



# March 2010



Café Plus  
Open 9am-1pm every Friday



PLEASE SUPPORT OUR SPONSORS!

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
9am Duplicate Bridge	Sing-Along with Judy 10:15-11:15	Breakfast Club 10:30-11:30 Rug Braiders/Quilters 1-4 Mah Jongg Players 1pm-4pm	12-4:30 Bridge Players	Wood Carving, 9-12 Bingo 10:00am-12:00pm Knitting, 1-4
1 Cheese tortellini w/marinara sauce, green beans, orange	2 Tuscan chicken, roasted potatoes, green & red cabbage onion, chocolate pudding	3 Yankee pot roast, onion gravy, whip potato, garden salad, banana	4 Rosemary roast pork, brown rice, corn w/red peppers, pears	5 Baked haddock, whip potato, veg soup <u>Café Menu</u> Belgian Waffles w/strawberries & whip cream \$2.00 Yogurt/fruit parfait \$1.50 Ratatouille, french baguette \$2.50
8 Three cheese lasagna, meat sauce, steamed broccoli, apple sauce	9 Swedish meatballs, mushroom sauce, mashed potato, green beans w/red peppers, peaches	10 Boneless baked chicken, gravy, whip potato, turnover <b>Birthday Lunch</b>	11 St. Patrick's Day Special Corned beef & cabbage, potatoes, carrots, turnips & blarney stone parfait	12 Baked scallops, rice, caesar salad <u>Café Menu</u> Belgian Waffles w/strawberries & whip cream \$2.00 Yogurt/fruit parfait \$1.50 Eggplant Rollotini w/marinara sauce, garlic bread \$2.50
15 BBQ bourbon chicken, Cheddar whip potato, Carrots, turnover	16 Baked salmon, roasted pota- toes, cream broccoli soup, jello	17 Pulled pork, Lyonnais potato, carrot, green bean, peach cup	18 Double glazed meatloaf, gravy, whip potatoes, gar- den salad, fruit cocktail	19 Stuffed shells, broccoli, apple sauce <u>Café Menu</u> Belgian Waffles w/strawberries & whip cream \$2.00 Yogurt/fruit parfait \$1.50 Homemade New England Clam Chowder w/crackers \$2.50
22 Mediterranean chicken, brown rice, cauliflower & red pepper, pears	23 Roast Sirloin, Baked Potato, Fresh Vegetable Medley & a special dessert.	24 Apple glazed pork loin, gravy, roasted potato, cream veggie soup, brownie	25 Stuffed rigatoni, Bolognese sauce, carrots, caesar salad, pineapple	26 Mac & cheese, veggie medley, apple <u>Café Menu</u> Belgian Waffles w/strawberries & whip cream \$2.00 Yogurt/fruit parfait \$1.50 Egg Salad sandwich w/pickles & chips \$2.50
29 Beef stew, butternut squash, orange	30 Chicken marsala, mushroom sauce, roasted potato, garden salad, fresh melon	31 American chop suey, meat sauce, broccoli, peaches.		