

July 2009



Café Plus
Open 9am-1pm every Friday



PLEASE SUPPORT OUR SPONSORS!

| Mon | Tue | Wed | Thu | Fri |
|-------------------------------------------------------------|------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9am Duplicate Bridge | Sing-Along with Judy 10:15-11:15 Bridge Players 12-4:30 | Breakfast Club 10:30-11:30 Rug Braiders/Quilters 1-4 Mah Jongg Players 1pm-4pm Line Dancing 2:30pm-3:30pm | 12-4:30 Bridge Players | Wood Carving, 9-12 Bingo 10:00am-12:00pm Knitting, 1-4 |
| | | 1 Tyson chicken w/BBQ sauce or shaved roast beef | 2 Cheeseburger w/roll or grilled chicken sandwich | 3 Office Closed! No Café |
| 6 Lasagna w/meat sauce or spanish chicken | 7 Oriental chicken salad or ham & cheese | 8 Meatloaf w/onion gravy or lemon pepper fish | 9 Sliced roast pork or Unbreaded chicken tenders | 10 Unbreaded boneless chicken breast <u>Café Menu</u> Belgian Waffles w/strawberries & whip cream \$2.00 Yogurt/fruit parfait \$1.50 BLT sandwich w/pickle & potato chips \$2.50 |
| 13 Vegetable quiche or Beef rib w/gravy | 14 Bone in chicken w/gravy or Swedish meatballs w/gravy | 15 Lobster Roll (preordered) or Sliced roast beef | 16 Roast turkey w/gravy or Roast pork w/spicy brown gravy | 17 Reduced Sodium hot dog on roll <u>Café Menu</u> Belgian Waffles w/strawberries & whip cream \$2.00 Yogurt/fruit parfait \$1.50 Chicken kabob over rice \$2.50 |
| 20 Ziti & meatballs w/sauce or Unbreaded chicken tenders | 21 Ham salad or tuna salad | 22 Unbreaded boneless chicken breast or stuffed shells | 23 Pier 17 fish or spanish chicken | 24 Pork Rib w/BBQ Sauce <u>Café Menu</u> Belgian Waffles w/strawberries/cream Yogurt/fruit parfait \$1.50 Chicken chop suey sandwich w/chips \$2.50 |
| 27 Bone in chicken or Salisbury steak | 28 Eggplant parmesan or broccoli cheese fish | 29 Shepherds pie or chicken marsala | 30 Roast turkey w/gravy or omelet w/cheese sauce | 31 Chef's Salad Belgian Waffles w/strawberries/cream Yogurt/fruit parfait \$1.50 Sausage, pepper and onions on a sub roll \$2.50 |