

FSW, INC. NEW HAVEN - SENIOR COMMUNITY CAFE

Nutrition for mind, body and spirit

J February 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GROUND HOG DAY BBQ Chicken Patty Spinach Sweet Potatoes Kaiser Roll (no seeds) Apricots Extra BBQ Sauce	Meatloaf w/Chunky Tom. Sauce -1/2c. Oven Roasted Potatoes Petite Corn Niblets Whole Wheat Bread Golden Delicious Apple	Cream Of Broccoli Soup Philly Cheese Steak Garden Salad w/Tomato Italian Dressing - 2 pkts. 4" Grinder Roll Fruited Jello w/Topping	100% Fruit Punch Beef Patty w/Sauteed Onions Tater Tots Ketchup/Mustard Petite Peas Whole Wheat Sandwich Roll (no seeds) Fruit Cocktail	Cranapple Juice Whole Grain Crunchy Fish Lemon Wedge/Tartar Sce. Red Bliss Potatoes Creamy Cole Slaw Whole Wheat Roll Tapioca Pudding w/Topping
8	9	10	11	12
Beef Vegetable Soup Cold Grilled Chicken w/Let./Tom.and Onion Ketchup/Mustard Potato Salad Whole Wheat Hamburger Roll Orange	GrapeJuice Veal Parmesan Ziti w/Marinara Sce. Tossed Salad w/Sl. Black Olives Italian Bread Cupcake	Hearty Diced Beef Stew w/Potatoes, Carrots and Onions Tossed Salad w/Blk. Olives French Dressing -2 pkts. LS LF Biscuit Mandarin Oranges Sections	Chicken Rice Soup Sausage and Peppers Garden Salad Italian Dressing- 2 pkts. Kaiser Roll (no seeds) Tropical Fruit Cup	CENTER CLOSED No Lunch
15	16	17	18	19
PRESIDENT'S DAY HOLIDAY CENTER CLOSED NO LUNCH PROGRAM	Cream of Carrot Soup Angus Burger Baked Potato Cut Green Beans Whole Wheat Hard Roll Mustard/Ketchup Very Ripe Seasonal Fresh Fruit	ASH WEDNESDAY Grape Juice Cheese Ravioli Parmesan Cheese Cut Green Beans Tossed Salad w/Tomato Italian Dressing - 2 pkts. Italian Bread Fruit Cocktail	BIRTHDAY CAKE DAY Cranapple Juice Roast Turkey w/Gravy Cranberry Sauce- 1T Whipped Potatoes Mixed Vegetables Whole Wheat Dinner Roll Birthday Cake	Whole Grain Crunchy Fish Fillet Lemon Wedge/Tartar Sce. Whipped Potato Creamy Cole Slaw Whole Wheat Bread Fresh Fruit Cup
22	23	24	25	26
100% Fruit Punch Veal Roulade w/Gravy Whipped Potatoes Tossed Salad w/Blk. Olives Vinagrette Dr. - 2 pkts. Whole Wheat Bread Slice Peaches	Pineapple Juice Yankee Pot Roast w/Gravy Roasted Potatoes Mixed Vegetables Whole Wheat Bread Oatmeal Raisin Cookie	Italian Wedding Soup BBQ Rib Pattie Tossed Green Salad w/Sl. Red Onion French Dressing - 2pkts. Petite Peas 4" Grinder Clementine	BLACK HISTORY DAY Grape Juice Southern Fried Chicken Macaroni & Cheese Spinach Corn Muffin Sweet Potato Pie 1/6 of 9" pie	Apple Juice Eggplant Parmesan Cut Broccoli Tossed Garden Salad Italian Dressing- 2 pkts. Italian Bread Tropical Fruit Cup
			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 1 pat Margarine and 2 Bread servings or equivalent (enriched or whole grain)				

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Please Call the Cafe (203) 287-0057 by noon the day before to reserve a meal.

A Form 5 needs to be completed to participate in the nutrition program. Thank you!