



SENIOR COMMUNITY CAFÉ MENU CALENDAR –October 2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
	OCTOBER	1	Teriyaki Chicken Strips Brown & White Rice Broccoli Florets Dinner Roll Mandarin Oranges	2	Autumn Vegetable Soup BBQ Pork Ribeye Potato Wedges / Ketchup Cut Green Beans 12 Grain Bread Autumn Leaf Sugar Cookie	3	Roast Turkey w/ Gravy Cut Sweet Potatoes 4-Way Vegetable Blend Cranberry Sauce Corn Muffin Fresh Banana
7	Meatloaf w/ Gravy Spanish Rice Broccoli Normandy Oatnut Bread Fresh Orange	8	Cr of Broccoli Soup Boneless Lemon Baked Chicken Eggnoodles Peas & Diced Carrots Wheat Dinner Roll Wholegrain Fruit Oatmeal Bar	9	Orange Juice Roast Beef w/ Gravy Baked Sweet Potato Spinach 100 % Whole Wheat Bread Peaches	10	Butter Crumb Breaded Pollock Mashed Potatoes Green & Yellow Wax Beans / Tartar Sauce Wheat Bread Pineapple Tidbits
14	Senior Center Closed In Observance of Columbus Day Holiday	15	Orange Juice Hot Dog / Hot Dog Bun / Mustard, Relish, Ketchup / Vegetarian Baked Beans / Red, Green, Purple Cabbage Coleslaw Peaches	16	Hearty Vegetable Soup Garden Salad Greens Cherry Toms, Cucs, Onions w/ Grilled Chicken Strips and Cheddar Cheese Ranch Salad Dressing Wheat Dinner Roll Fresh Orange	17	Baked Ham with Raisin Sauce Yams Italian Green Beans 12 Grain Bread Fruit Cocktail
21	Orange Juice Apple-Smoked Pulled Chicken on Multi-Grain Bun / Red, Green, Purple Cabbage Coleslaw / Sweet Potato Wedges / Ketchup / Banana Pudding w/ Whipped Topping	22	Corn Chowder Potato Crumb Fish Tartar Sauce / Stewed Tomatoes / Tortellini Salad / Oatnut Bread Fresh Orange	23	<u>Birthday Party</u> Shepard's Pie Broccoli Soup Birthday Cake Cost \$5 Please RSVP by Monday, October 21 st 860-228-1700	24	Country Vegetable Soup Penne w/ Mini-Beef Meatballs / Parmesan Cheese / Garden Salad w/ Cherry Tomatoes & Cucs / Ranch Dressing Saltine Crackers/ Individual Gelatin Cup
28	Stuffed Green Pepper w/ Marinara Sauce / Bowtie Pasta / Broccoli & Cauliflower / Oatnut Bread / Peaches	29	Grape Juice Turkey Meatballs w/ Sweet & Sour Sce/ Whole Grain White & Brown Rice / Italian Vegs/ 100 % Whole Wheat Brd/ Pineapples	30	White Bean & Spinach Soup Tuna Fish Salad on a Whole Grain Kaiser Roll / Potato Salad Sliced Tomatoes & Shredded Lettuce / Fruit Yogurt	31	Rosemary Baked Chicken / Oven-Roasted Potatoes / Sliced Carrots / 12 Grain Bread Fresh Banana

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)**