







SENIOR COMMUNITY CAFÉ CALENDAR CONGREGATE AUGUST-2014



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1	Macaroni & Cheese Summer Salad Greens w/Tomatoes and Cucumbers Raspberry Vinaigrette Dressing Stewed Tomatoes & Zucchini Rye Bread Mixed Fruit
4	Salisbury Steak w/Peppers, Onions & Mushrooms White & Brown Rice Broccoli Normandy Whole Wheat Bread Pineapple Tidbits	5	Cran-Apple Juice Veal Piccata Parslied Boiled Potatoes Cut Green Beans 12-Grain Bread Tropical Fruit	6	NATIONAL WATERMELON DAY! Grape Juice Tony's Individual Pizza Cucumber, Tomato & Onion Salad Baby Carrots Saltines Watermelon	7	Vegetable Beef Soup American Chop Suey Squash Medley Club Roll Peaches & Pears	8	Orange Pineapple Juice Roasted Chicken Leg w/Gravy Brown Rice Pilaf Peas 12-Grain Bread Oatmeal Cookie
11	Beef Stroganoff Egg Noodles California Blend Vegetables Pumpkin Bread Fruit Cocktail	12	White Bean & Escarole Soup Grand Cheese Ravioli w/Tomato Sauce Spinach Salad w/Mandarins & Almonds Raspberry Vinaigrette Dressing Italian Bread Pineapple Tidbits	13	Cran-Orange Juice Roast Turkey w/Gravy Cut-Up Sweet Potatoes Cranberry Sauce Peas & Pearl Onions Dinner Roll Sliced Peaches Over Pound Cake w/Whipped Topping	14	Stuffed Alaskan Pollock w/Seafood Sauce Wild Rice Whole Green Beans Whole Wheat Bread Fresh Fruit	15	Coq Au Vin White & Wild Rice Brussel Sprouts Rye Bread Tropical Fruit
18	Peach BBQ Chicken Quarter Potato Salad Corn Coblette Homemade Biscuit Sliced Peaches & Pears	19	Roast Pork Loin Hawaiian Style Fluffy White Rice Oriental Vegetables Oatnut Bread Applesauce	20	Cran-Orange Juice Mini-Cheese Burgers on a Bun Potato Wedges Three Bean Salad Rolls Ketchup/Mustard/Relish Chocolate Brownie	21	Roast Turkey w/Gravy Baked Potato Sliced Carrots Wheat Dinner Roll Cranberry Sauce Mixed Fruit	22	NATIONAL EAT A PEACH DAY! Country Vegetable Soup Crabby Cake on Multi-Grain Roll Tater Tots Tossed Salad w/tomatoes & Cucumbers Italian Dressing Tartar Sauce Fresh Peach
25	Italin Style Meatloaf Ziti w/Marinara Sauce Italian Blend Vegetables Whole Wheat Bread Tropical Fruit	26	Orange Pineapple Juice Cran-Raisin Almond Chicken Salad On Croissant Tortellini Salad Leaf lettuce Sliced Tomatoes Mixed Berries (Strawberries & Blueberries) Shortcake w/Whipped Topping	27	Roast Beef w/Vegetable Gravy Garlic Smashed Potatoes Peas and Diced Carrots Rye Bread Peaches	28	BBQ Pork Ribeye Baked Beans Carrot Raisin Salad 12-Grain Bread Fresh Fruit	29	Orange Juice Breaded Veal Patty w/Gravy Baked Sweet Potato Broccoli Spears Whole Wheat Bread Applesauce

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)**