

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
2 LABOR DAY ***Connections Café Closed***	3 Pesto Cod Oven Roasted Potato Medley Broccoli Tropical Fruit Salad WW Bread	4 Chicken Teriyaki Brown Rice Peas Asian Cabbage Slaw Apple	5 BBQ Turkey Sweet Potato Fries Green Beans Tossed Salad w/ Dressing Orange	6 Beef Burrito/Green Enchilada sauce SW Black Beans Spanish Rice Mandarin Oranges Raisin Nut Cup
9 Chicken Fajitas w/ Pepper, Onion, Cheese, Sour Cream, Salsa Tortillas Spanish Rice SW Black Beans Peaches	10 Hamburger w/ Lettuce, Tomato & Onion Carrots Coleslaw Diced Pear	11 Pork Chow Mein Brown Rice Winter Blend Vegetables WW Bread Pear	12 Honey Curry Chicken Wild & Brown Rice Peas & Carrots Broccoli Slaw Apple Spice Cake	13 Salmon w/ Lemon & Dill Roasted Sweet Potatoes Broccoli Banana WW Choc. Chip M&M Cookie
16 Chicken Cordon Bleu Roasted Sweet Potatoes Mixed Vegetables WW Bread Mandarin Orange	17 Turkey Salad Sandwich on Croissant Minestrone Soup Broccoli Sunflower Salad Apple	18 Baked Citrus Tilapia Lemon Herb Rice Peas & Carrots Strawberries Roll	19 Pork Pot Roast w/ Onion Celery Carrots Potato Medley Caesar Salad Orange	20 Beef Tacos w/ Lettuce, Tomato, Cheese, Sour Cream & Salsa Spiced Pinto Beans Applesauce
23 Cheese Ravioli w/ Marinara Bahama Vegetables Tossed Salad Peaches Raisin Nut Cup	24 Lemon Pepper Cod Brown Rice Pilaf Peas 3 Bean Salad Mandarin Orange	25 Ham Salad on WW Bread Cream of Mushroom Soup Spinach Mandarin Salad Strawberries	26 Meatball Sub Vegetable Soup Cauliflower Orange	27 Chicken al a King Jasmine Rice Green Beans Carrot Raisin Salad Apple
30 Breaded Chicken Sandwich w/Lettuce & Tomato California Blend Vegetables Salad w/ Raspberry Vinaigrette Pear				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