




SENIOR COMMUNITY CAFÉ MENU CALENDAR – August 2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
						1	Orange Juice Turkey Divan w/ Broccoli Baked Potato 100 % Whole Wheat Brd Fruit Cocktail
5	Beef Chili / Shredded and Cheese Baked Potato Sliced Carrots Wheat Dinner Roll Fresh Orange	6	Vegetable Lasagna Salad Dessert	7	Roast Beef w/ Gravy Mashed Potatoes Chuck Wagon Blend Vegetables 100 % Whole Wheat Bread Applesauce	8	Grape Juice Potato Crumbed Fish Tartar Sauce Lyonnais Potatoes Caribbean Blend Veggies Oatnut Bread Tapioca Pudding / Topping
12	Hamburger w/ Broth on Multi-Grain Bun Sliced Tomatoes & Shredded Lettuce/ Ketchup, Mustard, Relish Potato Salad Fresh Orange	13	Cold Cut Sandwiches (Turkey or Ham) Pasta Salad Chips Dessert	14	Butter Crumb Breaded Pollock Mashed Potatoes Green Beans Tartar Sauce Dinner Roll Fruit Cocktail	15	Orange Juice Macaroni & Cheese Stewed Tomatoes Wheat Dinner Roll Frosted Cake
19	Grape Juice Stuffed Cabbage w/ Marinara Sauce Squash Medley Wheat Dinner Roll Mandarin Oranges	20	Tammy's Mac & Cheese Vegetable Dessert	21	Oven-Fried Chicken Baked Beans Capri Blend Vegetables Corn Muffin Fresh Orange	22	Pot Roast w/ Gravy Oven Roasted Potatoes Brussel Sprouts Dinner Roll Peaches & Pears
26	Lemon Baked Chicken Cornbread Stuffing Broccoli & Cauliflower Oatnut Bread Peaches	27	Grape Juice Tuna Salad on Multi-Grain Bun / Sl Toms & Shredded Lettuce / Sweet Potato Wedges P'Apple Tidbits	28	Birthday Party End of Summer Cookout Hot Dog/Hamburger Charlotte's Potato Salad Coleslaw Three Bean Salad Birthday Cake \$5 Sign-up at the Senior Center – 860-228-1700	29	Apple Jce / Garden Salad Greens/ Cherry Toms, Cucs, Onions/ Grilled Chicken Strips / Cheddar Cheese Ranch Dressing / Wheat Roll / 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. SUGGESTED DONATION: \$2.50 (or whatever you can afford)