



SENIOR COMMUNITY CAFÉ MENU CALENDAR – March 2020

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Orange Juice BBQ Pork Ribeye Macaroni & Cheese Stewed Tomatoes Oatnut Bread Applesauce	3	Beef Veg Soup / Cheeseburger w/ Amer Cheese on Multigrain Bun / Must Ketchup , Relish Potato Salad /Sliced Tom / Leaf Lettuce/ Peaches	4	Pot Roast w/ Vegetable Gravy Parslied Potatoes Green Beans Wheat Dinner Roll Pineapple Tidbits	5	Italian Style Chicken Parmigiana / Rigatoni w/ Tomato Sauce / Parmesan Cheese / Brussel Sprouts 100 %Wh Wheat Bread Fresh Banana	6	Tomato Soup Swiss Cheese & Spinach Quiche Peas & Diced Carrots Garden Salad Greens w/ Diced Toms & Cucs / Ranch Dressing / Saltine Crackers / Cookie
9	Meal Provided by Home Helpers Lasagna Caesar Salad Garlic Bread Cookies Milk	10	Grape Juice Beef Chili w/ Beans Baked Potato / Shredded Cheese Italian Green Beans Wheat Dinner Roll Frosted Cake	11	Hearty Vegetable Soup Roast Pork Hawaiian Style Brown & White Rice Broccoli Cuts / Saltines Fresh Orange	12	Orange Juice Beef Stew w/ Potatoes Peas & Diced Carrots Salad w/ Diced Toms, Cucs, Croutons / Ranch Dr /Buttermilk Biscuit / Applesauce	13	Orange Juice Potato Crumbed Fish Tartar Sauce / Lyonnaise Potatoes / Garden Blend Vegetables /100 % Wh Wheat Bread / Peaches
16	Grape Juice Lemon Baked Chicken Bowtie Pasta California Normandy Oatnut Bread Pears	17	Happy St.Pat's Day OJ /Corned Beef / Mustard / Parslied Boiled Potatoes / Carrots / Cabbage/ Wheat Brd / Lime Sherbet	18	Italian Sausage w/ Italian Sce Penne w/ Marinara Sauce Italian Blend Vegetables 12 Grain Bread Peaches	19	Roast Turkey w/ Gravy Mashed Potatoes Mixed Vegetables/ Cranberry Sauce / Wheat Bread / Fresh Orange	20	Corn Chowder Seafood Salad on a Multigr Bun /Shredded Lettuce / Baked Sweet Potato /Wholegr Fruit Oatmeal Bar
23	Orange Juice SI Meatloaf w/ Gravy Spanish Rice / Carrots/ 100 % Wh Wheat Brd / Frosted Cake	24	Cr Of Broccoli Soup Rst Chicken w/ Veg Broth / Mashed Pots Spinach / Ritz Craxs / Fresh Orange	25	Stuffed Pepper & Marinara Sce Penne w/ Marinara Sce / Parm Cheese / Green & Yellow Wax Beans / Wheat Dinner Roll / Applesauce	26	Baked Ham w/ Raisin Sce / Baked Potato / Butternut Squash / 12 Grain Bread/ Peaches	27	Cheesy Veggie Lasagna Spinach Salad w/ Diced Tomatoes & Cucs /Italian Dressing / Club Roll P' Apples & Mandarins
30	Swedish Meatballs w/ Gravy /Bowties / Peas & Diced Carrots / Wheat Bread / Peaches & Pears	31	OJ /Hot Dog on Bun/ Ket, Must, Rel / Bked Beans/ Red, Gr, Purple Cabb Coleslaw/ Cookie	<p>Call 860-763-7428 By 11:30 the day before And leave a message</p>					

Elderly Nutrition Program meals are served Mon thru Friday to persons 60 years of age older and their spouses. Meals are served Mon thru Friday

All meals are served with milk, bread and margarine. SUGGESTED DONATION: \$2.50 (or whatever you can afford)