

FSW, INC. NEW HAVEN - SENIOR COMMUNITY CAFE

Nutrition for mind, body and spirit
March 2010

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
Meatloaf w/Chunky Tom. Sauce - 1/2 c. Pasta w/Marinara Sauce Parmesan Cheese Tossed Salad w/Chick Peas Ranch Dressing- 2 pkts. Italian Bread Lemon Ice	Pineapple Juice Southern Fr. Chicken Macaroni and Cheese Spinach Corn Muffin Apricots BBQ Sauce on side	Mushroom Barley Soup Angus Burger Belgian Carrots Peas and Pearl Onions Kaiser Roll Sliced Peaches	100% Fruit Punch Hearty Diced Beef Stew w/Potatoes, Carrots and Onions Tossed Salad w/Black Olives French Dressing -2 pkts. LS LF Biscuit Banana Pudding w/Topping	Whole Grain Crunchy Fish Lemon Wedge/Tartar Sce. California Blend Creamy Cole Slaw Whole Wheat Roll Mandarin Oranges
8	9	10	11	12
Grape Juice Salisbury Steak w/Gravy Pot Puffs Cut Green Beans Whole Wheat Bread Sliced Peaches	Cream of Broccoli Soup Sausage and Peppers Tender Corn Tossed Salad w/Tom. Italian Dressing - 2 pkts. Kaiser Roll Chocolate Pudding w/Topping	Cranapple Juice Chicken Teriyaki White/ Wild Rice Combo Oriental Vegetables Oat Bread Melon	Pineapple Juice Sl. Ham w/Pineapple Glaze Sweet Potato Petite Peas Rye Bread Unfrosted Brownie	100% Fruit Punch Cheese Ravioli w/Marinara Sauce Parmesan Cheese Garden Salad w/Cuc. Italian Dressing - 2 pkts. Italian Bread Fruit Cocktail
15	16	17	18	19
Cranapple Juice Broccoli and Cheese Quiche(made w/egg beaters) Mixed Vegetables Whole Wheat Dinner Roll Oatmeal Raisin Cookie	Florentine Soup Beef Patty w/Sauteed Onions Slice Cheese Ketchup/Mustard Tri-colored Pasta Salad Whole Wheat Roll(no seeds) Mandarin Orange Slices	ST. PATRICK'S DAY CELEBRATION Lunch provided by the Hamden Chamber of Commerce Health and Wellness Committee Music by the Miller Melodies	Apple Juice Beef Kielbasa Sauerkraut-1/3 c. Mustard Parslied Potatoes Baby Carrots Hot Dog Roll Very Ripe Seasonal Fresh Fruit	100% Fruit Punch Oven Fried Fish Lemon Wedge/Tartar Sce. Roasted Potato Tossed Salad w/Sl. Black Olives Ranch Dressing- 2 pkts. Whole Wheat Bread Pie
22	23	24	25	26
Tomato Rice Soup Chicken Fajitas w/Vegetables- 1/2 c. Soft Tortilla Green Jello w/Topping w/Graham Crackers	Orange Juice Yankee Pot Roast w/Gravy Roasted Potatoes California Blend Vegetable Whole Wheat Bread Vanilla Pudding w/Topping	Grape Juice Stuffed Shells w/M Marinara Sce Parmesan Cheese Garden Salad w/Tomato Italian Dressing - 2 pkts. Italian Bread Sliced Pears	BIRTHDAY CAKE DAY Cranapple Juice Roast Turkey w/Gravy Cranberry Sauce -1T Stuffing Mixed Vegetables Whole Wheat Dinner Roll Birthday Cake	White Fish Lemon Wedge/Tartar Sce. Whipped Potato w/Gravy Mixed Green Salad w/Tom. French Dressing - 2 pkts. Whole Wheat Bread Fresh Fruit Cup
29	30	31		
PASSOVER Cream of Carrot Soup Cold Sl. Corned Beef Ketchup/Mustard Buttered Cabbage Whole Wheat Hard Roll Very Ripe Seasonal Fresh Fruit	Pineapple Juice Baked Chicken Leg Quarter Potato Au Gratin Spinach Corn Muffin Apricots	NEW ITEM Apple Juice Cavatelli Meatballs w/Marinara Sauce Tossed Salad w/Sl. Black Olives Italian Dressing - 2 pkts. Italian Bread Special Cookie	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
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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**Reservations for lunch must be made by noon day before by
Calling 203-287-0057. Please have a Form 5 completed to
Participate in the Elderly Nutrition Program / lunch.**