

# CW Resources Senior Community Café

Must call 203 312-5665  
by Thursday of the prior  
week to reserve

## February, 2018



1% or Skim milk provided  
Margarine available

**MENU ITEMS SUBJECT TO CHANGE**

**SUGGESTED DONATION \$3.00**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>*High Salt</b> <b>+High Sugar</b> <b>++High Fat</b></p>		<p>Orange Juice Eggplant Rolatini Ziti with Sauce Garden Salad Italian Dressing*</p> <p>Garlic Bread* <b>Happy Birthday</b> Birthday Cake+</p>	<p>Vegetable Soup Unsalted Crackers White Fish Stew Harvest Rice Chuck Wagon Veggies</p> <p>Pumpnickel Bread Pineapple Chunks</p>
<p>Shepherds Pie Mixed Vegetables</p> <p>Dinner Roll</p> <p>Grapes</p>	<p>Chicken Fajita with Peppers and Onions Rice with Black Beans Fiesta Corn</p> <p><b>Fajita Day</b></p> <p>Tortilla</p> <p>Apple</p>	<p>Cream of Broccoli Soup Unsalted Crackers Salmon Boat with Dill Sauce Buttered, Parslied Noodles Beets</p> <p>Rye Bread</p> <p>Fresh Orange</p>	<p>Grape Juice Roast Beef Beef Gravy Stuffing Spinach</p> <p>12 Grain Bread</p> <p>Lemon Pudding</p>	<p>Apple Juice BBQ Pork Chop* Mashed Potato Carrots</p> <p>Oatmeal Bread</p> <p>Ice Cream Cup+</p>
<p>Sweet &amp; Sour Meatballs Sesame Noodles Oriental Blend Veggies</p> <p>100% Whole Wheat</p> <p>Peaches</p>	<p>Cranberry Juice Roast Pork Apples and Sauerkraut Harvest Rice Beets</p> <p>Rye Bread</p> <p>Peanut Butter Cookies</p>	<p><b>Valentine's Special</b></p> <p>Chicken Cordon Bleu Sweet Potatoes Buttered Peas</p> <p></p> <p>Dinner Roll</p> <p>Valentine Treat</p>	<p>Pea Soup Unsalted Crackers Crab Cake Steak Fries Green Beans Tartar Sauce++</p> <p>Hamburger Bun</p> <p>Fresh Orange</p>	<p><b>Special Dessert</b></p> <p>Cranberry Juice Chicken Cacciatore Brown Rice Scandinavian Vegetables</p> <p></p> <p>Potato Bread</p> <p>Apple Pie</p>
<p><b>President's Day</b></p> <p></p>	<p>Grape Juice Lasagna Rolette Marinara Sauce Peas 3 Bean Salad</p> <p>Italian Bread</p> <p>Pudding</p>	<p>Italian Wedding Soup Unsalted Crackers Chicken Bruschetta Brown Rice Geneva Blend Veggies</p> <p>100% W.W. Bread</p> <p>Peaches</p>	<p>Meatloaf Onion Gravy Buttered Noodles Broccoli</p> <p>Rye Bread</p> <p>Pineapple Chunks</p>	<p>Orange Juice Turkey Pot Pie Diced Potatoes Garden Salad French Dressing*</p> <p>Biscuit</p> <p>Oatmeal Raisin Cookies</p>
<p>Cranberry Juice Aloha Chicken with Pineapple Sauce Fried Rice Broccoli</p> <p>Oatmeal Bread</p> <p>Tapioca Pudding+</p>	<p>Butternut Squash Soup Unsalted Crackers Philly Cheesesteak* Onions and Peppers Tater Tots</p> <p>Sub Roll</p> <p>Fresh Orange</p>	<p>Apple Juice Roast Pork Sweet Potatoes Spinach</p> <p>100% Whole Wheat Oatmeal Raisin Crème Pie</p>		