



SENIOR COMMUNITY CAFÉ CONGREGATE CALENDAR-AUGUST-2017



| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|--|--|---------|--|-----------|---|----------|--|---|--|
|  | 1 | | | 2 | Cran-Apple Juice Pot Roast w/Gravy Baked Sweet Potato Spinach 100% Whole Wheat Bread Homemade Cookie | 3 | | 4 | |
| 7 | Pineapple-Orange Juice Meatballs w/Italian Sauce Ziti w/Italian Sauce Broccoli & Cauliflower Oatnut Bread Pears | 8 | | 9 | Roast Turkey w/Gravy Corn Bread Stuffing Sliced Carrots Cranberry Sauce 100% Whole Wheat Bread Pineapple Tidbits & Mandarins | 10 | | 11 | |
| 14 | Sausage w/Red/Green Peppers Penne w/Tomato Basil Sauce Italian Green Beans Club Roll Tropical Fruit | 15 | | 16 | CRT SUMMER PICNIC Orange-Pineapple Juice BBQ Peach Chicken Potato Salad Tossed Green Salad w/Cherry Tomatoes/Cucumbers & Onions Raspberry Vinaigrette Dressing Wheat Dinner Roll Strawberries Over Biscuit | 17 | | 18 | |
| 21 | Stuffed Green Pepper w/Tomato Sauce Mashed Potatoes Brussel Sprouts 100% Whole Wheat Bread Pineapple Tidbits | 22 | | 23 | Tuna w/Bowtie Noodles Casserole Peas & Diced Carrots Oatnut Bread Fresh Orange | 24 | | 25 | |
| 28 | Grape Juice Salisbury Steak w/Gravy Rice Pilaf Creamed Spinach Rye Bread Tropical Fruit | 29 | | 30 | CRT SUMMER PICNIC Orange Juice Hot Dog Vegetarian Baked Beans Red/Green Cabbage Coleslaw w/Shredded Carrots Hot Dog Roll Mustard/Relish/Ketchup Frosted Banana Cake | 31 | |  | |

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses. All meals are served with milk, bread and margarine. DONATIONS: \$2.50 (or whatever you can afford)