


SENIOR COMMUNITY CAFÉ MENU CALENDAR – FEBRUARY 2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
		<p>Life is like a camera: focus on what's important, capture the good times, & develop from the negatives. <small>"Unknown"</small></p>				<p>You're off to Great Places! Today is your day! Your mountain is waiting. So...get on your way! <small>-Dr. Seuss</small></p>	
4	<p>Orange Juice Lemon Baked Chicken Rice Medley California Normandy Oatnut Bread Pears</p>	5	<p>Apple Juice American Chop Suey Capri Blend Vegetables Wheat Dinner Roll Pineapple Mandarin Mix</p>	6	<p>Roast Turkey w/ Gravy Mashed Potatoes Mixed Vegetables Cranberry Sauce Wheat Bread Fresh Orange</p>	7	<p>Vegetable Soup Seafood Salad On Multi-Grain Bun Baked Sweet Potato Shredded Lettuce Wholegrain Fruit Bar</p>
11	<p>Orange Juice Sliced Meatloaf w/ Gravy Spanish Rice Carrots 100% Whole Wheat Bread Fruit Cocktail</p>	12	<p>Cream of Broccoli Soup Rst Chicken w/ Veg Broth Red Bliss Garlic Smashed Potatoes Spinach 12 Grain Bread Fresh Orange</p>	13	<p>Macaroni & Cheese Stewed Tomatoes Spinach Salad w/ Cherry Tomatoes / Italian Dressing Club Roll Pineapples & Mandarins</p>	14	<p>Happy Valentines' Day ! Orange Juice Pot Roast w/ Gravy Mashed Potatoes Vegetable Medley Dinner Roll Frosted Cake</p>
18	<p>CRT - CLOSED</p> 	19	<p>Grape Juice Beef Chili w/ Beans / Shredded Cheese Elbow Macaroni Italian Green Beans 100 % Wh Wheat Bread Mandarin Oranges</p>	20	<p>CRT Celebrates National Cherry Pie Day ! Mediterranean Soup Rst Pork A La Orange Sweet Potatoes & Apples Caribbean Blend Veggies Corn Muffin Cherry Pie</p>	21	<p>Cranberry Juice Oven-Fried Chicken Mashed Potatoes Corn Oatnut Bread Fresh Banana</p>
25	<p>Orange Juice Hot Dog / Hot Dog Roll Mustard, Relish, Ketchup Vegetarian Baked Beans Red, Green, Purple Cabbage Coleslaw Pineapple Tidbits</p>	26	<p>Shell Pasta w/ Beef Meat Scc Italian Mixed Vegetables Garden Salad w/ Cherry Toms, Cucs / Ranch Dressing Saltine Crackers Applesauce</p>	27	<p>Birthday Party Spiral Glazed Ham, Scalloped Potatoes, Salad, Dinner Roll, Birthday Cake Cost is \$5. Please RSVP by Monday, February 25th 860-228-1700</p>	28	<p>Roast Turkey w/ Gravy Stuffing Capri Blend Vegetables Cranberry Sauce Corn Muffin Pears</p>

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)