

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 |
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| <p>Milk is provided with every meal. 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 Beef Chimichanga Salsa Spanish Rice (Brown Rice Recipe) Peas Carrot Raisin Salad Apple</p> | <p>2 Chicken Carbonara Broccoli Green Bean Salad Spiced Peaches Oatmeal Raisin Cookie</p> | <p>3 Pork Chow Mein Rice Winter Blend Vegetables Whole Wheat Roll Pear Sugar cookie</p> |
| <p>6 Chicken Fajitas w/ Pepper, Onion, Cheese, Sour Cream, Salsa Tortillas Spanish Rice SW Black Beans Peaches</p> | <p>7 Ham Salad on Croissant Cream of Mushroom Soup Spinach Mandarin Salad Strawberries High Fiber Cookie</p> | <p>8 Pork Pot Roast w/ Onion, Celery Carrots Potato Medley Caesar Salad Orange</p> | <p>9 Beef Teriyaki Brown Rice Peas Asian Cabbage Slaw Apple</p> | <p>10 Baked Cod Olympia Potato Medley Italian Vegetables Roll Pear</p> |
| <p>13 Hamburger w/ Lettuce, Tomato & Onion Carrots Coleslaw Peaches Chocolate Pudding</p> | <p>14 BBQ Turkey Sweet Potato Fries Peas Orange Raisin Nut Cup</p> | <p>15 Beef Burrito w/Green Enchilada sauce SW Black Beans Mexican Rice Pineapple Orange Compote Raisin Nut Cup</p> | <p>16 Riblettes Baked Beans Potato Salad Applesauce Whole Wheat Roll</p> | <p>17 Lasagna Roll w/ Marinara Green Beans Breadstick Tossed Salad Banana</p> |
| <p>20 Chicken Cordon Bleu Wild & Brown Rice Green Bean Almandine Mandarin Orange Pineapple Compote High Fiber Cookie</p> | <p>21 Turkey Salad Sandwich on Croissant Minestrone Soup Spinach Mandarin Salad Apple Raisin Nut Cup</p> | <p>22 Pico Lime Cod Baby Baker Potatoes Carrots Coconut Crunch Salad High Fiber Cookie</p> | <p>23 Honey Curry Chicken Wild & Brown Rice Green Beans Carrot Raisin Salad Apple Spice Cake</p> | <p>24 Meatball Sub Vegetable Soup Cauliflower Orange</p> |
| <p>27 **Connections Cafe Closed** Happy Memorial Day</p> | <p>28 Breaded Chicken Sandwich w/Lettuce & Tomato Spinach Mandarin Salad Orange Peanut Butter Cookie</p> | <p>29 Beef Tacos w/ Lettuce, Tomato, Cheese, Sour Cream, Salsa Spiced Pinto Beans Applesauce</p> | <p>30 BBQ Chicken Loaded Potato Soup Peas & Carrots 3 Bean Salad Apple</p> | <p>31 Baked Ziti w/ Sausage & Marinara Green Beans Caesar Salad Spiced Peaches Raisin Nut Cup</p> |