

CW Resources Senior Community Café

2400 North Café 203-332-0104

March Menu 2019

* High Sugar Content
 **High in Sodium Content
 +Higher Fat Content
 LS-Low Sodium



1% or Skim milk provided
 Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Must Call 203-312-5665 by Thursday AM of prior week for a Reservation</p>				<p>Corn Chowder Unsalted Crackers Seafood Salad** Lettuce and Tomato Pasta Primavera</p> <p>Hot Dog Roll</p> <p>Banana</p>
<p>4 Orange Juice Pulled Pork Baked Beans Coleslaw</p> <p>W.W. Hamburger Roll</p> <p>Applesauce</p>	<p>5 Pineapple Juice Sweet and Sour Grilled Chicken Breast Au Jus Mashed Potato Ginger Baby Carrots HAPPY BIRTHDAY 12 Grain Bread</p> <p>Birthdays Cake*</p>	<p>6 Stuffed Shells Alfredo Broccoli Garden Salad Thousand Island+</p> <p>Italian Bread</p> <p>Pears</p>	<p>7 Grape Juice Beef Stew Brown Rice Green Beans</p> <p>W.W. Dinner Roll</p> <p>Tropical Fruit Cup</p>	<p>8 LS Escarole Bean Soup Unsalted Crackers Eggplant Rolatini Baked Ziti with Sauce Italian Blend Veggies</p> <p>Garlic Bread</p> <p>Brownie</p>
<p>11 Sloppy Joe Mashed Potato Beets</p> <p>Hamburger Bun</p> <p>Pineapple Chunks</p>	<p>12 Grape Juice Stuffed Shells Meat Sauce Romaine Salad Ranch Dressing</p> <p>Garlic Bread</p> <p>Fresh Apple</p>	<p>13 Hearty Vegetable Soup Unsalted Crackers Cracked Pepper Turkey Swiss Cheese Macaroni Salad</p> <p>Hard Roll Peach Cobbler with Topping</p>	<p>14 Cranberry Juice Corned Beef Cabbage Boiled Potatoes Carrots Mustard</p> <p>Rye Bread</p> <p>St. Patty's Day Treat</p>	<p>15 Baked Fish with Potato Hash Hot Buttered Peas</p> <p>Multigrain Bread</p> <p>Fresh Orange</p>
<p>18 Hot Dog with Sauerkraut Baked Beans Broccoli</p> <p>Hot Dog Roll</p> <p>Cinnamon Applesauce</p>	<p>19 Apple Juice Bruschetta Chicken Mashed Potatoes Spinach</p> <p>Pumpernickel Bread</p> <p>Pears</p>	<p>20 Orange Juice Cheeseburger Lettuce and Tomato Steak Fries Corn with Peppers</p> <p>Hamburger Bun</p> <p>Oatmeal Cookies</p>	<p>21 LS Chicken Vegetable Unsalted Crackers Lasagna Rolette Meat Sauce Garden Salad Italian Dressing Garlic Bread</p> <p>Fresh Apple</p>	<p>22 Crab Cakes with White Sauce Rice Pilaf Broccoli</p> <p>Rye Bread</p> <p>Citrus Sections</p>
<p>25 Chicken Pot Pie with Carrots, Celery Diced Potatoes Chopped Spinach</p> <p>Biscuit</p> <p>Tropical Fruit Cup</p>	<p>26 Knockwurst Apples and Sauerkraut Pierogies Broccoli</p> <p>Hot Dog Bun</p> <p>Pears</p>	<p>27 Cranberry Juice Turkey Tetrazinni Brown Rice Green Beans</p> <p>Dinner Roll</p> <p>Chocolate Chip Cookies</p>	<p>28 Meatloaf LS Beef Gravy Baked Potato Broccoli and Carrots</p> <p>Oatmeal Bread</p> <p>Banana</p>	<p>29 Butter Crunch Fish Fried Rice Stir Fry Vegetables</p> <p>Multigrain Bread</p> <p>Pineapple Chunks</p>