

FSW, INC. - NEW HAVEN SENIOR COMMUNITY CAFÉ

Nutrition for mind, body and spirit

October 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All Soups come with unsalted Crackers 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			Fish Filet-unbreaded Lemon Wedge/Tartar Sce. Fluffy Wild Rice California Blend Veg. Whole Wheat Bread Very Ripe Fresh Fruit
4	5	6	7	8
Grape Juice Meatloaf w/Gravy Roasted Potato Carrots w/Onions Rye Bread Fresh Fruit Cup	Vegetarian Veg. Soup Sliced Ham w/Pineapple Glaze Potato Salad Garden Salad w/Ranch Dressing - 2 pkts. Whole Wheat Sandwich Roll (no seeds) Mandarin Orange Sections	Cranapple Juice Roast Turkey w/Gravy Stuffing w/Gravy Cranberry Sauce Summer Squash Whole Wheat Bread Fruit Cocktail	Pineapple Juice Angus Burger w/Gravy & Mushrooms Fluffy White Rice Green Beans Whole Wheat Sandwich Roll (no seeds) Chocolate Chip Cookie	COLUMBUS DAY CELEBRATION RESERVATIONS A WEEK IN ADVANCE FOR THIS LUNCH. Lunch sponsored by Masonic Care.
11	12	13	14	15
COLUMBUS DAY HOLIDAY NO LUNCH PROGRAM	Cream of Broccoli Soup Sausage & Peppers Tossed Salad w/Italian Dressing - 2 pkts. 4" Grinder Roll Orange Mustard	Grape Juice Canneloni w/Tomato Sce. Cut Broccoli Tossed Green Salad w/Sl. Black Olives Italian Dressing- 2 pkts. Garlic Italian Bread Sliced Pears	Cranapple Juice Crispy Southern Style Drummies Macaroni & Cheese 1c. Zucchini Corn Muffin Sliced Peaches	100% Fruit Punch Baked Pollack w/Tomato, Onions and Peppers Potatoes Au Gratin Diced Butternut Squash Rye Bread Tapioca Pudding
18	19	20	21	22
100% Fruit Punch Baked Chicken w/Gravy Roasted Potatoes Mixed Vegetables Whole Wheat Bread Vanilla Wafers	BIRTHDAY CAKE DAY Grape Juice Bracciole w/Tomato Sce. Ziti w/Tomato Sce. Peas w/Mushrooms Garlic Italian Bread Strawberry Layer Birthday Cake	Apple Juice Roast Pork w/Applesauce Fluffy Brown Rice Oriental Vegetable Whole Wheat Dinner Roll Very Ripe Fresh Fruit	Potato Leak Soup Chicken Salad on a Bed of Lettuce w/Tomato and Cucumber Salad Whole Wheat Sandwich Roll (no seeds) Tangerine	Cranapple Juice Oven Baked Fish (no breading)w/Lemon Sce. Lemon Wedge/Tartar Sce. Potato Puffs Ketchup Tossed Green Salad w/Sl. Tomatoes Italian Dressing - 2 pkts. Whole Wheat Bread Sliced Peaches
25	26	27	28	29
100% Fruit Punch Chicken Marsala Fluffy Wild/White Rice Combo Garden Salad Italian Dressing- 2 pkts. Garlic Bread Very Ripe Fresh Fruit	Pineapple Juice Broccoli Cheese Quiche w/Vegetables Cauliflower Petite Corn Whole Wheat Bread Unfrosted Brownie	Cream of Carrot Soup BBQ Chicken Diced Butternut Squash Cut Green Beans Kaiser Roll Sliced Pears	Apple Juice Pot Roast w/Gravy Boiled Potatoes Carrots w/Onions Rye Bread Sliced Peaches	HALLOWEEN CELEBRATION 100% Fruit Punch Baked Lightly Breaded Pollack Lemon Wedge/Tartar Sce. Baked Potatoes Margarine - 2 pats Tossed Salad w/French Dressing - 2 pkts. Whole Wheat Dinner Roll Halloween Cupcake
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)				

Please call by noon the day before to reserve lunch in the cafe at 203-287-0057. Hours for cafe 9AM to 1pm Mon-Fri. Except closed holidays. A completed Form 5 is required for all participants. Please contribute \$2.00 for senior meals.