birthday Party Lunch Taco bar, rice, beans & dessert Cost is \$5 – call to RSVP by Monday, November 13th		16 CRT Thanksgiving Cran-Apple Juice Roast Turkey w/ Gravy Chive Mashed Potatoes Four Way Veg Blend Cranberry Sauce Corn Muffin Pumpkin Pie/ Whipped Topping		17 NO MEALS ON FRIDAY	
20 Meatloaf w/ Gravy Spanish Rice Broccoli Normandy Oatnut Bread Fruit Cocktail		21 Chicken Vegetable Soup BBQ Peach Chicken Breast Cut Sweet Potatoes Corn Wheat Dinner Roll Fresh Orange		22 Pineapple –Orange Juice Roast Beef w/ Veg Gravy Baked Potato Green & Yellow Wax beans 100 % Whole Wheat Bread Fruit Whole Grain Oatmeal Bar		23 CLOSED  THANKSGIVING		24 CLOSED 	
27 Italian Style Chicken w/ Artichokes & Chicpeas Rice Pilaf Broccoli Florets Wheat Dinner Roll Fresh Orange		28 Hearty Vegetable Soup Hot Dog Hot Dog Roll Vegetarian Baked Beans Sauerkraut Mustard, Ketchup, Relish Fruit Cocktail		29 Baked Ham w/ Pineapple Sauce Yams Italian Green Beans Rye Bread Tropical Fruit		30 French Onion Soup Beef Liver w/ Sauteed Onions Mashed Potatoes Peas & Diced Carrots Saltine Crackers Mandarin Oranges			

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)