





SENIOR COMMUNITY CAFÉ CALENDAR CONGREGATE OCTOBER-2014



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1	Cran-Orange Juice Mini-Cheese Burgers On a Bun Potato Wedges Three Bean Salad Roll-2 ea. Ketchup/Mustard/Relish Chocolate Brownie	2	Roast Turkey w/Gravy Baked Potato Sliced Carrots Wheat Dinner Roll Cranberry Sauce Mixed Fruit	3	Country Vegetable Soup Crabby Cake On Multi-Grain Roll Tater Tots Tossed Salad w/Tomatoes & Cucumbers Italian Dressing Tartar Sauce Fresh Fruit
6	Italian Style Meatloaf Ziti w/Marinara Sauce Italian Blend Vegetables Whole Wheat Bread Tropical Fruit	7	Orange-Pineapple Juice Cran Raisin Almond Chicken Salad On Croissant Tortellini Salad Leaf Lettuce Sliced Tomatoes Frosted Cake	8	Roast Beef w/Vegetable Gravy Garlic Smashed Potatoes Peas & Diced Carrots Rye Bread Peaches	9	Stuffed Alaskan Pollock w/Seafood Sauce Wild Rice Whole Green Beans Whole Wheat Bread Fresh Fruit	10	BBQ Pork Ribeye Baked Beans Carrot Raisin Salad 12-Grain Bread Applesauce
13	CLOSED IN OBSERVANCE OF COLUMBUS DAY HOLIDAY	14	Orange Juice Frankfurter On a Frankfurter Roll Baked Beans Red/Green Cabbage Coleslaw w/Shredded Carrots Mustard/Ketchup/Relish Apple Slices	15	Cran-Orange Juice Baked Ham w/Pineapple Sauce Mashed Sweet Potatoes Spinach Rye Bread Lemon Tart w/Whipped Topping	16	Italian Chicken w/Artichokes & Tomatoes Rotini w/Tomato & Basil Sauce Italian Mixed Vegetables Whole Grain White Bread Fruit Cocktail	17	Pier-17 Fish Mashed Potatoes Beets Whole Wheat Bread Pineapple Tidbits
20	Italian Meatballs w/Italian Sauce Rotini w/Italian Sauce Sicilian Blend Vegetables Italian Bread Sliced Peaches	21	Mariners Chowder Buttercrumb Fish Filet On Multi-Grain Roll Saltines Sweet Potato Fries Tartar Sauce Red/Green Cabbage Coleslaw w/Shredded Carrots Fresh Fruit	22	Orange Juice Roast Turkey w/Gravy Cornbread Stuffing Cranberry Sauce Winter Squash 12-Grain Bread Cookie	23	Farmer Brown Soup Breaded Pork Steak w/Broth Scalloped Potatoes Succotash Saltines Oatnut Bread Mixed Fruit	24	Stuffed Salmon Boat w/Lemon Sauce Brown Rice Pilaf Broccoli Normandy Whole Wheat Bread Pineapple Tidbits
27	Stuffed Cabbage w/Extra Tomato Meat Sauce Fluffy White Rice Vegetable Medley Rye Bread Sliced Pears	28	Vegetarian Vegetable Soup (Tuna Wrap) Tuna Salad Taco Wrap Saltines Marinated Bean Salad Potato Wedges Shredded Lettuce Sliced Tomatoes Apple Slices	29	Macaroni & Cheese Tossed Salad Greens w/Tomatoes & Cucumbers Ranch Dressing Stewed Tomatoes & Zucchini Club Roll Peaches	30	Chicken Vegetable Soup Sesame Chicken Mashed Potatoes Cut Green Beans Whole Wheat Bread Tropical Fruit	31	HAPPY HALLOWEEN! Apple Juice/ Sauerbraten w/Gingersnap Gravy Baked Potato Capri Blend Vegetables Pumpnickel Bread Special Dessert

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)**