

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
3 Broccoli Stuffed Chicken Breast Green Beans Lemon Herb Rice Orange High Fiber Cookie	4 Tuna Salad on Croissant Chickpea Soup Sunflower Broccoli Salad Apple	5 Meatloaf w/ Gravy Mashed Potato Peas and Carrots Three Bean Salad Tropical Fruit Oatmeal Raisin Cookie	6 Chicken Alfredo Penne Pasta Peas Tossed Salad Strawberries	7 Baked Ziti w/ Sausage & Marinara Cauliflower Caesar Salad Orange Raisin Nut Cup
10 Manicotti w/ Marinara Bahama Vegetables Broccoli Sunflower Salad Apple Raisin Nut Cup	11 BLT Black Bean Lentil Soup Pasta Vegetable Salad Spiced Peaches Sugar Cookie	12 Beef Chili w/ Cheese Baked Potato w/ Sour Cream Tossed Salad Grape Fruit Cup	13 Chicken Cacciatore Pasta Green Beans Coconut Crunch Fruit Salad Breadstick	14 Salmon in Sesame Ginger Sauce Wild Brown Rice Mix Steamed Fresh Broccoli Pear Oatmeal Raisin Cookie
17 Pork Carnitas w/ Pepper, Onion, Cheese, Sour Cream, Salsa Tortillas Mexican Corn SW Black Beans Strawberries	18 Breaded Chicken Sandwich w/ Lettuce & Tomato California Blend Vegetables Spinach Mandarin Salad Orange	19 BBQ Beef Sandwich Seasoned Pinto Beans Coleslaw Apple	20 Baked Ham Sweet Potatoes Broccoli Roll Pear Apple Pie	21 Baked Citrus Tilapia Lemon Herb Rice Mixed Vegetables Tropical Fruit High Fiber Cookie Roll
24 Christmas Holiday CLOSED	25 Christmas Holiday CLOSED	26 Chicken al a King Jasmine Rice Green Beans Carrot Raisin Salad w/ Pineapple Apple	27 Pork Loin w/ Gravy Black Eyed Peas Southern Style Spinach Orange High Fiber Cookie	28 Sloppy Joe Carrots Coleslaw Pineapple Sugar Cookie
31 Crab Cakes Broccoli Cheddar Rice Green Bean Almandine Pickled Beef & Onion Salad Orange Raisin Nut Cup	Jan 1, 2019 New Year's Day Holiday CLOSED		Golden Circle is now Silver Key Connections Café. New name. Same great service.	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