

# The Greater Bridgeport Senior Community Café

Eisenhower Café - 203-335-6175

- \* High Sugar Content
- \*\* High Salt Content
- + High Fat/Cholesterol

1% or Skim milk provided  
Margarine available

## December, 2012

### MENU ITEMS SUBJECT TO CHANGE

### SUGGESTED DONATION OF \$2.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Grape Juice Spaghetti with Meatballs Parmesan Cheese Italian Blend Vegetables</p> <p>Garlic Bread</p> <p>Chocolate Pudding</p>	<p>4</p> <p>Sliced Ham with Mustard Glaze Baked Sweet Potato Green Beans</p> <p>Oat Nut Bread</p> <p>Stewed Fruit</p>	<p>5</p> <p>Cranberry Juice Philly Cheesesteak Onions and Peppers Coleslaw</p> <p>Grinder Roll Banana</p>	<p>6</p> <p>Pineapple Juice Oven Fried Chicken Macaroni and Cheese Spinach</p> <p>7 Grain Bread</p> <p>Birthday Cake</p>	<p>7</p> <p>Butternut Squash Soup Unsalted Crackers Seafood Salad Lettuce Bed Sliced Tomato Potato Salad 100% Whole Wheat</p> <p>Peaches</p>
<p>10</p> <p>Orange Juice Apricot Glazed Chicken Breast Whipped Potatoes Capri Blend Veggies</p> <p>Multi Grain Bread</p> <p>Apple Crumble</p>	<p>11</p> <p>Hearty Vegetable Soup Unsalted Crackers Meatloaf Mushroom Gravy Scalloped Potatoes Pickled Beets</p> <p>Corn Muffin</p> <p>Tropical Fruit Cup</p>	<p>12</p> <p>Pork Stir Fry Au Jus and Vegetables Brown Rice Carrot Raisin Salad</p> <p>Pumpnickel Bread</p> <p>Pineapple Chunks</p>	<p>13</p> <p>Grape Juice Unbreaded Veal Parmesan Baked Ziti with Marinara Sauce Garden Salad Italian Dressing 100% W. Wheat Roll</p> <p>Ice Cream Cup</p>	<p>14</p> <p>Apple Juice White Fish Filet Tartar Sauce Lemon Wedge Baked Yam Marinated Cucumbers</p> <p>Oat Bread</p> <p>Banana</p>
<p>17</p> <p>Mushroom Barley Soup Unsalted Crackers Eggplant Rollatini Marinara Sauce Italian Blend Veggies</p> <p>Italian Bread</p> <p>Fresh Tangerine</p>	<p>18</p> <p>Open Faced Turkey Sandwich with Gravy Stuffing Peas &amp; Carrots Cranberry Sauce Whole Wheat Bread</p> <p>Pears</p>	<p><b>Christmas Special</b> 19</p> <p>Eggnog Chicken Cordon Bleu Cream Sauce Mashed Potatoes Buttered Beets</p>  <p>Dinner Roll Cheesecake with Fresh Strawberries</p>	<p>20</p> <p>Grape Juice Roast Beef Beef Gravy Baked Potato Sour Cream Green &amp; Gold Beans 12 Grain Bread</p> <p>Pistachio Pudding</p>	<p>21</p> <p>Lazyman's Stuffed Pepper with Tomato Sauce Whipped Potatoes Roasted Acorn Squash</p> <p>Multigrain Bread</p> <p>Fruit Cocktail</p>
<p>24</p> <p>Knockwurst Sauerkraut &amp; Onions Buttered Noodles Scandinavian Veggies</p> <p>Hot Dog Bun</p> <p>Sliced Baked Apple</p>	<p>25</p> <p><b>Merry Christmas!!!</b> <b>All Centers Closed</b></p> 	<p>26</p> <p>Minestrone Soup Unsalted Crackers Codfish Cake Tartar Sauce Harvest Rice Sauteed Broccoli 12 Grain Bread</p> <p>Fresh Orange</p>	<p><b>New Years Special</b> 27</p> <p>Apple Cider Honey Glazed Spiral Ham Cranberry Apple Stuffing Winter Blend Veggies Potato Bread</p> <p>Hot Fudge Sundae</p>	<p>28</p> <p>Orange Juice Homemade Turkey Loaf Turkey Gravy O'Brien Potatoes Country Style Veggies</p> <p>Pumpnickel Bread</p> <p>Lemon Pudding</p>
<p>31</p> <p>Escarole White Bean Soup Unsalted Crackers Roast Pork with Apple Glaze Oven Browned Potato Diced Carrots Rye Bread</p> <p>Mandarin Oranges</p>	  			