

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>3 Chicken Tacos w/ Lettuce, Tomato, Salsa &amp; Sour Cream Tortillas SW Black Beans Orange</p>	<p>4 Stuffed Bell Pepper Baby Bakers Cauliflower Broccoli Sunflower Salad Spiced Peaches</p>	<p>5 Pesto Chicken Florentine Rice Carrots Whole Grain Roll Strawberries Oatmeal Cookie</p>	<p>6 Salmon Burger w/ Lettuce &amp; Tomato Cream of Mushroom Soup Banana Low Sodium V-8 Juice WW M&amp;M Cookie</p>	<p>7 Chicken Cordon Bleu Wild &amp; Brown Rice Green Bean Almandine Mandarin Orange Pineapple Compote High Fiber Cookie</p>
<p>10 Spinach Ravioli with Marinara Tossed Salad WW Roll Strawberries Raisin Nut Cup</p>	<p>11 Lemon Pepper Chicken Wild &amp; Brown Rice Peas Beet &amp; Onion Salad Orange Apple Cobbler</p>	<p>12 Roast Turkey w/ Gravy Mashed Potatoes California Vegetables Rotini Tomato Spinach Salad Apple Oatmeal Raisin Cookie</p>	<p>13 Beef Tips Penne Pasta Roasted Brussel Sprouts 3 Bean Salad Apple Sauce Sugar Cookie</p>	<p>14 Cod Tuscany Baby Bakers Broccoli Banana High Fiber Cookie</p>
<p>17 BBQ Beef Sandwich Seasoned Pinto Beans Coleslaw Tropical Fruit</p>	<p>18 Smothered Pork Chop w/Onions and Peppers Brussels Sprouts Baby Baker Potato Pineapple High Fiber Cookie</p>	<p>19 Chicken Chimichanga Salsa Spanish Rice Broccoli Tossed Salad w/ Red Wine Vinaigrette Apple</p>	<p>20 Yankee Pot Roast w/ Gravy Baked Potato Medley Maple Glazed Carrots Green Bean Salad Banana</p>	<p>21 Stuffed Pasta Shells w/Meat Sauce Green Beans Almandine Carrot Raisin Salad w/Pineapple Garlic Bread Stick Pear</p>
<p>24 Beef Stroganoff Penne Pasta Roasted Brussel Sprouts Roll Apple Vanilla Pudding</p>	<p>25 Pork Green Chili Pinto Beans Cornbread Strawberries Raisin Nut Cup</p>	<p>26 Lasagna Roll w/ Marinara Broccoli Breadstick Tossed Salad w/ Raspberry Vinaigrette Tropical Fruit</p>	<p>27 Chicken Mole Bahama Vegetables Spanish Rice Black Bean Corn Salad Orange Carrot Cake w/Cream Cheese Frosting</p>	<p>28 Sweet &amp; Sour Pork Jasmine Rice Asian Vegetables Mandarin Spinach Salad Applesauce Milk</p>