


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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Broccoli Stuffed Chicken Breast Green Beans Lemon Herb Rice Orange High Fiber Cookie	2 Tuna Salad on Croissant Chickpea Soup Sunflower Broccoli Salad Apple	3 Meatloaf w/ Gravy Mashed Potato Peas and Carrots Three Bean Salad Tropical Fruit Oatmeal Raisin Cookie	4 Chicken Alfredo Penne Pasta Peas Tossed Salad Strawberries	5 Crab Cakes Broccoli Cheddar Rice, Green Bean Almandine Pickled Beef & Onion Salad, Apple, Raisin Nut Cup
8 BBQ Chicken Cream of Mushroom Soup Potato Salad 3 Bean Salad Apple	9 BLT Black Bean Lentil Soup Pasta Vegetable Salad Spiced Peaches Sugar Cookie	10 Beef Chili w/ Cheese Baked Potato w/ Sour Cream Tossed Salad Grape Fruit Cup	11 Chicken Cacciatore Pasta Green Beans Coconut Crunch Fruit Salad Breadstick	12 Salmon in Sesame Ginger Sauce Wild Brown Rice Mix Steamed Fresh Broccoli Pear Oatmeal Raisin Cookie
15 Pork Carnitas w/ Pepper, Onion, Cheese, Sour Cream, Salsa Tortillas Mexican Corn SW Black Beans Strawberries	16 Breaded Chicken Sandwich w/ Lettuce & Tomato California Blend Vegetables Spinach Mandarin Salad Orange	17 BBQ Beef Sandwich Seasoned Pinto Beans Coleslaw Apple	18 Baked Ham Sweet Potatoes Broccoli Pear Peanut Butter Cookie	19 Baked Citrus Tilapia Lemon Herb Rice Mixed Vegetables Tropical Fruit High Fiber Cookie Roll
22 Lemon Pepper Cod Wild & Brown Rice Broccoli Roll Pear Yogurt Oatmeal Raisin Cookie	23 Taco Salad w/ Lettuce, Tomato, Salsa, Sour Cream & Avocado Tortilla Bowl Corn Chowder Banana	24 Chicken al a King Jasmine Rice Green Beans Carrot Raisin Salad w/ Pineapple Apple	25 Cheese Ravioli with Marinara Sauce Broccoli Tossed Salad Peaches Raisin Nut Cup	26 Sloppy Joe Carrots Coleslaw Pineapple Sugar Cookie
29 Baked Ziti w/ Sausage & Marinara Cauliflower Caesar Salad Orange Raisin Nut Cup	30 Pork Loin w/Gravy Black Eyed Péas Southern Style Spinach Orange High Fiber Cookie			Milk is provided with every meal. Connections Café meals are partially funded by the Pikes Peak Area Agency on Aging.  Pikes Peak Area Council of Governments Communities Working Together