

# FSW, INC. NEW HAVEN - SENIOR COMMUNITY CAFÉ

Nutrition for mind, body and spirit

June 2010

MONDAY	TUESDAY	Wednesday	Thursday	FRIDAY
All Rolls are Seedless All White Rice is Enriched All non-citrus juices are Vitamin C Fortified	Roast Pork w/Applesauce Gravy Buttered Beets Cut Green Beans Whole Wheat Bread Apricot Halves	Apple Juice Chicken Stir Fry Fluffy White/Brown Rice California Blend Veg. 4" Grinder Roll Oatmeal Raisin Cookie	Cranapple Juice Eggplant Rollatini w/Marinara Sauce 1/2 c. Parmesan Cheese Tossed Salad w/Sl. Black Olives Italian Dressing -2 pkts. Italian Bread Seasonal Fresh Fruit	LS LF Creamy Carrot Soup Crunchy Fish Whipped Potatoes Mixed Vegetables Whole Wheat Dinner Roll Fruit Cocktail
7	8	9	10	11
Cranapple Juice Roast Chicken Quarter Red Roasted Potatoes Mixed Vegetables Whole Wheat Bread Fruit Cocktail	Grape Juice Angus Burger Tossed Greens w/Tom. French Dressing - 2 pkts. Baby Niblet Corn Kaiser Roll (no seeds) Sliced Pears Ketchup	Grape Juice Salisbury Steak w/Gravy Whipped Potatoes Petite Peas & Mushrooms Whole Wheat Bread Sliced Peaches	Meatballs w/Marinara Sce Spaghetti w/Tomato Sce. Parmesan Cheese Tossed Salad w/Tom. Creamy Italian Dr. - 2 pkts. Italian Bread Tapioca Pudding w/Topping	Cream of Broccoli Soup Confetti Vegetable Cheese Quiche (made w/Egg Beaters) Cut Green Beans Petite Corn Whole Wheat Dinner Roll Sliced Peaches
14	15	16	17	18
Southern Style Fried Chicken Macaroni & Cheese Tossed Salad w/Tom. Italian Dressing - 2 pkts. Biscuit Sliced Peaches	Cranapple Juice Swedish Meatballs Buttered Noodles Buttered Beets Corn Muffin Pineapple Tidbits	Vegetarian Veg. Soup Beef Kielbasa Sauerkraut/Mustard Parslied Potatoes Hot Dog Roll Seasonal Fresh Fruit	FATHER'S DAY CELEBRATION Cranapple Juice Roast Turkey w/Gravy Cranberry Sauce Stuffing Petite Peas & Mushrooms Whole Wheat Dinner Roll Black Forest Cake	Apple Juice White Fish Lemon Wedge/Tartar Sce. Butternut Squash/ Potato Combo Mixed Vegetables Rye Bread Fruit Cocktail
21	22	23	24	25
Pineapple Juice Chef's Salad Chicken, Ham, Cheese & Cherry Tom. on a Bed of 1 c. Lettuce Potato Salad Creamy Cole Slaw Pumpnickel Bread Vanilla Pudding w/Topping	Beef Barley Soup Sausage & 1/2 c. Peppers Oven Fried Potatoes Belgian Carrots 4" Grinder Roll Mandarin Orange Slices	Pineapple Juice Veal Roulade w/Gravy White/Wild Rice Combo Mixed Vegetables Whole Wheat Bread Seasonal Fresh Fruit	BIRTHDAY CAKE DAY Apple Juice Sl. Thin Select Roast of Beef Au Jus Butternut Squash Cubes California Blend Veg. Whole Wheat Dinner Roll Birthday Cake	Grape Juice Cavatelli w/Marinara Sce Parmesan Cheese Zucchini Coins Tossed Salad w/Sl. Black Olives Italian Dressing -2 pkts. Italian Bread Sliced Pears
28	29	30		
Italian Wedding Soup BBQ Chicken Quarter California Blend Veg. Cut Green Beans Pumpnickel Bread Fruited Jello w/Topping	100% Fruit Punch Phillie Steak & Cheese Potato Puffs Stewed Tomatoes 4" Grinder Roll Seasonal Fresh Fruit	STRAWBERRY SHORTCAKE DAY Baked Ham/Orange Smiles (3) Sweet Potato Collard Greens Rye Bread Strawberry Shortcake w/Topping		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
MINIMUM PORTIONS SERVED AT EACH MEAL:				
1c Milk - 1% or equivalent		1c Vegetable and Fruit or equivalent		2oz. Protein
and 2 Bread servings or equivalent (enriched or whole grain)				

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**Reservation must be made by noon the day before by calling the cafe 203-287-0057 between 9AM – 12PM.**

**All senior lunch attendees must have a completed Form 5-Consumer Registration Form .**