

## SENIOR COMMUNITY CAFÉ MENU CALENDAR – OCTOBER 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
1	Orange Juice Sloppy Joe (Ground Turkey With Seasoned Tomato Sauce ) on Multi-Grain Bun Potato Wedges/ Ketchup Capri Blend Vegetables Pears	2	Grape Juice Seasoned Chicken In Alfredo Sauce Over Bowtie Pasta Broccoli Florets 100 % Whole Grain Bread Frosted Cake	3	Autumn Vegetable Soup BBQ Pork Ribeye Carnival Rice Cut Green Beans 12 Grain Bread Fresh Orange	4	Roast Turkey w/ Gravy Cut Sweet Potatoes 4-Way Vegetable Mix Cranberry Sauce Corn Muffin Fresh Banana
8	SENIOR CENTER CLOSED 	9	Lemon Baked Chicken Mashed Potatoes Peas & Diced Carrots Wheat Dinner Roll Fresh Grapes	10	Grape Juice Roast Beef w/ Vegetable Gravy Baked Potato Green & Yellow Wax Beans 100 % Whole Wheat Bread Fruit Whole Grain Oatmeal Bar	11	Macaroni & Cheese Tossed Salad Greens w/ Cherry Tomatoes & Cucumbers Italian Dressing Stewed Tomatoes/ Zucchini / 12 Grain Bread Tropical Fruit
15	Italian Style Chicken Cacciatore Bowtie Pasta Broccoli Florets Wheat Dinner Roll Fresh Orange	16	Hearty Vegetable Soup Hot Dog / Hot Dog Roll Vegetarian Baked Beans Mustard, Ketchup, Relish Chuck Wagon Blend Vegetables Fruit Cocktail	17	Baked Ham w/ Pineapple Sauce Yams Italian Green Beans 12 Grain Bread Tropical Fruit	18	CRT Celebrates National Cupcake Day! French Onion Soup Beef Liver w/ Sautéed Onions Mashed Potatoes Peas & Diced Carrots Saltine Crackers Frosted Cupcake
22	Orange Juice Turkey Chow Mein Over Yellow Rice Cut Carrots 12 Grain Bread Lemon Pudding w/ Whipped Topping	23	White Bean & Escarole Soup Tuna Fish Salad Whole Grain Kaiser Roll Sweet Potato Wedges/ Ketchup Sliced Tomato & Shredded Lettuce Peaches	24	<b>**BIRTHDAY PARTY**</b> Roast Turkey w/ Gravy Broccoli Cornbread Stuffing Wheat Dinner Roll Cranberry Sauce Birthday Cake Please RSVP by Monday Oct. 22 – 860-228-1700 Cost \$5	25	Country Vegetable Soup Penne w/ Mini-Beef Meatballs/ Garden Salad w/ Cherry Toms & Cucumbers Ranch Dressing Saltine Crackers Pineapple Tidbits
29	Stuffed Green Pepper w/ Marinara Sauce Bowtie Pasta Broccoli & Cauliflower Oatnut Bread Peaches & Pears	30	Turkey Meatballs w/ Sweet & Sour Sce Whole Grain White & Brown Rice Italian Blend Vegetables 100 % Whole Wheat Bread Fresh Orange	31	CRT Celebrates Oct B' Days! Corn Chowder Breaded Fish Filet / Tartar Sce On Multi-Grain Bun Tortellini Salad Stewed Tomatoes Frosted Cake / Fresh Fruit		

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