

# FSW, INC. - NEW HAVEN SENIOR COMMUNITY CAFÉ

Nutrition for mind, body and spirit  
November 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Potato Leek Soup Grilled Chicken w/Gravy Mixed Vegetables Whole Wheat Sandwich Roll Tangerine	<b>ELECTION DAY</b> Vegetable Beef Soup Chicken Fajitas Peppers and Onions Fluffy White Rice Soft Tortilla-2 Mandarin Orange Slices	100% Fruit Punch Roast Virginia Ham w/Pineapple Glaze Sweet Potatoes Petite Peas & Mushrooms Whole Wheat Dinner Roll Melon	Fresh Fruit Cup BBQ Beef Ribs Whipped Potatoes California Blend Vegetables Garlic Bread Ice Cream Cup	Vegetable Beef Soup Seafood Salad on a bed of Lett./Sl. Tom. Marinated Green Beans Italian Dr. - 2pkts Whole Wheat Sandwich Roll Orange
8	9	10	11	12
Cranapple Juice Eggplant Rollatini Ziti w/Tomato Sce. Tossed Green Salad w/Sl. Black Olives Italian Dressing- 2 pkts. Garlic Toast Oatmeal Raisin Cookie	Stuffed Pepper w/Tomato Sauce Petite Corn Belgian Carrots Dinner Roll Fruited Jello	Grape Juice Phillie Cheese Steak Tossed Garden Salad French Dressing-2 pkts. 6" Grinder Roll Fruit Cocktail	100% Fruit Punch Roast Pork w/Applesauce Gravy Fluffy Brown Rice Oriental Vegetables Whole Wheat Dinner Roll Sliced Pears	Pineapple Juice Oven Fried Fish (Lightly Breaded) Lemon Wedge/Tartar Sce. Potatoes Au Gratin Cut Green Beans Rye Bread Sliced Peaches
15	16	17	18	19
Pineapple Juice Angus Burger w/Gravy Green Beans Hot Pickled Beets Hamburger Roll Very Ripe Fresh Seasonal Fruit	Cream of Carrot Soup Sausage & Peppers Tossed Salad w/Tom. Italian Dressing - 2 pkts. 4" Grinder Roll Chocolate Pudding w/Topping	<b>THANKSGIVING SPECIAL</b> Cranapple Juice Roast Turkey w/Gravy Stuffing w/Gravy Cranberry Sauce Mixed Vegetables Whole Wheat Dinner Roll Pumpkin Pie w/Topping	Grape Juice Meat Canneloni w/Tom. Sauce Tossed Green Salad w/Black Olives Italian Dressing - 2 pkts. Garlic Bread Fruit Cocktail	100% Fruit Punch Oven Baked Fish w/ Lemon Wedge/Tartar Sce. Potato Puffs Tossed Salad w/Sl. Black Olives French Dressing - 2 pkts. Rye Bread Fruited Jello
22	23	24	25	26
Cranapple Juice Crispy Southern Chicken Drumsticks Macaroni and Cheese Cut Green Beans Whole Wheat Bread Very Ripe Fresh Seasonal Fruit	<b>BIRTHDAY CAKE DAY</b> Cream of Broccoli Soup Turkey Kielbasa/Sauerkraut Red Bliss Potatoes Mustard - 2 pkts. Belgian Carrots Hot Dog Roll Birthday Cake	Grape Juice Stuffed Shells Peas w/Mushrooms Tossed Salad w/Tom. Italian Dressing - 2 pkts. Garlic Bread Sliced Pears	<b>THANKSGIVING DAY</b>  <b>HOLIDAY</b>  <b>NO LUNCH</b>  <b>PROGRAM</b>	<b>THANKSGIVING DAY</b>  <b>HOLIDAY</b>  <b>NO LUNCH</b>  <b>PROGRAM</b>
29	30			
Pineapple Juice Chicken Teriyaki Sweet Potatoes Chinese Vegetables Whole Wheat Dinner Roll Sl. Peaches	Beef Stew w/Peas, Carrots Potatoes & Celery Petite Corn Cut Green Beans Whole Wheat Bread Orange		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
<b>MINIMUM PORTIONS SERVED AT EACH MEAL:</b>				
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 by noon the day before between 9am-noon Mon-Fri. Call the cafe 203-287-0057. All seniors must Have a completed Form 5 to receive a meal in the cafe. Forms can be obtained from the cafe manager. Meals are a \$2.00 donation

