



# SENIOR COMMUNITY CAFÉ CONGREGATE CALENDAR- DECEMBER-2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 4 Orange Juice Turkey Chow Mein Over Yellow Rice Cut Carrots 12 Grain Bread Rocky Mt Pudding (Choc Pudding w/Mimi-Marsh)	 5 White Bean & Escarole Soup Tuna Fish Salad Whole Grain Kaiser Roll Sweet Potato Wedges Sliced Tomato & Shredded Lettuce Peaches	 6 Orange Juice Roast Turkey w/Gravy Broccoli Cranberry Sauce Cornbread Stuffing Wheat Dinner Roll Fresh Banana	 7 Country Veg. Soup Ziti w/Beef Meat Sauce Garden Salad w/Cherry Tomatoes & Cucumbers Ranch Dressing Saltnie Crackers Pineapple Tidbits	1 Grape Juice Beef Chili w/Meat w/Shredded Cheese Over Baked Potato Brussels Sprouts 100% Whole Wheat Bread Home Made Cookie
11 Turkey Meatballs w/Sweet Sour Sauce Whole Grain Brown & White Rice Italian Blend Vegetables 100% Whole Wheat Bread Fresh Orange	12 Stuffed Green Pepper Bowtie Pasta Oriental Style Vegetables Oatnut Bread Peaches & Pears	13 Cran-Apple Juice Stuffed Chicken Breast w/Gravy Seasoned Baby Potatoes Garden Blend Vegetables Corn Muffin Ice Cream Cup	14 Breaded Fish Filet Tartar Sauce Multi-Grain Bun Tortellini Salad Stewed Tomatoes Tropical Fruit	15 Roast Pork Loin w/ Broth Mashed Potatoes Green Beans 100% Whole Wheat Bread Pineapples & Mandarins
18 Grande Cheese Ravioli w/Italian Sauce California Blend Vegetables Mixed Salad Greens w/Cherry Tomato & Cucumber Ranch Dressing Wheat Bread Fruit Cocktail	19 Chicken Vegetables Soup Chicken Salad Whole Grain Bun Coleslaw w/Red,Green,Purple Cabbage Potato Puffs Tropical Fruit	20 Apple Juice Kielbasa / Mustard Mashed Potatoes Caribbean Blend Vegetables 100 % Whole Wheat Bread Lemon Pudding w/W/Whipped Topping	21 Sauerbraten w/Gingersnap Gravy Parslied Potatoes Diced Carrots & Peas 100% Whole Wheat Bread Applesauce	22 <b>CRT CLOSED</b> 
25 <b>CRT CLOSED</b> 	26 Grape Juice Seasoned Chicken in Alfredo Sauce Over Bowtie Pasta Broccoli Florets 100% Whole Grain Bread Frosted Cake	27 Autumn Vegetable Soup BBQ Pork Riqueque Carnival Rice Cut Green Beans 12 Grain Bread Fresh Orange	28 Roast Turkey w/Gravy Cut Sweet Potato 4 Way Vegetable Blend Cranberry Sauce Corn Muffin Peaches	29 Apple Juice Italian Beef Meatballs w/Italian sauce Seashell Pasta in Marinara Sauce Capri Blend Vegetables Wheat Diner Roll Pineapple Tidbits & Mandarin

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)