

A P R I L 2013

Estuary Café Sites (Daily, M-F): CLINTON – 54 East Main Street, OLD LYME – 26 Town Woods Road and OLD SAYBROOK – 220 Main Street,
WESTBROOK (Thursdays): – 866 Boston Post Road

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 SPAGHETTI W/ MEATBALLS TOSSED SALAD DRESSING ICE CREAM	2 SEAFOOD SALAD SANDWICH LETTUCE & TOMATO PEARS	3 AMERICAN CHOP SUEY GREEN BEANS JELL-O	4 ROAST TURKEY W/ GRAVY MASHED POTATO PEAS AND CARROTS LEMON MEINGUE PIE	5 TILAPIA SWEET POTATO SPINACH APPLE
8 STUFFED PEPPER MASHED POTATO CAULIFLOWER ICE CREAM	9 CHICKEN PARMESAN OVER NOODLES ZUCCHINI LEMON PUDDING	10 BEEF STEW W/ POTATO MIXED VEGETABLES CRUSHED PINAPPLE	11 LEMON PEPPER FISH WILD RICE WINTER BLEND VEGETABLES CLEMENTINE	12 ROAST PORK ROASTED POTATO WHOLE BABY CARROTS COOKIES
15 CHEESE ROTELLE ITALIAN BLEND VEGETABLES PEACHES	16 SALISBURY STEAK SPANISH RICE BROCCOLI MANDARIN ORANGES	17 CHICKEN ALFREDO TOSSED SALAD DRESSING FRUIT COCKTAIL	18 SWEDISH MEATBALLS W/ GRAVY MASHED POTATO GREEN BEANS PEARS	19 SPINACH SUPREME STEWED TOMATOS CAKE W/ FROSTING
22 FISH AND CHIPS BEETS CHOCOLATE PUDDING	23 CHICKEN CACCIATORE W/ ONIONS AND PEPPERS BROWN RICE PEAS AND CARROTS JELL-O	24 MACARONI AND CHEESE BROCCOLI APPLESAUCE	25 MEATLOAF W/ GRAVY MASHED POTATO CALIFORNIA BLEND BROWNIES	26 TUNA SALAD ON WHOLE WHEAT LETTUCE & TOMATO BANANA
29 BBQ CHICKEN RICE PILAF CARROT COINS SHERBET	30 SLOPPY JOE ON BUN MIXED VEGETABLES PEACHES	<i>Lunch is served at Noon. Reservations must be made before 11 am, the day before. 860-388-1611</i>	<i>Lunch Cost: Age 60+, \$3.00 suggested donation. Under Age 60, \$11.25</i>	<i>Meals are support by <u>Senior Resources Agency</u> on Aging with Title III funds available under the Older Americans Act</i>