

# August 2010 Congregate Meal Program Suggested Donation: \$2.25

Café Plus

Open 9am-1pm every Friday



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2 Chicken Cutlet</b> w/a lemon herb sauce, Lyonnais potato, baby carrots w/dill, chilled pineapple &amp; pumpernickel</p>	<p><b>3 Chef Salad</b> w/ham, turkey &amp; cheese, hard boil egg &amp; dressing, marinated tomato salad, strawberry mousse &amp; french bread</p>	<p><b>4 BBQ Pulled Pork</b> w/Carolina BBQ sauce, whipped sweet potato, corn chowder w/crackers, fresh seasonal fruit &amp; kaiser roll</p>	<p><b>5 Baked Macaroni &amp; Cheese</b> w/crumb topped tomato, steamed broccoli, chocolate chip cookie, whole wheat bread</p>	<p><b>6 Roast turkey w/stuffing, cranberry sauce, potato &amp; green beans</b> <u>Café Menu</u> Belgian Waffles w/strawberries, whip cream \$2.00 Yogurt/fruit parfait \$1.50 Homemade beef chili w/corn bread \$2.50</p>
<p><b>9 Glazed Chicken</b> w/Apricot sauce, minted whipped potato, fresh carrots, orange Jell-O &amp; whole wheat roll</p>	<p><b>10 Tilapia Stuffed</b> w/Spinach &amp; cheese, wild rice pilaf, garden salad w/dressing, Apple sauce &amp; dinner roll</p>	<p><b>11 Country Style Meatballs</b> w/gravy, whipped red potato, fresh zucchini, seasonal fresh fruit &amp; cherry snack n'loaf</p>	<p><b>12 Greek Salad</b> w/grilled chicken &amp; dressing, roasted potato salad, chicken lemon soup, pound cake &amp; rye bread &amp; crackers</p>	<p><b>13 Seafood salad w/field green, orzo pasta salad, fresh fruit</b> <u>Café Menu</u> Belgian Waffles w/strawberries, whip cream \$2.00 Yogurt/fruit parfait \$1.50 BBQ Chicken sandwich w/cole slaw \$2.50</p>
<p><b>16 Stir Fry Beef</b> w/onions, peppers &amp; carrots, brown rice, steamed broccoli, mandarin oranges &amp; whole wheat bread</p>	<p><b>17 Chicken Cutlet</b> w/supreme sauce, roasted Yukon potato, spring veggie mix, chocolate brownie &amp; rye bread</p>	<p><b>18 Whole Wheat Pasta</b> w/meat sauce, caesar salad w/dressing, green beans, berry cup &amp; Vienna bread</p>	<p><b>19 Shaved roast beef</b> w/red potato salad w/bacon, tomato cucumber salad, blue-berry crisp with topping &amp; soft sandwich roll</p>	<p><b>20 Turkey Medallions w/Dijon sauce, roasted red potatoes, fresh fruit</b> <u>Café Menu</u> Belgian Waffles w/strawberries, whip cream \$2.00 Yogurt/fruit parfait \$1.50 Lasagna w/garlic bread \$2.50</p>
<p><b>23 Salisbury Steak</b> w/onion gravy, whipped golden potatoes, fresh carrots, chilled peaches &amp; whole wheat bread</p>	<p><b>24 Roast Pork</b> w/Apple gravy, roasted red potatoes, PEI blend vegetables, chocolate pudding &amp; rye bread</p>	<p><b>25 Green Salad</b> w/tuna &amp; dressing, potato salad, roasted vegetable soup, crackers, fresh seasonal fruit &amp; whole wheat roll</p>	<p><b>26 Stuffed Shells</b> w/Bolognese sauce, Italian green beans w/red peppers, key lime pie &amp; cherry snack n loaf</p>	<p><b>27 Roast chicken w/BBQ sauce, rice &amp; beans, fresh fruit</b> <u>Café Menu</u> Belgian Waffles w/strawberries, whip cream \$2.00 Yogurt/fruit parfait \$1.50 Grilled ham &amp; cheese sandwich w/tomato cucumber salad \$2.50</p>
<p><b>30 Cheese Lasagna</b> w/meat sauce, Italian green beans, green salad w/dressing, strawberry/pineapple cup, french bread</p>	<p><b>31 Dijion Egg Salad</b> w/beet &amp; onion salad, pasta vegetable salad, gumbo soup, crackers, fresh fruit, rye bread</p>			

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>No Strong Women/Bones</b> 8:30am Video Exercise 9am Duplicate Bridge 9am-4pm Fitness Center 10am-12pm Shine	<b>3</b> 9am-4pm Fitness Center 9-11am Chess Players 10am-12pm Shine 10:00 Bocce 10:15 Sing Along w/Judy 12:30-4:30 Bridge Players	<b>4</b> <b>No Strong Women/Bones</b> 8:30am Video Exercise 9am-4pm Fitness Center 10am-12pm Shine 1-4pm Mah Jongg Players 1-4pm Quilters	<b>5</b> 8:30-11am Wellness Clinic 9am-4pm Fitness Center 10am-12pm Shine 12:30-4:30pm Bridge Players 1:30-3pm Maple Sugar Band 3pm Video Exercise	<b>6</b> 8:30am Video Exercise 9am-1pm Café 9am-12pm Wood Carving 9am-4pm Fitness Center 10am BINGO 1-3pm Knitting 2pm Strong Women/Bones \$4
<b>9</b> <b>No Strong Women/Bones</b> 8:30am Video Exercise 9am Duplicate Bridge 9am-4pm Fitness Center 10am-12pm Shine	<b>10</b> 9am-4pm Fitness Center 9-11am Chess Players 10am-12pm Shine 10:00 Bocce 10:15 Sing Along w/Judy 12:30-4:30 Bridge Players	<b>7</b> <b>No Strong Women/Bones</b> 8:30am Video Exercise 9am-4pm Fitness Center 10am-12pm Shine 1-4pm Mah Jongg Players 1-4pm Quilters	<b>8</b> 8:30-11am Wellness Clinic 9am-4pm Fitness Center 10am-12pm Shine 12:30-4:30pm Bridge Players 1:30-3pm Maple Sugar Band 3pm Video Exercise	<b>9</b> 8:30am Video Exercise 9am-1pm Café 9am-12pm Wood Carving 9am-4pm Fitness Center 10am BINGO 1-3pm Knitting 2pm Strong Women/Bones
<b>16</b> 8:15am Strong Women, Strong Bones \$4 8:30am Video Exercise 9am Duplicate Bridge 9am-4pm Fitness Center 10am-12pm Shine	<b>17</b> 9am-4pm Fitness Center 9-11am Chess Players 10am-12pm Shine 10:00 Bocce 10:15 Sing Along w/Judy 12:30-4:30 Bridge Players	<b>18</b> 8:30am Strong Women,/Bones \$4 8:30am Video Exercise 9am-4pm Fitness Center 10am-12pm Shine 1-4pm Mah Jongg Players 1-4pm Quilters 1:30-3pm Bereavement	<b>19</b> 8:30-11am Wellness Clinic 9am-4pm Fitness Center 10am-12pm Shine 12:30-4:30pm Bridge Players 1-2pm Cheryl Gresek from Congressman John Tierney's Office	<b>20</b> 8:30am Video Exercise 9am-1pm Café 9am-12pm Wood Carving 9am-4pm Fitness Center 10am BINGO 10-12pm Hearing Clinic 1-3pm Knitting 2pm Strong Women/Bones \$4
<b>23</b> 8:15am Strong Women, Strong Bones \$4 8:30am Video Exercise 9am Duplicate Bridge 9am-4pm Fitness Center 10am-12pm Shine	<b>24</b> 9am-4pm Fitness Center 9-11am Chess Players 10am-12pm Shine 10:00 Bocce 10:15 Sing Along w/Judy 12:30-4:30 Bridge Players	<b>25</b> 8:30am Strong Women/Bones \$4 8:30am Video Exercise 9am-4pm Fitness Center 10am-12pm Shine 1-4pm Mah Jongg Players 1-4pm Quilters 1:30-3pm Bereavement	<b>26</b> 8:30-11am Wellness Clinic 9am-11:30am Mr. Fix It 9am-4pm Fitness Center 10am-12pm Shine 12:30-4:30pm Bridge Players 1:30-3pm Maple Sugar Band	<b>27</b> 8:30am Video Exercise 9am-1pm Café 9am-12pm Wood Carving 9am-4pm Fitness Center 10am BINGO 1-3pm Knitting 2pm Strong Women/Bones \$4
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