

FSW - SENIOR COMMUNITY CAFÉ

Nutrition for mind, body and spirit
May 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BIRTHDAY CAKE DAY Cranapple Juice Teriyaki Chicken Fillet Fluffy Rice Chinese Vegetables Whole Wheat Bread Birthday Cake	Pineapple Juice Sausage & 1/2 c. Peppers Oven Fried Potato Mixed Vegetables 4" Whole Wheat Grinder Roll Red Fruited Jello	Meatballs w/Marinara Sce. Shells w/Marinara Sce. Parmesan Cheese California Blend Veg. 1 c. Tossed Salad w/Sliced Black Olives Italian dressing -2 pkts. Italian Bread Very Ripe Seasonal Fresh Fruit	100% Fruit Punch Beef Stew- 1 1/2 cup w/1/2 c. Potatoes and 1/2 carrots 1 c. Mixed Greens Salad and Cherry Tom., Ranch Dressing - 2 pkts. Rye Bread (no seeds) Special Cookie	LS Clam Chowder Confetti Vegetable/ Cheese Quiche 1/6 of 9" pie Cut Yellow Beans Cut Green Beans W. Wheat Dinner Roll Fresh Fruit Cup
10	11	12	13	14
Lentil Soup Veal Roulade w/Mushroom Gravy Whipped Potatoes Tossed Greens Italian Dressing - 2pkts. Kaiser Roll (no seeds) Mandarin Orange Slices	Orange Juice Roast Fresh Ham w/Gravy Sweet Potatoes Mixed Vegetables Whole Wheat Bread Oatmeal Raisin Cookie	Cold Lunch sponsored by Masonic Homes By Reservation only Please call cafe.	MOTHER'S DAY CELEBRATION Cranapple Juice Turkey w/Gravy-2T/1/2 c. Wh. Wheat Stuffing w/Gr. -2T California Blend Veg. Whole Wheat Dinner Roll Lemon Layer Cake	Grape Juice Oven Fried Lightly Breaded Fish Lemon Wedge/Tartar Sce. Potato Au Gratin Zucchini - 1/2 c. Rye Bread (no seeds) Tropical Fruit Cup
17	18	19	20	21
100% Fruit Punch BBQ Chicken Patty Macaroni & Cheese SFFF Spinach Kaiser Roll (no seeds) Sliced Pears	Pineapple Juice Roast Pork w/.Gravy 1/2 c. Red Rice Vegetable Medley Whole Wheat Bread Chocolate Chip Cookie	Cream of Carrot Soup Angus Burger California Blend Veg. Cut Green Beans Whole Wheat Sand. Roll Mandarin Orange Slices	Cranapple Juice Honey Glazed Chicken Quarter Cranberry Sauce White/Wild Rice Combo Peas and Mushrooms Oat Bread Tropical Fruit Cup	Grape Juice Eggplant Rollatini w/Marinara Sauce 1/2 c. Parmesan Cheese Mixed Vegetables Tossed Salad w/Sl. Black Olives Italian Dressing-2 pkts. Italian Bread Pineapple Tiblets
24	25	26	27	28
Cream of Broccoli Soup Crackers Hot Grilled Chicken Petite Corn Tossed Salad Italian Dressing - 2 pkts. Whole Wheat Sandwich Roll (no seeds) Fruit Cocktail	Orange Juice Turkey Kielbasa Mustard Sauerkraut Cut Green Beans Hot Dog Roll Apricots	Cranapple Juice Swedish Meatballs Butter Noodles Mixed Vegetables Whole Wheat Dinner Roll Melon	MEMORIAL DAY CELEBRATION 100% Fruit Punch LF LS Hot Dog - footlong Baked Beans Mustard/Ketchup Creamy Cole Slaw 1/2 c. Hot Dog Roll Watermelon Ice	Pineapple Juice Oven Fried Lightly Breaded Fish Lemon Wedge/Tartar Sce. Potato Puffs 3-Bean Salad- 1/2 c. Whole Wheat Dinner Roll Chocolate Mousse w/Topping
31				
MEMORIAL DAY HOLIDAY NO LUNCH PROGRAM			All Rolls are Seedless All White Rice is Enriched All non-citrus juices are Vitamin C Fortified	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 1 pat Margarine				
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 203-287-0057 between 9am -12pm.
All senior lunch attendees must have a completed Form 5 – Consumer Registration Form.