October 2013 Eat, Meet 'N' Greet Café

At Josephine Commons

Please make your reservations by 1:00 pm the day before you want to eat by calling the Reservation

Line at 303-665-9052 X 1 60+ Free; 59 and under \$5.50. Suggested donation is \$3.00.				
Monday	Tuesday	Wednesday	Thursday	Friday
Lafayette SENIOR SERVICES	Crunchy Fish Roasted New Potatoes Lemon Glazed Carrots Sweet and Sour Coleslaw Whole Wheat Roll Lemon Slices Milk 1%	Beef Pot Pie with Biscuit Topping Acorn Squash Tossed Salad Cherry Crisp Milk, 1% Movie Matinee Day! At Senior Center 2-4pm	Roast Pork Gravy Sweet Potatoes Mixed Vegetables WW Herb Bread Grapes Milk, 1%	Pot Roast (Potatoes) (Carrots, Onions) Brussel Sprouts Canned Cherries Whole Wheat Roll Milk, 1%
7 Chicken Kiev Baked Potato Winter Blend Pears Multigrain Bread Milk 1%	Roast Beef Mashed Potatoes Beef Gravy Broccoli and Carrots Peaches Whole Wheat Roll Milk 1% Birthday Celebration At 1:15pm	9 Baked Lemon Fish Tartar Sauce Rice Pilaf Mixed Vegetables Whole Wheat Roll Fresh Fruit Cup Milk, 1%	Pork Loin Savory Bread Dressing Layer Salad Mixed Berries Whole Grain Roll Milk 1% JC Coffee House 10am	Turkey Slice Potatoes Obrien Paslied Carrots Mixed Greens with Ranch Dressing WW Herb Bread Fresh Oranges Milk 1%
Apple Glazed Pork Chop Roasted Red Potatoes Stewed Tomatoes WW Dinner Roll Pineapple Chunks Nut Cup Milk, 1%	15 Lunch & Learn Blood Pressure Check 11:30am Beef and Broccoli Stir Fry Brown Rice California Blend Vegetables Banana Rice Crackers Milk, 1%	16 Roasted Chicken Whipped Sweet Potatoes Green Beans Almandine Ambrosia Salad Whole Wheat Roll Milk, 1%	17 Salmon/Dill Sauce Oven Browned Potatoes Green Peas Whole Wheat Roll Apple Slices Milk. 1%	Lentil Soup Turkey Rice Casserole Canned Peaches Multi Grain Bread Milk, 1%
Beef Enchiladas Spanish Rice Tossed Salad Orange Wedges Milk, 1%	22 Herbed Pork Loin Baked Potato with Sour Cream California Blend Vegetables Fruit Parfait Multi Grain Bread Milk, 1%	Turkey Tetrazinni Harvard Beets Oranges Whole Wheat Roll Milk,1%	Beef Burgundy Buttered Noodles Spinach Salad Balsamic Vinegar Dressing Fresh Strawberries Whole Wheat Roll Milk, 1%	Citrus Fish Rice Pilaf Buttered Carrots Fresh Pear WW Herb Roll Milk 1%
Breaded Pork Chop Broccoli Broiled Tomato Half Spiced Apples Whole Wheat Roll Milk, 1%	29 Baked Chicken Parslied Potatoes Pea and Cauliflower Salad Oranges and Bananas Whole Wheat Roll Milk, 1%	30 Beef Lasagna Italian Vegetables Garlic Bread Fresh Fruit Salad Milk, 1% Pumpkin Carving At Senior Services 9:30-11:30 Pre-Register!	Chili con Carne Shredded Cheese Deviled Eggs Tossed Salad Oranges and Grapes Whole Wheat Roll Milk, 1% Happy Halloween	EXCELLENCE IN FOOD SAFETY Lafayette Senior Services Is A Proud Partner