

SENIOR COMMUNITY CAFÉ MENU CALENDAR – NOVEMBER 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	 <p>© Can Stock Photo</p>					1	Orange Juice Rosemary Baked Chicken Baked Potato Sliced Carrots 12 Grain Bread Fruit Yogurt	2	Roast Pork Loin w/ Broth Oven Roasted Potatoes Garden Blend Vegetables 100 % Whole Wheat Bread Pineapples & Mandarins  You're Invited!
5	National Doughnut Day! Orange Juice Grande Cheese Ravioli with Italian Sauce California Blend Vegetables Mixed Greens w/ Cherry Toms & Cucu/ Ranch Dressing/ 12 Grain Bread Doughnut	6	Chicken Vegetable Soup Chicken Salad on Whole Grain Roll Coleslaw w/ Red, Green, Purple Cabbage Sweet Potato Wedges/ Ketchup Tropical Fruit	7	Apple Juice Kielbasa Pierogies w/ Onion Butter Sce Caribbean Blend Vegetables Wheat Dinner Roll Tapioca Pudding w/ Whipped Topping	8	Sauerbraten w/ Gingersnap Gravy Parslied Potatoes Diced Carrots & Peas 100 % Whole Wheat Bread Applesauce  You're Invited!	9	Chili Over Elbow Macaroni Shredded Cheddar Cheese Italian Green Beans 100 % Whole Wheat Bread Fresh Fruit
12	CRT CLOSED 	13	Seasoned Chicken in Alfredo Sauce Over Bowtie Pasta Caribbean Blend Vegetables 100 % Wholegrain White Bread Peaches	14	CRT THANKSGIVING DAY! Grape Juice Roasted Turkey w/ Gravy Herb Stuffing Broccoli Normandy Cranberry Sauce/ Corn Muffin Holiday Pumpkin Pie	15	Salmon Boat w/ Newburg Sauce Wild Rice Italian Blend Vegetables Wheat Bread Fresh Banana	16	Apple Juice Italian Beef Meatballs in Italian Sauce Seashell Pasta in Marinara Sauce Spinach Wheat Dinner Roll Pineapples & Mandarins
19	Meatloaf w/ Gravy Spanish Rice California Blend Vegetables Oatnut Bread Fruit Cocktail	20	Chicken Vegetable Soup Lemon Baked Chicken Mashed Potatoes Peas & Diced Carrots Wheat Dinner Roll Fresh Grapes	21	Orange Juice Roast Beef w/ Gravy Baked Potato Green & Yellow Wax Beans 100 % Whole Wheat Bread Fruit Wholegrain Oatmeal Bar	22	CRT CLOSED 	23	CRT CLOSED 
26	Italian-Style Chicken Cacciatore Bowtie Pasta Broccoli Florets Wheat Dinner Roll Fresh Orange	27	Hearty Vegetable Soup Hot Dog / Hot Dog Roll Ketchup, Mustard, Relish Vegetarian Baked Beans Chuck wagon Blend Veg Fruit Cocktail	28	CRT Celebrates Nov Birthdays Orange Juice Baked Ham w/Pineapple Sauce Yams Italian Green Beans 12 Grain Bread Frosted Cake	29	French Onion Soup Beef Liver/Sautéed Onions Mashed Potatoes Peas & Diced Carrots Saltine Crackers Mandarin Oranges	30	Grape Juice Beef Chili w/ Beans Baked Potato Brussels Sprouts 100 % Whole Wheat Bread Home-Baked Cookie

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)