



Suggested Donation \$2.50
 Menu Items Subject to Change
 1% or Skim Milk Provided
 Margarine Available

October Menu 2023

PLEASE MAKE SURE TO REGISTER 2
 BUSINESS DAYS IN ADVANCE WITH
 YOUR CAFÉ MANAGER

CALL 860-584-7895 ext. 7114 TO PLACE LUNCH ORDERS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| 2 Hearty Vegetable Soup Unsalted Crackers Chicken Marsala Mashed Potato Green Beans 100% Whole Wheat Bread Cinnamon Applesauce | 3 Sliced Ham with Pineapple Glaze Sweet Potato Geneva Blend Veggies Rye Bread Pineapple Cup | 4 Apple Juice Southern Grilled Chicken Salad with Olives, Tomatos, Black Beans, and Corn Ranch Dressing Corn Muffin Chocolate Pudding | 5 Broiled Fish with Garlic Butter Cracker Crumbs Cheesy Rice Brussel Sprouts Wheat Bread Banana | 6 Homemade Meatloaf with Gravy Wide Egg Noodles Peas and Carrots Potato Bread Tropical Fruit Cup |
| 9 Columbus Day Closed  | 10 Chicken Picatta Linguini Brussel Sprouts Dinner Roll Brownie | 11 Tomato Basil Soup Unsalted Crackers Broccoli, Potato, Sausage Crumble Egg Bake Spinach Biscuit Pear Cup | 12 Baked Veal Parmesan Rigatoni with Sauce Romaine Salad Italian Dressing Italian Bread Banana | 13 Grape Juice Turkey Divan Brown Rice California Blend Vegetables Whole Wheat Roll Banana Pudding with Topping |
| 16 Lazy Stuffed Cabbage (Beef/Pork) Mashed Potatos Meadow Blend Veggies Italian Bread Plum | 17 Apple Juice Herbed Chicken Legs Cheesy Rice Oriental Blend Vegetables 100% Whole Wheat Bread Baked Apples with Topping | 18 Open Faced Turkey Sandwich Turkey Gravy Stuffing Carrots and Broccoli Warm Peach Cobbler with Whipped Topping | 19 Roast Pork with Cranberry Glaze Sesame Noodles Spinach and Red Peppers Whole Wheat Bread Banana | 20 Minestrone Soup Unsalted Crackers Codfish Cakes Steak Fries Broccoli Tartar Sauce Oatmeal Bread Fresh Apple |
| 23 Apple Juice Philly Cheesesteak Sloppy Joe with Peppers & Onions Tater Tots Carrots Hamburger Bun Rice Pudding | 24 Corn Chowder Unsalted Crackers Fajita Chicken Strips with Peppers & Onions Spanish Rice Pintos & Black Eyed Peas Tortilla Pears | 25 Orange Juice Spaghetti with Meatballs Garden Salad Italian Dressing Garlic Bread Pie | 26 Chicken & Sausage Gumbo Rice Mixed Vegetables Corn Bread Mandarin Oranges | 27 Roast Turkey with Turkey Gravy Mashed Potato Brussel Sprouts Cranberry Sauce Dinner Roll Oatmeal Cookies |
| 30 Apple Juice Bean & Veggie Chili Brown Rice Corn Muffin Tapioca Pudding | 31 Growling Grape Juice Sleepy Country Fried Chick with Crawling Country Grav Moaning Mashed Potato Ghoulish Green Beans and Monster Mushrooms 12 Grain Beastly Bread Halloween Treat |  | | |

CW Resources Senior Community Café



November Menu



1% or Skim milk provided
Margarine available

| MENU ITEMS SUBJECT TO CHANGE | | SUGGESTED DONATION | | |
|--|---|--|--|---|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 1 Pineapple Juice Chicken Patty with Country Gravy Whipped Mashed Potato String Beans with Mushrooms 100% Whole Wheat Rice Pudding | 2 Eggplant Rolette Buttered Ziti Italian Blend Veggies Oatmeal Bread Tropical Fruit Cup | 3 Unbreaded Fish Filet with Lemon Butter Sauce Harvest Rice Stewed Tomatoes Multi Grain Bread Mandarin Oranges | 4 Stuffed Pepper Soup Unsalted Crackers Sliced Turkey Swiss Cheese Lettuce and Tomato Tater Tots Grinder Roll Banana | 5 Grape Juice Sloppy Joe Mashed Potato Corn Niblets Hamburger Roll Brownie with Topping |
| 8 Cranberry Juice Lasagna Rollette Primavera Sauce Italian Blend Veggies Garlic Bread Vanilla Pudding | 9 Swedish Meatballs with Sour Cream Gravy Buttered Noodles Mixed Vegetables Assorted Rolls Fruit Cup | 10 Special Dessert Grape Juice Fresh Pork Loin Sweet Potato Chunks Tuscany Veggies Rye Bread Warm Apple Crisp with Ice Cream | 11  | 12 Corn Chowder Unsalted Crackers Pier 17 Fish Tartar Sauce Mashed Sweet Potato Spinach Dinner Roll Citrus Sections |
| 15 Grape Juice Salisbury Steak LS Beef Gravy Buttered Noodles Peas Potato Bread Chocolate Chip Cookies | 16 Pineapple Orange Juice Orange Chicken Buttered Rice Scandinavian Veggies Dinner Roll Pecan Sandies | 17 Apple Cider Roast Turkey with Giblet Gravy Stuffing Mashed Potato Butter Ginger Carrots Cranberry Sauce Dinner Roll Pumpkin Delight | 18 Ravioli Meat Sauce Green Beans Italian Bread Tropical Fruit Cup | 19 Cranberry Juice Open Faced Turkey Sandwich with Gravy Garlic Mashed Potato Carrots and Green Beans Multigrain Bread Baked Pears with Topping |
| 22 Meatball Sub with Mozzarella French Fries Mixed Veggies Sub Roll Fresh Orange | 23 Chicken Cacciatore Yellow Rice Garden Salad Italian Dressing Garlic Bread Rice Pudding | 24 Cranberry Juice Hamburger Baked Beans Broccoli W.W. Hamburger Bun Wafer Cookies | 25 26  | |
| 29 Chicken Fajitas with Peppers and Onions Rice Black Beans with Diced Tomatoes Tortilla Pears | 30 Grape Juice Breaded Pork Chop Seasoned Whole Potato Spinach Wheat Bread Banana Pudding |   | | |