




# SENIOR CAFÉ MENU

## FEBRUARY-2017

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1	Roast Turkey w/Gravy Cornbread Stuffing Cranberry Sauce Prince Edward Blend Veggies. Oatnut Bread Fresh Apple	2	Beef Vegetable Soup Beef Meatballs in Sweet & Sour Sauce Fluffy White Rice Vegetable Medley Pumpnickel Bread Mandarin Oranges	3	Grape Juice Hamburger w/Broth Sliced Tomatoes Leaf Lettuce Tortellini Salad Whole Grain Bun Fresh Banana
6	Apple Juice Stuffed Pepper w/Tomato Sauce, White & Brown Rice Prince Edward Blend Veggies Oatnut Bread Rocky Mountain Chocolate Pudding/Marshmallows Whipped Topping	7	Country Style Soup Swedish Meatballs w/Gravy Over Egg Noodles Winter Mix Saltines Mandarin Oranges	8	Orange Juice Roast Pork Loin w/Gravy Rice Pilaf Green Beans Wheat Dinner Roll Applesauce	9	Chicken Soup Chicken Jubilee Mashed Potatoes Spinach Saltines Tropical Fruit	10	Country Fried Steak w/Gravy Potato Puffs Peas & Diced Carrots 100% Whole Wheat Bread Fresh Orange
1 3	Italian Chicken w/Artichokes & Chickpeas Farfalle Noodles California Blend Vegetables 12-Grain Bread Pineapple Tidbits	14	<b>Russian Cabbage Soup</b> <b>Kielbasa, Pierogis w/Onion Butter Sauce, Sauerkraut</b> <b>Saltines</b> <b>Ice Cream Cup</b>  HAPPY VALENTINE'S DAY	15	Turkey Chow Mein Over Fluffy White Rice Bias Cut Carrots Pumpnickel Bread Fresh Orange	16	Beef Barley Soup Roast Beef w/Gravy Baked Potato Sour Cream Broccoli Florets 100% Whole Wheat Bread Peaches & Pears	17	Pineapple Juice Hot Dog, Baked Beans Cabbage Coleslaw w/Shredded Carrots Hot Dog Roll Ketchup/Relish/Mustard Fruit Cocktail
2 0	<b>SENIOR CENTER</b>  <b>CLOSED FOR</b>  <b>PRESIDENTS' DAY!</b>	21	Grape Juice Stuffed Cabbage w/Italian Sauce Parslied Bowties Italian Mixed Vegetables Oatnut Bread Fruit Oatmeal Bar	22	Six Bean Soup BBQ Pork Ribeye Carnival Rice Cut Green Beans Saltines Pineapple Tidbits	23	Macaroni & Cheese Stewed Tom. & Zucchini Tossed Salad Greens w/Tomatoes/Cucumbers Ranch Dressing Wheat Dinner Roll Fresh Orange	24	Roast Turkey w/Gravy Sweet Potatoes w/Apples Brussel Sprouts Cranberry Sauce 12-Grain Bread Peaches & Pears
2 7	Meatloaf w/Gravy Garlic Smashed Potatoes Creamed Spinach Pumpnickel Bread Fruit Cocktail	28	Orange-Pineapple Juice Chicken Stew w/Potatoes Over Biscuit Mixed Salad Greens w/Cherry Tomatoes/Cucumbers Ranch Dressing Peaches				<b>CALL</b> <b>860-647-3211</b> <b>BEFORE</b> <b>12:30</b>		

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. **DONATIONS: \$2.50 (or whatever you can afford)**