December 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
Herbed Pork Loin Baked Potato with Sour Cream California Blend Vegetables Fruit Parfait Multi Grain Bread Milk, 1%	3 Blood Pressure 11:30a Turkey Tetrazzini Green Beans Oranges Whole Wheat Roll Milk, 1%	4 Beef Burgundy Buttered Noodles Spinach Salad Balsamic Vinegar Dressing Fruit Compote Whole Wheat Roll Milk, 1% Movie Matinee Day! At Senior Center 2-4pm	5 Citrus Fish Rice Pilaf Buttered Carrots Fresh Pear WW Herb Roll Milk 1%	6 Breaded Pork Chop Broccoli Broiled Tomato Half Spiced Apples Whole Wheat Roll Milk, 1% Holiday Decorating & Treats at The Senior Center10-12pm
Baked Chicken Parsley Potatoes Pea and Cauliflower Salad Oranges and Bananas Whole Wheat Roll Milk, 1%	10 Beef Lasagna Italian Vegetables Garlic Bread Fresh Fruit Salad Milk, 1% Birthday Celebration At 1:00pm	11 Roast Turkey Turkey Gravy Mashed Potatoes Green Beans Apple Slices Whole Wheat Roll Milk, 1%	12 Baked Tilapia/Lemon Wedge Potatoes O'Brien Green Peas Tossed Salad/Dressing WW Bread Slice Milk 1%	13 Beef Stuffed Peppers Wax Beans Marinated Fresh Vegetables Apricots Whole Wheat Roll Milk, 1%
Oven Fried Chicken Mashed Potatoes California Blend Vegetables Fresh Orange Whole Wheat Roll Milk, 1%	17Blood Pressure 11:30a Caribbean Pork Potato Wedges Cucumber and Tomato Salad Canned Pears Whole Wheat Bread Milk, 1% Lunch & Learn 12:15pm	18 JC Coffee House 10am Hot Turkey Sandwich Mashed Potatoes Scandinavian Vegetables Cranberry Gelatin Salad Fresh Banana Milk, 1%	Tore's Meatloaf Baked Potato Beef Gravy Harvard Beets Almond Peaches Whole Wheat Roll Milk, 1%	Crunchy Fish Roasted New Potatoes Lemon Glazed Carrots Sweet and Sour Coleslaw Whole Wheat Roll Lemon Slices Milk 1%
Chicken Kiev Baked Potato Winter Blend Vegetables Pears Multigrain Bread Milk 1%	24 Begins At 10am Holiday Brunch Cheese Strata Oven Browned Potatoes Grilled Vegetables Cinnamon Rolls Fresh Fruit Cup Milk, 1%,	Christmas Day Closed HAPPY HOLIDAYS!	26 Pot Roast (Potatoes) (Carrots, Onions) Brussels Sprouts Canned Cherries Whole Wheat Roll Bananas and Oranges Milk 1%	27 Chicken Pot Pie with Biscuit Topping Acorn Squash Tossed Salad and Dressing Fresh Fruit Cup Milk, 1%
30 Roast Beef Mashed Potatoes Beef Gravy Broccoli and Carrots, Peaches Whole Wheat Roll Milk 1%	31 Baked Lemon Fish, Tartar Sauce Rice Pilaf Mixed Vegetables Whole Wheat Roll Fresh Fruit Cup Milk, 1%	EXCELLENCE IN FOOD SAFETY Lafayette Senior Services Is A Proud Partner	Lafayette SENIOR SERVICES Check your Calendar For Special Events!	Lunch is served M-F 12:00 Noon At Josephine Commons 455 N. Burlington Ave., Lafayette, CO Annie Baker Nutrition Coordinator Lorna Beard Resource Coordinator