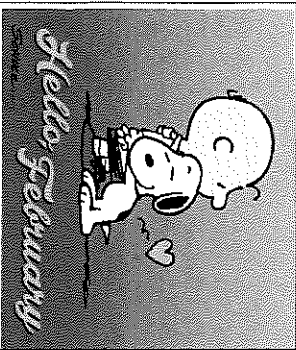
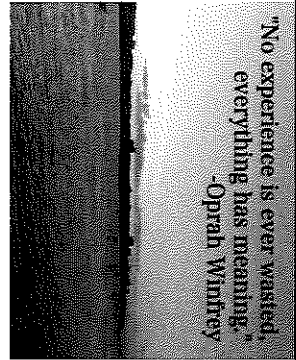
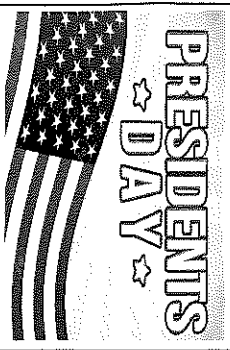




SENIOR COMMUNITY CAFÉ MENU CALENDAR – FEBRUARY 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Life is like a camera: focus on what's important, ignore the rest. & develop from the negatives. <i>Unknown</i>	 "No experience is ever wasted, everything has meaning." -Oprah Winfrey	You're off to great Places! Today is your day! Your world is waiting So... get on your way! <i>-A. Sore</i>	Potato Crumb Fish Lyonnaise Potatoes Tartar Sauce Winter Mix Vegetables 100 % Whole Wheat Bread Fruit Cocktail
4	Orange Juice Lemon Baked Chicken Rice Medley California Normandy Oatnut Bread Pears	5 Apple Juice American Chop Suey Capri Blend Vegetables Wheat Dinner Roll Pineapple Mandarin Mix	6 Roast Turkey w/ Gravy Mashed Potatoes Mixed Vegetables Cranberry Sauce Wheat Bread Fresh Orange	7 Vegetable Soup Seafood Salad On Multi-Grain Bun Baked Sweet Potato Shredded Lettuce Wholegrain Fruit Bar	8 Italian Sausage w/ Italian Sauce Penne w/ Marinara Sce Italian Blend Vegetables 12 Grain Bread Peaches
11	Orange Juice Sliced Meatloaf w/ Gravy Spanish Rice Carrots 100% Whole Wheat Bread Fruit Cocktail	12 Cream of Broccoli Soup Rst Chicken w/ Veg Broth Red Bliss Garlic Smashed Potatoes Spinach 12 Grain Bread Fresh Orange	13 Macaroni & Cheese Stewed Tomatoes Spinach Salad w/ Cherry Tomatoes / Italian Dressing Club Roll Pineapples & Mandarins	14 Happy Valentines' Day ! Orange Juice Pot Roast w/ Gravy Mashed Potatoes Vegetable Medley Dinner Roll Frosted Cake	15 Stuffed Green Pepper w/ Marinara Sauce Shell Pasta w/ Marinara Sce Green /Yellow WaxBeans Wheat Dinner Roll Peaches
18	CRT - CLOSED 	19 Grape Juice Beef Chili w/ Beans / Shredded Cheese Elbow Macaroni Italian Green Beans 100 % Wh Wheat Bread Mandarin Oranges	20 CRT Celebrates National Cherry Pie Day ! Mediterranean Soup Rst Pork A La Orange Sweet Potatoes & Apples Caribbean Blend Veggies Corn Muffin Cherry Pie	21 Cranberry Juice Oven-Fried Chicken Mashed Potatoes Corn Oatnut Bread Fresh Banana	22 Orange Juice Salmon Boat w/ Seafood Sce Rice Medley California Blend Veggies 12 Grain Bread Fruit Cocktail
25	Orange Juice Hot Dog / Hot Dog Roll Mustard, Relish, Ketchup Vegetarian Baked Beans Red, Green, Purple Cabbage Coleslaw Pineapple Tidbits	26 Shell Pasta w/ Beef Meat Sce Italian Mixed Vegetables Garden Salad w/ Cherry Toms, Cucs / Ranch Dressing Saline Crackers Applesauce	27 Celebrate February B'Days ! Beef Vegetable Soup Hamburger w/ Broth Potato Salad / Sliced Tom/ Leaf Lettuce / Multi-Grain Bun / Mustard, Relish, Ketchup / Frosted Cake / Fresh Orange	28 Roast Turkey w/ Gravy Stuffing Capri Blend Vegetables Cranberry Sauce Corn Muffin Pears	To reserve a meal call 860-763-7428 at noon the day before

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)