

FSW, INC. - NEW HAVEN SENIOR COMMUNITY CAFÉ

Nutrition for mind, body and spirit

September 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All Soups come with unsalted Crackers</p> <p>*The dessert is the same for both meals</p> <p>All Soups and Entrees Gravies, Sauces, and Salad Dressings and Desserts are Low Fat and Low Salt</p>		<p>Apple Juice</p> <p>Turkey Kielbasa/Sauerkraut</p> <p>Boiled Potatoes</p> <p>Belgian carrots</p> <p>Hot Dog Roll</p> <p>Mustard</p> <p>Rice Pudding w/Topping</p>	<p>Pineapple Juice</p> <p>Yankee Pot Roast w/Gravy</p> <p>Fresh Mashed Potatoes</p> <p>Mixed Vegetables</p> <p>Whole Wheat Dinner Roll</p> <p>Fresh Fruit Cup</p>	<p>Grape Juice</p> <p>Oven Fried Fish (Lightly Breaded)</p> <p>Lemon Wedge/Tartar Sce.</p> <p>Rice Combo</p> <p>Zucchini</p> <p>Whole Wheat Bread</p> <p>Unfrosted Brownie</p>
6	7	8	9	10
<p>CLOSED</p> <p>LABOR DAY</p> <p>NO LUNCH PROGRAM</p>	<p>Cream of Carrot Soup</p> <p>Tunafish Salad on bed of Lettuce & Tomato Plate w/Pickled Beet Salad</p> <p>Whole Wheat Sandwich Roll</p> <p>Fresh Fruit Cup</p>	<p>Cranberry Juice</p> <p>Southern Fried Chicken Quarter</p> <p>Macaroni & Cheese</p> <p>Spinach</p> <p>Corn Muffin</p> <p>Watermelon</p>	<p>Pineapple Juice</p> <p>Broiled Roast Pork Choppette</p> <p>Sweet Potatoes w/Brown Sugar- 1 tsp.</p> <p>Mixed Green Salad w/Cherry Tom. Sliced</p> <p>Ranch Dressing - 2 pkts.</p> <p>Oatmeal Bread</p> <p>Sliced Peaches</p>	<p>PIE DAY</p> <p>100% Fruit Punch</p> <p>Oven Baked Pollack</p> <p>Fluffy Brown Rice</p> <p>Tossed Garden Salad</p> <p>French Dressing- 2 pkts.</p> <p>Whole Wheat Dinner Roll</p> <p>Apple Pie w/Topping</p>
13	14	15	16	17
<p>Pineapple Juice</p> <p>Baked Chicken Quarter</p> <p>Cranberry Sauce</p> <p>Baby Carrots</p> <p>Cut Green Beans</p> <p>Whole Wheat Bread</p> <p>Tapioca Pudding w/Topping</p>	<p>Meat Lasagna w/Tomato Sauce 1/2 c.</p> <p>Tossed Garden Salad w/Sl. Black Olives</p> <p>Spinach</p> <p>Italian Bread</p> <p>Sliced Peaches</p>	<p>Cranapple Juice</p> <p>Roast Turkey w/Gravy</p> <p>Cranberry Sauce</p> <p>Stuffing w/Gravy</p> <p>Petite Corn</p> <p>Whole Wheat Dinner Roll</p> <p>Sliced Pears</p>	<p>Apple Juice</p> <p>Meatloaf w/Chucky Tom. Sauce</p> <p>Oven Roasted Potatoes</p> <p>California Blend Veg.</p> <p>Rye Bread</p> <p>Oatmeal Raisin Cookie</p>	<p>Vegetable Beef Soup</p> <p>Seafood Salad on a bed of Lett. & Sl. Tom.</p> <p>Green Beans</p> <p>Italian Dr. - 2pkts</p> <p>Whole Wheat Sandwich Roll</p> <p>Orange</p>
20	21	22	23	24
<p>Pineapple Juice</p> <p>Sl. Ham & Cheese on a bed of Greens w/Sl. Tomato, Sl. Cucumber</p> <p>3-Bean Salad</p> <p>French Dressing - 2 pkts.</p> <p>Macaroni Salad</p> <p>Whole Wheat Sandwich Roll</p> <p>Tropical Fruit Cup</p>	<p>Meat Canneloni w/Tom. Sauce 1/2 c.</p> <p>Grated Parmesan Cheese</p> <p>Tossed Garden Salad w/Sl. Black Olives</p> <p>Creamy Italian Dressing</p> <p>California Blend Veg.</p> <p>Italian Bread</p> <p>Apple</p>	<p>BIRTHDAY CAKE DAY</p> <p>Grape Juice</p> <p>Chicken Marsala Sauce</p> <p>Rice w/Marsala Sauce</p> <p>Tossed Salad w/Italian Dressing - 2 pkts.</p> <p>Oat Bread</p> <p>Birthday Cake</p>	<p>Chicken Vegetable Soup</p> <p>Hamburger</p> <p>Baked Beans</p> <p>Creamy Cole Slaw</p> <p>Hamburger Roll</p> <p>Ketchup</p> <p>Mandarin Orange Sections</p>	<p>Cranberry Juice</p> <p>Crunchy Fish</p> <p>Lemon Wedge/Tartar Sce.</p> <p>Scalloped Potatoes</p> <p>Zucchini</p> <p>Whole Wheat Bread</p> <p>Sliced Peaches</p>
27	28	29	30	
<p>Cream of Broccoli Soup</p> <p>Grilled Chicken Strips on a bed of Lett./Tom. & Cuc.</p> <p>Marinated Vegetables w/Onions</p> <p>Kaiser Roll</p> <p>Fresh Fruit Cup</p>	<p>Grape Juice</p> <p>Eggplant Rollatini</p> <p>Pasta w/Marinara Sauce</p> <p>Tossed Salad w/Tomatoes</p> <p>Italian Dressing - 2 pkts.</p> <p>Italian Bread</p> <p>Oatmeal Raisin Cookie</p>	<p>Apple Juice</p> <p>Beef Stew w/Peas, Carrots Potatoes & Celery</p> <p>Petite Corn</p> <p>Tossed Salad w/French Dressing - 2 pkts.</p> <p>Whole Wheat Bread</p> <p>Sl. Pears</p>	<p>Italian Wedding Soup</p> <p>Chicken Salad on bed of Lettuce w/Tri-Colored</p> <p>Pasta Salad</p> <p>Cole Slaw</p> <p>Kaiser Roll</p> <p>Orange</p>	<p>All Rolls are Seedless</p> <p>All White Rice is Enriched</p> <p>All non-citrus juices are Vitamin C Fortified</p>
<p>MINIMUM PORTIONS SERVED AT EACH MEAL:</p> <p>1c Milk - 1% or equivalent 1c Vegetable and Fruit or equivalent 2oz. Protein 1 pat Margarine</p> <p>and 2 Bread servings or equivalent (enriched or whole grain)</p>				

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Please call by noon the day before 203-287-0057, Mon thru Friday 9AM to Noon to participate in the lunch program. All senior participants must have a completed Form 5 to eat in the Cafe. Forms are in the cafe. Meals are \$2.00.