

CW Resources Senior Community Café

Must Call
203-312-5665
by Thursday AM
of prior week
for a Reservation

JANUARY, 2019

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
CLOSED 1				
				
		Italian Wedding Soup Unsalted Crackers Chicken Bruschetta Brown Rice Geneva Blend Veggies 100% W.W. Bread Peaches	Pineapple Juice Eggplant Rolatini Ziti with Sauce Garden Salad Italian Dressing* Garlic Bread* Happy Birthday Pudding	Vegetable Soup Unsalted Crackers White Fish Stew Harvest Rice Chuck Wagon Veggies Pumpnickel Bread Birthday Cake
Shepherds Pie Mixed Vegetables Dinner Roll Peach Cup	Chicken Fajita with Peppers and Onions Rice with Black Beans Fiesta Corn Fajita Day Tortilla Apple	Cream of Broccoli Soup Unsalted Crackers Pier 17 Fish with Dill Sauce Buttered, Parslied Noodles Broccoli Rye Bread Banana	Grape Juice Roast Beef Beef Gravy Oven Roasted Potatoes Spinach 12 Grain Bread Lemon Pudding	Apple Juice BBQ Pork Chop Stuffing Carrots Oatmeal Bread Ice Cream Cup
Sweet and Sour Meatballs Sesame Noodles Oriental Blend Vegetables 100% Whole Wheat Peaches	Pineapple Juice Roast Pork with Apples and Sauerkraut Harvest Rice Beets Rye Bread Peanut Butter Cookies	Orange Juice Spaghetti with Meat Sauce Parmesan Cheese Romaine Salad Ranch Dressing Garlic Bread Pears	Pea Soup Unsalted Crackers Crabcake Steak Fries Cole Slaw Tartar Sauce Hamburger Bun Fresh Orange	Cranberry Juice Chicken Cacciatore Brown Rice Italian Blend Vegetables Italian Bread Pudding
 CLOSED	MLK Special Lunch Cranberry Juice Chicken Jambalaya Wild Rice Spinach with Sauteed Onions Corn Muffing Banana Parfait	Lazy Man's Stuffed Peppers Brown Rice Broccoli Wheat Bread Pineapple Chunks	Meatloaf Onion Gravy Buttered Noodles Broccoli Rye Bread Pineapple Chunks	Orange Juice Turkey Pot Pie Diced Potatoes Garden Salad French Dressing Biscuit Oatmeal Raisin Cookies
Cranberry Juice Aloha Chicken with Pineapple Sauce Fried Rice Broccoli Oatmeal Bread Tapioca Pudding	Butternut Squash Soup Unsalted Crackers Philly Cheesesteak Onions and Peppers Tater Tots Sub Roll Fresh Orange	Apple Juice LS Roast Pork Sweet Potatoes Creamy Spinach 100% Whole Wheat Oatmeal Raisin Crème Pie	Cranberry Juice Open Faced Turkey Sandwich with LS Turkey Gravy Mashed Potato Carrots Potato Bread Fruit Cup	