

SENIOR COMMUNITY CAFÉ MENU CALENDAR – January 2020

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
	December 30 th Meatloaf w/ Gravy Spanish Rice Broccoli Normandy Oatnut Bread Fresh Orange		December 31 st Cr of Broccoli Soup Boneless Lemon Baked Chicken / Egg Noodles / Peas & Diced Carrots / Wheat Dinner Roll / Dessert	1	Senior Center Closed For The Holiday Best Wishes For A Happy, Healthy New Year 2020	2	<u>NEW YEAR'S PARTY</u> Light hor dourves, Stuffed Pepper w/ Marinara Sauce Penne w/ Marinara Sce Parmesan Cheese Hot Garlic Bread Desserts Cost \$5 RSVP by Dec. 30
6	Swedish Meatballs w/ Gravy / Bowties Peas & Diced Carrots Wheat Bread Peaches & Pears	7	Orange Juice Breaded Fish Filet Tartar Sauce Potato Puffs California Blend Veggies 12 Grain Bread Cherry-Apple Crisp	8	Mediterranean Minestrone Soup, Roast Pork A La Orange, Sweet Potatoes & Apples, Caribbean Blend Vegetables, Corn Muffin Mandarin Oranges	9	Grape Juice Baked Cheese Lasagna w/ Tomato Sauce Tossed Salad Greens w/ Cherry Toms & Cucs Ital Drsing / Mixed Veggies Wheat Dinner Roll Fresh Banana
13	Orange Juice Hot Dog / Hot Dog Roll Mustard, Ketchup, Relish Vegetarian Bked Beans Red, Green, Purple Cabbage Coleslaw Pineapple Tidbits	14	Shell Pasta w/ Marinara Sauce & Mini Beef Meatballs w/ Sauce / Parmesan Cheese / Italian Mixed Vegetables / Garden Salad with Cherry Toms & Cucs / Ranch Dressing / Saltine Crackers / Peaches	15	French Onion Soup Beef Liver w/ Sauteed Onions, Mashed Potatoes Broccoli, 12 Grain Bread, Fresh Orange	16	Roast Turkey w/ Gravy Stuffing Cranberry Sauce Capri Blend Vegetables Corn Muffin Pears
20	Senior Center Closed In Observance of Martin Luther King Jr Day	21	Macaroni & Cheese Garden Salad w/ Cherry Toms, Cucs, Onions / Ranch Dr Stewed Tomatoes / Wheat Dinner Roll Fresh Orange	22	Beef Vegetable Soup Cheeseburger w/ American Cheese on a Multigrain Bun, Mustard, Ketchup, Relish, Potato Salad, Sliced Tomato / Leaf Lettuce, Ice Cream Cup	23	Italian Style Chicken Parmigiana Rigatoni w/ Tomato Sce Brussel Sprouts 100 % Whole Wheat Brd Fresh Banana
27	Orange Jce / Grande Cheese Ravioli w/ Italian Sce / Salad w/ Toms & Cucs / Rasp Dressing / Parmesan Cheese Caribbean Blend Veggies Italian Brd / Fruit Cocktail	28	Grape Jce / Beef Chili w/ Beans / Bked Potato / Shredded Cheese / Ital Green Beans / Wheat Dinner Roll / Frosted Cake	29	<u>Birthday Party</u> Hearty Vegetable Soup Roast Pork Hawaiian Style, Brown & White Rice, Broccoli, Saltine Crackers, Birthday Cake COST \$5 RSVP by January 27th	30	Potato Crumbed Fish Tartar Sauce Lyonnaise Potatoes Garden Blend Veggies 100 % Whole Wheat Brd Peaches

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)