

CW Resources Senior Community Café

Must Call 203 312-5665  
by Thursday A.M. of prior  
week for a reservation

# JANUARY, 2018

1% or Skim milk provided  
Margarine available  
**\*High Salt**  
**+High Sugar**  
**++High Fat**

**MENU ITEMS SUBJECT TO CHANGE**

**SUGGESTED DONATION \$3.00**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p><b>Closed</b> <b>New Year's Day</b></p> 	<p>2</p> <p>Pineapple Juice Lazy Man's Stuffed Peppers Brown Rice Broccoli</p> <p>Wheat Bread</p> <p>Pudding+</p>	<p>3</p> <p><b>Winter Picnic</b></p> <p>Hot Dog* Baked Beans* Braised Red Cabbage Mustard</p>  <p>Hot Dog Bun</p> <p>Apricots</p>	<p>4</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>5</p> <p>Vegetable Soup Unsalted Crackers White Fish Stew Harvest Rice Chuck Wagon Veggies</p> <p>Pumpnickel Bread</p> <p>Pineapple Chunks</p>
<p>8</p> <p>Shepherds Pie Mixed Vegetables</p> <p>Dinner Roll</p> <p>Grapes</p>	<p>9</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>10</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>11</p> <p>Grape Juice Roast Beef Beef Gravy Stuffing Spinach</p> <p>12 Grain Bread</p> <p>Lemon Pudding</p>	<p>12</p> <p>Apple Juice BBQ Pork Chop* Mashed Potato Carrots</p> <p>Oatmeal Bread</p> <p>Ice Cream Cup+</p>
<p>15</p>  <p><b>CLOSED</b></p>	<p>16</p> <p><b>MLK Day Special</b></p> <p>Cranberry Juice Chicken Jambalaya Wild Rice Spinach with Sautéed Onions</p> <p>Corn Muffin</p> <p>Banana Parfait</p>	<p>17</p> <p>Orange Juice Spaghetti with Meatballs Parmesan Cheese+ Romaine Salad Ranch Dressing</p> <p>Garlic Bread*</p> <p>Pears</p>	<p>18</p> <p>Pea Soup Unsalted Crackers Crabcake Steak Fries Cole Slaw Tartar Sauce</p> <p>Hamburger Bun</p> <p>Fresh Orange</p>	<p>19</p> <p>Pineapple Juice Roast Pork Apples and Sauerkraut Harvest Rice Beets</p> <p>Rye Bread</p> <p>Peanut Butter Cookies+</p>
<p>22</p> <p>Cranberry Juice Fish Wedge Waffle Fries Cole Slaw Tartar Sauce++</p> <p>Potato Bread</p> <p>Brownie+</p>	<p>23</p> <p>Grape Juice Lasagna Rolette Marinara Sauce Peas 3 Bean Salad</p> <p>Italian Bread</p> <p>Pudding</p>	<p>24</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>25</p> <p>Meatloaf Onion Gravy Buttered Noodles Broccoli</p> <p>Rye Bread</p> <p>Pineapple Chunks</p>	<p>26</p> <p>Orange Juice Turkey Pot Pie Diced Potatoes Garden Salad French Dressing*</p> <p>Biscuit</p> <p>Oatmeal Raisin Cookies</p>
<p>29</p> <p>Cranberry Juice Aloha Chicken with Pineapple Sauce Fried Rice Broccoli</p> <p>Oatmeal Bread</p> <p>Tapioca Pudding+</p>	<p>30</p> <p>Butternut Squash Soup Unsalted Crackers Philly Cheesesteak* Onions and Peppers Tater Tots</p> <p>Sub Roll</p> <p>Fresh Orange</p>	<p>31</p> <p>Apple Juice Roast Pork Sweet Potatoes Spinach</p> <p>100% Whole Wheat Oatmeal Raisin Crème Pie</p>		