



SENIOR COMMUNITY CAFÉ MENU CALENDAR – MARCH 2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
					To reserve a meal call 860-763-7428 at noon the day before			1	Orange Juice Tunafish Salad On Multi-Grain Roll Sweet Potato Wedges Ketchup SI Tomato/Shredded Lettuce Peaches
4	BBQ Pork Ribeye Rice Pilaf Broccoli & Cauliflower Oatnut Bread Applesauce	5	Cranberry Juice Boneless Chicken Cacciatore Rotini w/ Tomato Sauce Brussel Sprouts 100 % Whole Wheat Bread Tapioca Pudding w/ Topping	6	Cream Of Vegetable Soup Spinach & Cheese Quiche Mixed Vegetables Wheat Dinner Roll Ritz Crackers Fresh Grapes	7	Pot Roast w/ Veg Gravy Parslied Potatoes Sliced Carrots Wheat Dinner Roll Peaches & Pears	8	Macaroni & Cheese Peas Garden Salad w/ Cherry Toms/ Cucs, Onions Ranch Dressing Wheat Dinner Roll Mandarin Oranges
11	Orange Juice Grande Cheese Ravioli w/ Italian Sauce / Mixed Greens w/ Toms / Cucs Raspberry Vinaigrette Caribbean Vegetables Italian Bread Pineapple Tidbits	12	Grape Juice Beef Chili w/ Beans over Baked Potato Shredded Cheese/ Italian Green Beans Wheat Dinner Roll Fresh Orange	13	CRT's St. Patrick's Day ! Orange Juice Corned Beef / Mustard Parslied Boiled Potatoes Whole Baby Carrots Cabbage Rye Bread St.Patrick's Day Cookie	14	Turkey Stew w/ Potatoes Garden Salad w/ Toms, Cucumbers, Croutons Ranch Dressing Buttermilk Biscuit Peas Applesauce	15	Potato Crumbed Fish Lyonnaise Potatoes Garden Blend Vegetables 100 % Whole Wheat Bread Fruit Cocktail
18	Orange Juice Lemon Baked Chicken Red Bliss Garlic Potatoes California Blend Veggies Oatnut Bread Pears	19	Apple Juice American Chop Suey Capri Blend Vegetables Wheat Dinner Roll Pineapple Mandarin Mix	20	Roast Turkey w/ Gravy Mashed Potatoes Mixed Vegetables Cranberry Sauce Corn Muffin Peaches	21	Ital Sausage/ Italian Sce Penne w/ Marinara Sce Italian Blend Vegetables 12 Grain Bread Fresh Banana	22	Orange Juice Seafood Salad on Multi-Grain Bun Baked Sweet Potato Shredded Lettuce Wholegrain Fruit Bar
25	Sliced Meatloaf w/ Gravy Spanish Rice Carrots 100 % Whole Wheat Br Fruit Cocktail	26	Cream of Broccoli Soup Rst Chicken w/ Veg Broth Mashed Potatoes Spinach 12 Grain Bread Pears	27	CRT's March Birthdays ! Stuffed Gr Pepper w/ Sauce Shell Pasta w/ Marinara Sce Green & Yellow Wax Beans Wheat Dinner Roll Frosted Cake/ Fresh Orange	28	Corn Chowder Bked Ham & Raisin Sauce Baked Potato Butternut Squash Saltine Crackers Peaches	29	Cheesy Vegetable Lasagna Spinach Salad/ Cherry Toms Italian Dressing Club Roll Pineapples & Mandarins Mix

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)