

FSW, INC. NEW HAVEN - SENIOR COMMUNITY CAFE

Nutrition for mind, body and spirit
January 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All Soups come with unsalted Crackers</p> <p>All Soups and Entrees Gravies, Sauces, and Salad Dressings and Desserts are Low Fat and Low Salt</p>	<p>All Rolls are Seedless All White Rice is Enriched All non-citrus juices are Vitamin C Fortified</p>			<p>NEW YEAR'S DAY</p> <p>HOLIDAY</p> <p>NO LUNCH PROGRAM</p>
4	5	6	7	8
<p>Meatloaf w/Chunky Tom. Sauce -1/2c. Parmesan Cheese -1T Bowtie Pasta w/Sce. -1c. Tender Broccoli Cuts Rye Bread Lemon Ice</p>	<p>Cranapple Juice Southern Fr. Chicken Macaroni and Cheese Spinach Corn Muffin Apricots BBQ Sauce</p>	<p>THREE KINGS DAY Pineapple Juice Roast Pork w/Gravy Tender Broccoli Cuts Whipped Potato /Squash Combo Rye Bread Fruit Cocktail</p>	<p>100% Fruit Punch Baked Chicken Leg Quarter w/Gravy Petite Peas Yellow Beans Whole Wheat Bread Tapioca Pudding w/Topping</p>	<p>Cream of Carrot Soup Angus Burger Tossed Salad w/Ranch Drssing- 2 pkts. Kaiser Roll (no seeds) Melon</p>
11	12	13	14	15
<p>Turkey Kielbasa Sauerkraut Mustard Boiled Potatoes Cut Green Beans Hot Dog Roll Tropical Fruit Cup</p>	<p>Grape Juice Stuffed Shells w/Marinara Sauce Tossed Salad w/SI. Blk. Olives Italian Dressing - 2 pkts. Belgian Carrots Italian Bread Sliced Pears</p>	<p>Beef Vegetable Soup Beef Patty w/Sauteed Onions Slice Cheese Ketchup/Mustard California Blend Veg. Yellow Beans Whole Wheat Roll(no seeds) Red Delicious Apple</p>	<p>BIRTHDAY CAKE DAY Cranapple Juice Roast Turkey w/Gravy Cranberry Sauce -1T Stuffing Mixed Vegetables Whole Wheat Dinner Roll Strawberry Birthday Cake</p>	<p>Baked Fish (no breading) Lemon Wedge/Tartar Sce. Potato Puffs Zucchini Whole Wheat Roll Mandarin Orange Slices</p>
18	19	20	21	22
<p>MARTIN LUTHER KING</p> <p>HOLIDAY</p> <p>NO LUNCH PROGRAM</p>	<p>PIE DAY Grape Juice BBQ Rib Pattie Whipped Potato / Butternut Squash Combo Peas and Pearl Onions Corn Muffin Pie w/Topping</p>	<p>100% Fruit Punch Yankee Pot Roast w/Gravy Boiled Potatoes Mixed Vegetables Whole Wheat Bread Vanilla Pudding w/Topping</p>	<p>Chicken Rice Soup Sausage & Peppers 1/3 c. Tossed Salad w/SI. Black Olives French Dressing -2 pkts. Kaiser Roll (no seeds) Orange</p>	<p>Pineapple Juice Oven Fried Fish Lemon Wedge/Tartar Sce. Peas and Carrots Tossed Salad w/Cuc. Ranch Dressing - 2 pkts. Whole Wheat Bread Apricot Halves</p>
25	26	27	28	29
<p>Cream of Broccoli Soup Philly Cheese Steak Diced Squash Whole Wheat Bread Fruited Jello w/Topping</p>	<p>CRAZY HAT DAY Grape Juice Meatballs in Tom Sce. 1/2c 6" Grinder Roll Tossed Salad w/Blk. Olives Italian Dressing - 2 pkts. Seasonal Fresh Fruit</p>	<p>Cranapple Juice Baked Chicken w/Sauteed Onions White/Wild Rice Combo California Blend Whole Wheat Bread Unfrosted Brownie</p>	<p>Orange Juice Sl. Ham w/Pineapple Glaze Sweet Potatoes Petite Peas Rye Bread Applesauce</p>	<p>100% Fruit Punch Eggplant Parmesan Petite Corn Tossed Salad w/Blk. Olives Italian Dressing - 2 pkts. Italian Bread Oatmeal Raisin Cookie</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>				