



Community Renewal Team

Changing lives... Creating opportunity!

SENIOR COMMUNITY CAFÉ MENU CALENDAR –September 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	CRT Closed in Observance of Labor Day Holiday	3 Stuffed Cabbage w/ Marinara Sauce / Farfalle Noodles / Beets / 100 % Whole Wheat Bread / Pears	4 Orange Juice Hot Dog / Hot Dog Roll Mustard, Relish, Ketchup Baked Beans /Mixed Vegetables Lemon Pudding w/ Topping	5 Mariner's Clam Chowder Seafarer's Seafood Salad / Shredded Lettuce / Saltines / Club Roll / Peaches	6 Grape Juice Macaroni & Cheese Stewed Tomatoes Wheat Dinner Roll Fresh Orange
9	9 Meatloaf w/ Gravy Mashed Potatoes Capri Blend Vegetables Wheat Bread Pineapple Tidbits	10 Orange Juice Chicken Caesar Salad w/ Chicken & Shredded Parmesan Cheese / Cuc / Cherry Toms / Caesar Salad Dressing / Croutons / Home-Baked Cookie	11 Hawaiian-Style Roast Pork Mashed Sweet Potatoes Peas & Diced Carrots 12 Grain Bread Fresh Orange	12 Orange Juice Turkey Divan Broccoli Baked Potato Whole Wheat Bread Fruit Cocktail	13 Boneless Chicken Breast w/ Gravy Carnival Rice French-Style Green Beans Oatnut Bread Pears
16	16 Meal Provided by Parkway Pavilion Menu: TBD	17 Orange Juice BBQ Pulled Pork on Multi-Grain Bun Tortellini Salad Red, Green, Purple Cabbage Coleslaw Fruit Cocktail	18 Roast Beef w/ Gravy Mashed Potatoes Chuck Wagon Blend Veggies 100 % Whole Wheat Bread Applesauce	19 Grape Juice Potato Crumbed Fish Potato Wedges/Ketchup Caribbean Blend Veggies Tartar Sauce Oatnut Bread Tapioca Pudding w/ Topping	20 Italian Sausage w/ Red, Green Peppers & Tomato Basil Sauce Ziti w/ Sauce Carrots Whole Wheat Bread Peaches
23	23 Teriyaki Chicken Strips Brown & White Rice Broccoli Florets Dinner Roll Pineapple Tidbits	24 Hamburger w/ Broth on Multi-Grain Bun Sliced Toms & Shredded Lettuce Ketchup / Mustard/ Relish / Potato Salad Fresh Orange	25 Roast Turkey w/ Gravy Stuffing / Cranberry Sauce Garden Blend Vegetables Corn Muffin Peaches	26 Orange Juice Macaroni & Cheese Stewed Tomatoes Wheat Dinner Roll Frosted Cake	27 Butter Crumb Breaded Pollock Mashed Potatoes Green Beans Tartar Sauce Dinner Roll Fruit Cocktail
30	30 Meal Provided by Home Helpers Macaroni and Cheese Salad Rolls Cookies	<p>For Reservations Call: (860) 763-7428</p> <p>Reservations must be called in by noon the day before.</p>			

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)