

# JANUARY MENU 2022

Suggested Donation \$2.50

CALL 860-584-7895 ext. 7114 TO PLACE LUNCH ORDERS			ORDERS MUST BE PLACED A WEEK IN ADVANCE	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Shepherds Pie Mixed Vegetables Dinner Roll Peach Cup	4 Apple Juice Chicken Fajita with Peppers and Onions Rice with Black Beans Fiesta Corn Tortilla Birthday Cake <b>Happy Birthday</b>	5 Mushroom Barley Soup Unsalted Crackers Butter Crumb Fish with Dill Sauce Buttered, Parslied Noodles Broccoli Rye Bread Banana	6 Roast Beef Beef Gravy Oven Roasted Potatoes Spinach 12 Grain Bread Lemon Pudding	7 Cream of Broccoli Soup Unsalted Crackers BBQ Pork Chop Sweet Potato Brussel Sprouts Oatmeal Bread Ice Cream Cup
10 Sweet and Sour Meatballs Sesame Noodles Oriental Blend Vegetables 100% Whole Wheat Citrus Sections	11 Split Pea Soup Unsalted Crackers Crabcake Steak Fries Tomato and Zucchini Tartar Sauce Hamburger Bun Fresh Orange	12 Orange Juice Spaghetti with Meat Sauce Parmesan Cheese Romaine Salad Ranch Dressing Garlic Bread Pears	13 Pineapple Juice Roast Pork with Apples and Sauerkraut Harvest Rice Beets Rye Bread Peanut Butter Cookies	14 Cranberry Juice Chicken Cacciatore Brown Rice Italian Blend Vegetables Italian Bread Pudding
17  <b>CLOSED</b> For Martn Luther King Day	18 Black Bean Soup Unsalted Crackers Pier 17 Fish Waffle Fries Cole Slaw Tartar Sauce Multigrain Bread Brownie	19 Lazy Man's Stuffed Peppers Brown Rice Broccoli Wheat Bread Pineapple Chunks	20 Meatloaf Onion Gravy Buttered Noodles Brussel Sprouts Rye Bread Tropical Fruit Cup	21 Orange Juice Turkey Pot Pie Diced Potatoes Garden Salad French Dressing Biscuit Oatmeal Raisin Cookies
24 Cranberry Juice Aloha Chicken with Pineapple Sauce Fried Rice Broccoli Oatmeal Bread Tapioca Pudding	25 Beef and Bean Chili Mac Meadow Blend Veggies Corn Bread Fresh Orange	26 Apple Juice Roast Pork LS Pork Gravy Sweet Potatoes Creamy Spinach 100% Whole Wheat Chocolate Chip Cookies	27 Grape Juice Open Faced Turkey Sandwich with LS Turkey Gravy Mashed Potato Carrots Potato Bread Fruit Cup	28 Cheeseburger Sweet Potato Tots Lettuce and Tomato Braised Red Cabbage Hamburger Roll Fruited Jell-O
31 LS Turkey Kielbasa Sauerkraut Pierogis Spinach Rye Bread Tangerine	<b>A HAPPY NEW YEAR</b>			<b>1% or Skim milk provided</b> <b>Margarine available</b>  Menu Items are Subject to Change

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 <b>Special Dessert</b> 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	 		