

# JULY 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 Stuffed Cabbage Mashed Potato Whole baby carrots Ice Cream	2 Chicken Florentine Wild Rice Mixed Veg Mandarin Orange	3 Ham and Cheese Sandwich on Wheat 3 Bean Salad Chocolate Pudding	4 <b>INDEPENDENCE DAY</b>  - Closed -	5 Tilapia Sweet Potato Green Beans Apple
8 Salisbury Steak w/gravy Mashed Potato Peas and Carrots Pears	9 Chicken Caccitore W/ onions and peppers Noodles Broccoli Jell-o	10 Summertime Laua BBQ Pork Rice Pilaf Cole Slaw Pound cake W pineapple	11 Spaghetti and Meatballs Zucchini Citrus Fruit	12 Seafood Salad on Wheat Lettuce and Tomato Orange
15 Chicken Teriyaki Brown Rice Oriental Veg Lemon Pudding	16 Stuffed Shells w/ Tomato sauce Italian Blend Crushed Pineapple	17 Chicken Caesar Salad Tomato & Cheese Whole Wheat Roll Sherbet	18 Meatloaf Mashed potato Beets Peaches	19 Macaroni and Cheese Stewed Tomato Apple Sauce
22 Lemon Pepper Fish Mashed Potato Scandinavian Blend Banana	23 Swedish Meatballs W/ Gravy Noodles Broccoli ButterScotch Pudding	24 Spinach Strata Tossed Salad w/Dressing Melon of the Day	25 Sloppy Joe on s Bun Cauliflower Brownies	26 Chicken Alfredo Green Beans Assorted Pies
29 <b>FACILITY RETREAT</b> No Meals Served	30 Fish and Chips Italian Green Beans Fruit Cocktail	31 <b>BIRTHDAY CELEBRATION!!!</b> American Chop Suey Zucchini Strawberry Shortcake	Lunch is served at Noon. Reservations must be made <u>before</u> <u>11 am, the day before.</u> 860-388-1611 Lunch Cost: Age 60+, \$3.00 suggested donation. Under Age 60, \$11.25	Meals are support by <u>Senior</u> <u>Resources Agency on</u> <u>Aging</u> with Title III funds available under the Older Americans Act

(Menu subject to change without notice)