

## N O V E M B E R 2 0 1 3

**ESTUARY CAFÉ SITES** (Daily, M-F): CLINTON – 54 E Main Street, OLD LYME – 26 Town Woods Road, OLD SAYBROOK – 220 Main Street  
WESTBROOK (Thursdays): – 866 Boston Post Road

Lunch is served at Noon. Reservations must be made before 11:00 am the day before, 860-388-1611.

| MONDAY                                                                                                                                  | TUESDAY                                                                               | WEDNESDAY                                                             | THURSDAY                                                                                                                                       | FRIDAY                                                                     |
|-----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-----------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|
| Meals are supported by<br><u>Senior Resources Agency</u><br>on Aging with Title III funds<br>available under the Older<br>Americans Act | <b>Lunch Cost:</b><br>Age 60+, \$3.00<br>suggested donation.<br>Under Age 60, \$12.51 |                                                                       |                                                                                                                                                | 1<br>TURKEY SANDWICH ON<br>WW BREAD<br>COLE SLAW<br>JELL-O                 |
| 4<br>STUFFED CABBAGE<br>MASHED POTATO<br>WHOLE BABY CARROTS<br>ICE CREAM                                                                | 5<br>CHICKEN TERAYAKI<br>WILD RICE<br>ORIENTAL BLEND<br>PEACHES                       | 6<br>BAKED FISH<br>SPANISH RICE<br>SPINACH<br>BANANA                  | 7<br>ROAST PORK W/GRAVY<br>ROASTED POTATO<br>BROCCOLI<br>BROWNIE                                                                               | 8<br>BEEF STEW W/POTATO<br>AND VEG.<br>BISQUIT<br>LEMON PUDDING            |
| 11<br><b>VETERAN'S DAY</b><br>SWEDISH MEATBALLS W/<br>GRAVY, NOODLES<br>ITALIAN BLEND<br>POUND CAKE W/<br>BLUEBERRY TOPPING             | 12<br>CHICKEN FLORENTINE<br>BROWN RICE<br>CALIFORNIA BLEND<br>SHERBET                 | 13<br>TILAPIA<br>SWEET POTATO<br>GREEN BEANS<br>APPLE                 | 14<br>MEATLOAF W/GRAVY<br>MASHED POTATO<br>STEWED TOMATOES<br>COOKIES                                                                          | 15<br>CHICKEN SAUSAGE W/<br>PEPPERS ON BUN<br>ZUCCHINI<br>MANDARIN ORANGES |
| 18<br>SALISBURY STEAK<br>W/ GRAVY<br>MASHED POTATO<br>CARROT COINS<br>CRUSHED PINEAPPLES                                                | 19<br>CHICKEN PARM<br>ZITI<br>TOSSED SALAD<br>DRESSING<br>CHOC PUDDING                | 20<br>FISH AND CHIPS<br>STEWED TOMATOES<br>ORANGE                     | 21<br><b>THANKSGIVING DINNER</b><br>ROAST TURKEY W/GRAVY<br>MASHED POTATO, STUFFING,<br>PEAS AND PEARL ONION<br>CRANBERRY SAUCE<br>PUMPKIN PIE | 22<br>MAC AND CHEESE<br>BRUSSEL SPROUTS<br>ICE CREAM                       |
| 25<br>STUFFED SHELLS W/<br>TOMATO SAUCE<br>CAULIFLOWER<br>PEARS                                                                         | 26<br>CHICKEN CAESAR<br>SALAD W/ TOMATO AND<br>CHEESE, WW ROLL<br>BANANA              | 27<br>LEMON PEPPER FISH<br>MASHED POTATO<br>BROCCOLI<br>BIRTHDAY CAKE | 28<br>CLOSED<br>HAVE A HAPPY<br>THANKSGIVING                                                                                                   | 29<br>CLOSED<br>HAVE A HAPPY<br>THANKSGIVING                               |