# FSW - SENIOR COMMUNITY CAFÉ

***Nutrition for mind, body and spirit***

**April 2010**

| MONDAY | TUESDAY | Wednesday | Thursday 1 | FRIDAY 2 |
|---|---|---|---|---|
| All Rolls are Seedless<br>All White Rice is Enriched<br>All non-citrus juices are<br>Vitamin C Fortified | All Soups come with<br>unsalted Crackers<br><br>* The dessert is the<br>same for both meals<br><br>All Soups and Entrees<br>Gravies,Sauces,and<br>Salad Dressings and<br>Desserts are Low Fat<br>and Low Salt | | BIRTHDAY CAKE DAY<br>100% Fruit Punch<br>Beef Stew- 1 1/2 cup<br>w/1/2 c. Potatoes and 1/2 c.<br>Carrots<br>Mixed Greens Salad 1 c.<br>w/Cherry Tomato<br>Ranch Dressing - 2pkts.<br>Rye Bread<br>Birthday Cake | GOOD FRIDAY<br><br>CENTER CLOSED |
| **5** | **6** | **7** | **8** | **9** |
| Lentil Soup<br>Crackers<br>Meatloaf w/Mushroom Gr.<br>Whipped Potatoes<br>Cut Green Beans<br>Kaiser Roll (no seeds)<br>Mandarin Orange Slices | Pineapple Juice<br>Grilled Chicken Fillet<br>Fluffy White Rice<br>Chinese Vegetables<br>Whole Wheat Bread<br>Chocolate Pudding<br>w/Topping | 100% Fruit Punch<br>Swedish Meatballs<br>Buttered Noodles<br>Mixed Vegetables<br>Corn Muffin<br>Tropical Fruit Cup | Cranapple Juice<br>Honey Glazed Chicken<br>Quarter<br>Cranberry Sauce<br>Oven Roasted Potatoes<br>Peas and Mushrooms<br>Whole Wheat Bread<br>Sl. Peaches | Grape Juice<br>Oven Fried Lightly<br>Breaded Fish<br>Lemon Wedge/Tartar Sauce<br>Petite Peas<br>Creamy Cole Slaw- 1/2 c.<br>Whole Wheat Sandwich<br>Roll (no seeds)<br>Apple |
| **12** | **13** | **14** | **15** | **16** |
| 100% Fruit Punch<br>Angus Burger<br>Potato Puffs<br>Diced Carrots<br>W. Wh. Hamburger Bun<br>Ketchup<br>Orange | Pineapple Juice<br>Roast Pork w/Gravy<br>Red Rice<br>Vegetable Medley<br>Whole Wheat Bread<br>Green Fruited Jello | Beef Vegetable Soup<br>Crackers<br>BBQ Ribs<br>Tender Corn Niblets<br>Spinach<br>Whole Wheat Sand Roll<br>Apricots | Cranapple Juice<br>Sl. Turkey w/Gravy<br>Oven Roasted Potatoes<br>California Blend Veg.<br>Whole Wheat Bread<br>Pound Cake w/Peaches<br>and Topping | Apple Juice<br>Stuffed Shells-2<br>Marinara Sauce<br>Parmesan Cheese<br>Cut Green Beans<br>Tossed Salad w/Black<br>Olives- 1 c.<br>Italian Dressing - 2pkts.<br>Italian Bread<br>Oatmeal Raisin Cookie |
| **19** | **20** | **21** | **22** | **23** |
| Grape Juice<br>Salisbury Steak w/Gravy<br>Whipped Potatoes<br>Vegetable Medley<br>Whole Wheat Bread<br>Fruit Cocktail | Chicken Vegetable Soup<br>Turkey Kielbasa<br>Mustard<br>Sauerkraut<br>Buttered Beets<br>Hot Dog Roll<br>Very Ripe Seasonal<br>Fresh Fruit | VOLUNTEER RECOGNITION<br>DAY<br>Fresh Fruit Cup<br>Roast Top Round AuJus<br>Baked Potato<br>Petite Peas w/Mushrooms<br>Whole Wheat Dinner Roll<br>Coconut Custard Pie | 100% Fruit Punch<br>Southern Style Fried<br>Chicken<br>Wild/ White Rice Combo<br>Belgian Carrots<br>Biscuit<br>Special Cookie | Cranapple Juice<br>Oven Fried Lightly<br>Breaded Fish<br>Lemon Wedge/Tartar Sce.<br>Oven Roasted Potatoes<br>Zucchini<br>Rye Bread<br>Sliced Peaches |
| **26** | **27** | **28** | **29** | **30** |
| Apple Juice<br>American Chop Suey<br>w/1/2 c. Tomato Sauce<br>Cut Green Beans<br>Tossed Salad w/Black<br>Olives- 1 c.<br>Italian Dressing - 2pkts.<br>Italian Bread<br>Very Ripe seasonal<br>Fruit | Pineapple Juice<br>Roast Fresh Ham w/Gravy<br>Sweet Potatoes<br>Mixed Vegetables<br>Whole Wheat Bread<br>Oatmeal Raisin Cookie | Grape Juice<br>Veal Roulade w/Gravy<br>Rice Pilaf<br>Tossed Salad w/Black<br>Olives- 1 c.<br>Italian Dressing - 2pkts.<br>Whole Wheat Dinner Roll<br>Sliced Pears | 100% Fruit Punch<br>Phillie Cheese Steak<br>Potato Puffs<br>Stewed Tomato<br>4" Whole Wheat Grinder<br>Roll<br>Unfrosted Brownie | Italian Wedding Soup<br>Grilled Chicken w/Gravy<br>Cut Green Beans<br>Baby Carrots<br>Whole Wheat Sandwich Roll<br>(no seeds)<br>Orange |

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)**

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**PLEASE CALL BY NOON THE DAY BEFORE FOR RESERVATIONS AT THE CAFE 203-287-0057 9am to 1pm. Cafe hrs.**

**ALL PARTICIPANTS MUST HAVE A COMPLETED FORM 5 OR CONSUMER REGISTRATION FORM COMPLETED FOR MEALS.**