

CW Resources Senior Community Café

2400 North Café 203-332-0104

March Menu 2020

* High Sugar Content
 **High in Sodium Content
 +Higher Fat Content
 LS-Low Sodium



1% or Skim milk provided
 Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 LS Chicken Vegetable Unsalted Crackers Lasagna Rolette Meat Sauce Garden Salad Italian Dressing Garlic Bread Fresh Apple	3 Pineapple Juice Sweet and Sour Grilled Chicken Breast Au Jus Mashed Potato Ginger Baby Carrots HAPPY BIRTHDAY 12 Grain Bread Birthday Cake*	4 Stuffed Shells Alfredo Broccoli Garden Salad Thousand Island+ Italian Bread Pears	5 Grape Juice Beef Stew over Brown Rice Green Beans W.W. Dinner Roll Tropical Fruit Cup	6
9 Sloppy Joe Mashed Potato Corn Hamburger Bun Pineapple Chunks	10 Grape Juice Stuffed Shells Meat Sauce Romaine Salad Ranch Dressing Garlic Bread Fresh Apple	11 Hearty Vegetable Soup Unsalted Crackers Oven Roasted Turkey Swiss Cheese Macaroni Salad Hard Roll Peach Cobbler with Topping	12 Apple Juice Garlic Baked Chicken with Spinach & Parmesan Cheesy Mushroom Rice Geneva Blend Vegetables 100% Whole Wheat Pudding Cup	13
16 Salisbury Steak Scalloped Potatoes Carrots Dinner Roll Cinnamon Applesauce	17 St. Patrick's Day Cranberry Juice Corned Beef Cabbage Boiled Potatoes Carrots Mustard  Rye Bread St. Patty's Day Treat	18 Orange Juice Cheeseburger Lettuce and Tomato Steak Fries Corn with Peppers Hamburger Bun Oatmeal Cookies	19 Orange Juice BBQ Pork Baked Beans Coleslaw Hamburger Roll Applesauce	20 <i>Please call the kitchen phone two days in advance to make a reservation: 203-775-5237</i>
23 Chicken Marsala Mashed Potato Spinach Wheat Bread Tropical Fruit Cup	24 Knockwurst Apples and Sauerkraut Pierogis Broccoli Hot Dog Bun Pears	25 Cranberry Juice Turkey Tetrizzini Buttered Noodles Green Beans Dinner Roll Chocolate Chip Cookies	26 Meatloaf LS Beef Gravy Baked Potato Broccoli and Carrots Oatmeal Bread Banana	27
30 Mild Coconut Curry Chicken Jasmine Rice Stir Fry Veggie Blend Angel Food Cake with Strawberries	31 Grape Juice Ziti with Meatballs Italian Blend Veggies Garlic Bread Oatmeal Cream Pie			