

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| Garden Salad  1 Braised Short Ribs Red Cabbage Brown Rice Chocolate Cake | Corn Chowder 2 Turkey Club Sandwich Tater Tots Lettuce & Tomato Pineapple | Tossed Salad 3 Salisbury Steak w/Onion Gravy Mashed Potatoes Corn Watermelon |  | Spinach Soup 5 Grilled Pork Chops w/ Apple Sauce Mixed Vegetables Wild Rice Blend Cookies |
| Broccoli Soup 8 Chicken Casserole w/Vegetables & Savory Crust Ice Cream | Mixed Greens 9 Hot Open Face Roast Beef Sandwich Mashed Potatoes Peas Peaches | Chicken Noodle Soup 10 Roast Pork w/Garlic Chili Sauce Rice & Beans Braised Greens Butterscotch Pudding | Caesar Salad 11 Pasta w/Mushrooms, Peas, Feta, Cheese & Spinach Grapes  | Sweet Potato Bisque 12 Crab & Cheddar Quiche Green Bean & Potatoes Vinaigrette Melon |
| Tossed Salad 15 Meat Lasagna Garlic Bread Assorted Vegetables Fresh Fruit | Potato Leek Soup 16 Oven Fried Chicken Mac & Cheese Vegetable Medley Pound Cake | Garden Salad 17 Beef Stew w/Carrots, Celery & Onions Dutch Noodles Cantaloupe | Lentil Soup 18 Manicotti w/Meat Sauce Garlic Bread Spinach Peach Pie | Tossed Salad 19 Sautéed Shrimp Scampi Fettuccini Green Beans Watermelon |
| Chicken Noodle Soup 22 Hot Pastrami Sandwich on Rye Bread Potato Knish Health Slaw Oranges | Caesar Salad 23 Stuffed Eggplant Rollatini Spaghetti Squash Spinach Canoli | Broccoli Soup 24 Chicken Chasseur Wild Rice Blend Snap Peas Fruit Cocktail  | Tossed Salad 25 Cavatelli w/Broccoli & Italian Sausage Parmesan Sauce Garlic Bread Brownies | Clam Chowder 26 Fish w/Herb Crumb Topping Rice Pilaf Blended Vegetables Apples |
| Cabbage Soup 29 Roast Turkey w/Gravy Savory Stuffing Peas & Carrots Melon | Garden Salad 30 Sliced Steak Potatoes Cauliflower Apples | Caesar Salad 31 Cheese Ravioli Bolognese Broccoli Garlic Bread Cake  |  | |

Juice or 1% Milk Served Daily

Lunch is served at 12 noon. Pre-registration is required 48 hours in advance on MyActiveCenter.com or by calling WCSA at (203) 341-5097.

The Café Nutrition Luncheon Program is subsidized through State and Federal dollars. **The suggested donation for our lunch is \$5 - \$7.**

However, the actual cost to produce the meal is \$10. **Caregivers and guests under 60 years old are required to pay the full meal price of \$10.**

Program sponsored by Catholic Charities of Fairfield County, Inc. Funded by: Southwestern Connecticut Agency on Aging
State regulations mandate that food cannot be taken from the meal site. The only exception is that whole, fresh fruit may be taken home.