

FSW, INC. - NEW HAVEN SENIOR COMMUNITY CAFÉ

Nutrition for mind, body and spirit

August 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Corn Chowder Chicken Salad Plate on a Bed of Lettuce w/Tri-Colored Pasta/Three Bean Salad Kaiser Roll Nectarine	Phillie Cheese Steak w/Mozzarella Cheese Cut Green Beans Tossed Salad w/French Dressing - 2 pkts. 4" Grinder Roll Mandarin Orange Slices	Apple Juice Turkey Kielbasa/Sauerkraut Boiled Potatoes Belgian Carrots Whole Wheat Roll Fruit Cocktail Mustard	100% Fruit Punch Beef Bracciole w/Gravy Fluffy Brown Rice Mixed Vegetables Oat Bread Unfrosted Brownie	Barbecue By reservation only! Donation welcomed. Limited seating.
9	10	11	12	13
Pineapple Juice Seafood Salad on Bed of Lett. and Tom. Salad Creamy Cole Slaw Potato Salad Whole Wheat Sandwich Roll (no seeds) Sliced Pears	Apple Juice Meatloaf w/Gravy Fresh Mashed Potato Petite Peas Whole Wheat Bread Cantaloupe	Grape Juice Baked Chicken Quarter Cranberry Sauce Sweet Potatoes Cut Green Beans Whole Wheat Bread Tapioca Pudding w/Topping	BIRTHDAY CAKE DAY 100% Fruit Punch Roast Turkey w/Gravy Cranberry Sauce Stuffing w/Gravy Petite Corn Oat Bread - 1 Sl. Birthday Cake	Rhode Island Clam Chowder Spinach Cheese Quiche Tossed Salad w/French Dressing - 2 pkts. Whole Wheat Dinner Roll Tropical Fruit Cup
16	17	18	19	20
COOKIE DAY Cranapple Juice Southern Fried Chicken Quarter Macaroni & Cheese Collard Greens Corn Muffin Special Cookie	Tomato Basil Soup Angus Burger Slice Cheese Ketchup California Blend Veg. Medley Whole Wheat Sandwich Roll (no seeds) Tangerine	Grape Juice Cold Carando Sl. Corned Beef Plate on L/T Potato Salad Marinated Cut Green Beans Mustard Rye Bread - 2 Sl. Sl. Pears	100% Fruit Punch Veal Parmesan w/Marinara Sauce Ziti w/Marinara Sauce Tossed Salad w/Italian Dressing - 2 pkts. Italian Bread Sliced Peaches	Apple Juice Lightly Breaded Oven Baked Fish Lemon Wedge/Tartar Sce. Tater Tots Summer Blend Vegetables Whole Wheat Bread Pineapple Tidbits
23	24	25	26	27
Beef Barley Soup Chicken Salad Plate on Lettuce/Tomato and Cucumber 3-Bean Salad French Dressing - 2 pkts. Whole Wheat Sandwich Roll (no seeds) Mandarin Orange Slices	Pineapple Juice Roast Pork w/Gravy Whipped Potatoes w/Gravy Mixed Vegetables Whole Wheat Dinner Roll Apricot Halves	Grape Juice Stuffed Shells-2 w/1/2 c. Marinara Sauce Italian Blend Tossed Green Salad w/Bik Olives Italian Bread Oatmeal Raisin Cookie	LABOR DAY CELEBRATION 100% Fruit Punch 12" LS/LF Beef Hot Dog on a Roll Mustard/Relish/Ketchup Baked Beans Creamy Cole Slaw Watermelon	Orange Juice Roasted Vegetable Fritata Hash Brown Potatoes Fiesta Blend Vegetables Medley Whole Wheat Bread Sliced Peaches
30	31			
Cranapple Juice Salisbury Steak w/Gravy Chunk Yellow Squash White/Brown Rice Combo Whole Wheat Bread Plum	Pineapple Juice Ham Salad on a Bed of Lettuce and Tomato Pineapple Cole Slaw 3-Bean Salad Kaiser Roll (no seeds) Seasonal Very Ripe Fruit	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		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)				

Please call 203-287-0057 between 9AM and NOON / Mon-Fri. to reserve lunch. Lunch must be Reserved by Noon the day BEFORE. All participants must have a completed Form 5 to eat in the cafe.