

FSW, INC. - NEW HAVEN SENIOR COMMUNITY CAFÉ

Nutrition for mind, body and spirit

December 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All Soups come with unsalted Crackers *The dessert is the same for both meals All Soups and Entrees Gravies, Sauces, and Salad Dressings and Desserts are Low Fat and Low Salt	All Rolls are Seedless All White Rice is Enriched All non-citrus juices are Vitamin C Fortified	Pineapple Juice Sl. Roast Pork w/Gravy Lettuce and Tomato Salad French Dressing- 2 pkts. Peas & Mushrooms Kaiser Roll Melon	STRAWBERRY SHORTCAKE DAY Sausage and Peppers Butternut Squash Cut Green Beans Kaiser Roll Pound Cake w/ Strawberries & Topping	Italian Wedding Soup Phillie Cheese Steak Garden Salad Italian Dressing - 2 pkts. 6" Grinder Roll Orange
6	7	8	9	10
Cream of Carrot Soup Turkey Kielbasa Sauerkraut Mustard - 2 pkts. Boiled Potatoes California Blend Hot Dog Roll Very Ripe Seasonal Fresh Fruit	BIRTHDAY CAKE DAY Cranapple Juice Roasted Chicken w/Gr. Cranberry Sauce Stuffing w/Gravy Mixed Vegetables Whole Wheat Dinner Roll Birthday Cake	Apple Juice Sl. Ham w/Pineapple Glaze Sweet Potatoes Petite Peas Rye Bread Applesauce	Cream of Broccoli Soup Grilled Chicken Tossed Salad w/Tomato French Dressing - 2 pkts. Kaiser Roll Orange	100% Fruit Punch Baked Salmon Boat w/Dill Sauce/Tartar Sauce Lemon Wedge Fluffy Brown Rice Tossed Salad w/Tomato French Dressing - 2 pkts. Corn Muffin Sliced Pears
13	14	15	16	17
Cranapple Juice Chicken Fajitas w/Pepper and Onion White Wild Rice Combo Petite Peas & Mushrooms Soft Tortilla Seasonal Fresh Fruit	Apple Juice Beef Stew w/Potatoes Carrots and Onions Whole Wheat Dinner Roll Special Cookie	Grape Juice Canneloni w/Tom. Sauce Tossed Salad w/Sl. Black Olives Italian Dressing- 2 pkts. Garlic Bread Sliced Pears	Pineapple Juice Sl. Pot Roast California Blend Mashed Potatoes Whole Wheat Dinner Roll Tapioca Pudding w/Topping	100% Fruit Punch Spaghetti & Meatballs w/Tom. Sauce Tossed Salad w/Sl. Black Olives Italian Dressing- 2 pkts. Italian Bread Fresh Fruit Cup
20	21	22	23	24
Pineapple Juice Meatloaf w/Chunky Tom. Sauce Whipped Potatoes w/Gravy Cut Green Beans Pumpnickel Bread Very Ripe Seasonal Fresh Fruit	CHRISTMAS DAY CELEBRATION Cranapple Juice Roast Turkey w/Gravy Stuffing w/Gravy Cranberry Sauce Mixed Vegetables Whole Wheat Dinner Roll Holiday Ice Cream	Vegetable Beef Soup Beef Rib B Que Tossed Salad w/Sl. Black Olives/ Italian Dressing 2 pkts. Petite Corn 6" Grinder Roll Mandarin Orange Slices	Grape Juice Cheese Canneloni Parmesan Cheese Cut Green Beans Tossed Salad w/Tomato Italian Dressing - 2 pkts. Italian Bread Fruit Cocktail	CENTER CLOSED
27	28	29	30	31
Grape Juice Stuffed Shells w/Tom. Sauce Yellow Beans Garden Salad Italian Dressing - 2 pkts. Italian Bread Oatmeal Raisin Cookie	Split Pea Soup Roasted Fresh Ham Sweet Potato Petite Peas & Mushrooms Whole Wheat Sandwich Roll Orange	Grape Juice Eggplant Rolatini w/Tomato Meat Sauce Tossed Salad w/Sl. Black Olives Italian Dressing - 2 pkts. Garlic Bread Very Ripe Seasonal Fresh Fruit	NEW YEAR CELEBRATION RING IN 2010 Sparkling White Grape Juice Beef Wellington Baked Potato Vegetable Medley Whole Wheat Dinner Roll Happy New Year Cake	CENTER CLOSED
MINIMUM PORTIONS SERVED AT EACH MEAL:				
1c Milk - 1% or equivalent 1c Vegetable and Fruit or equivalent 2oz. Protein 1 pat Margarine and 2 Bread servings or equivalent (enriched or whole grain)				

Reservations must be made the working day before by Noon (M-Fr 9am-noon) Meals are \$2.00 except special occasions. All Attendees must have a completed Form 5 to participate in the meal program. Forms can be obtained from the cafe.