

Please be sure to make a reservation by calling **719-884-2304** or go to [www.silverkey.org/connections-cafe-reservations](http://www.silverkey.org/connections-cafe-reservations) by **2PM** the day before you expect to eat.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Milk is provided with every meal.</p> <p>Connections Café meals are partially funded by the Pikes Peak Area Agency on Aging.</p>  <p>Pikes Peak Area Council of Governments Communities Working Together</p>				<p>1</p> <p>Beef Stew Buttermilk Biscuit Green Bean Salad Pineapple Orange Compote Peanut Butter Cookie Raisin Nut Cup</p>
<p>4</p> <p>Swedish Meatballs w/ Noodles Peas &amp; Carrots Tossed Salad Orange Roll</p>	<p>5</p> <p>Beef Fajita w/ Peppers, Onions, Cheese, Sour Cream, &amp; Salsa Tortillas Spanish Rice SW Black Beans Strawberries</p>	<p>6</p> <p>Garlic Herb Tilapia Brown &amp; Wild Rice Broccoli Waldorf Salad High Fiber Cookie Yogurt</p>	<p>7</p> <p>Pulled Pork Sandwich Corn Salad w/Raspberry Vinaigrette Mango Chobani Drink Apple Sauce</p>	<p>8</p> <p>Manicotti Bahama Vegetables Sunflower Broccoli Salad Apple Raisin Nut Cup</p>
<p>11</p> <p>Sandy's Chicken Chile Tortilla Broccoli w/ Cheese Carrot Raisin Salad Diced Pears Chocolate Chip Cookie</p>	<p>12</p> <p>Chicken Pot Pie w/ Buttermilk Biscuit Lima Beans Tossed Salad w/ Red Wine Vinaigrette Dressing Pear Cherry Cobbler</p>	<p>13</p> <p>Meatballs w/ Marinara Pasta Green Beans Breadstick Strawberries V8 Juice</p>	<p>14</p> <p>Roast Turkey w/ Gravy Mashed Potatoes California Blend Vegetables Tomato Rotini Salad Apple WW M&amp;M Cookie</p>	<p>15</p> <p>Breaded Fish Sandwich w/ Lettuce &amp; Tomato Cole Slaw Corn Diced Spiced Peaches</p>
<p>18</p> <p>Riblettes Baked Beans Potato Salad Pineapple Mandarin Orange Compote Roll</p>	<p>19</p> <p>Beef Tacos w/ Lettuce, Tomato, Cheese, Sour Cream, &amp; Salsa Black Beans Orange Sugar Cookie</p>	<p>20</p> <p>Chicken Teriyaki Brown Rice Peas Asian Cabbage Slaw Apple</p>	<p>21</p> <p>Bratwurst on Hotdog Bun Potato Leek Soup Cabbage &amp; Carrots Spiced Peaches WW M&amp;M Cookie</p>	<p>22</p> <p>Vege- burger w/ Lettuce, Tomato &amp; Onion Corn Sunflower Broccoli Slaw Banana Raisin Nut Cup</p>
<p>25</p> <p>Hamburger w/ Lettuce, Tomato &amp; Onion Carrots Baked Beans Orange Sugar Cookie Milk</p>	<p>26</p> <p>Egg Salad on Croissant Tomato Basil Soup Tossed Vegetable Salad w/ Red Wine Vinaigrette Orange High Fiber Cookie</p>	<p>27</p> <p>Chicken Chow Mein Brown Rice Asian Vegetables Pear Chocolate Chip Cookie Raisin Nut Cup</p>	<p>28</p> <p>Slow Roasted Beef Mashed Potatoes Peas Peach Cobbler Banana</p>	<p>29</p> <p>Salmon w/ Lemon &amp; Dill Brown Rice Pilaf Broccoli Apple WW Choc. Chip M&amp;M Cookie</p>