



LUNCH MENU December 2019

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 Pepper Steak Brown Rice Lima Beans Dinner Roll Strawberries Milk	3 Jerk Chicken Sandwich w/ Lettuce & Tomato Cream of Potato Soup Coleslaw Apple Milk	4 Cod Piccata Wild & Brown Rice Broccoli Mandarin Orange High Fiber Cookie Milk	5 Pork Pot Roast w/ Onion Celery Carrots Potato Medley Orange Milk	6 Crab Cakes Broccoli Cheddar Rice Green Bean Almandine Applesauce Raisin Nut Cup Milk
9 Mushroom Ravioli w/ Marinara Broccoli Salad w/ Avg. Dressing Diced Pears Raisin Nut Cup Milk	10 Chicken Salad Sandwich on Croissant Tomato Basil Bisque High Fiber Cookie Orange Milk	11 Baked Citrus Tilapia Lemon Herb Rice Mixed Vegetables Coleslaw Tropical Fruit Roll Milk	12 Slow Roasted Beef Mashed Potatoes Peas Carrot Raisin Salad Apple Milk	13 Bratwurst Cabbage & Carrots Potato Salad WW Bread Banana WW M&M Cookie Milk
16 Chicken Stir Fry Peas Brown Rice Asian Cabbage Slaw Apple Milk	17 Beef Fajita w/ Peppers Onions, Cheese, Sour Cream & Salsa Tortillas Spanish Rice SW Black Beans Strawberries Milk	18 BLT Black Bean Lentil Soup Pasta Vegetable Salad Spiced Peaches Sugar Cookie Milk	19 Baked Ham Sweet Potatoes Broccoli Roll Pear Cherry Pie Milk	20 Breaded Catfish Wild & Brown Rice Peas Spinach Mandarin Salad Banana Milk
23 Sloppy Joe Carrots Coleslaw Pineapple Sugar Cookie Milk	24 Pork Carnitas w/ Pepper, Onion, Cheese, Sour Cream, Salsa Tortillas Mexican Corn SW Black Beans Peaches Milk	25 Closed	26 Meatballs w/ Marinara Pasta Broccoli WW Roll Strawberries Milk	27 Chicken Chow Mein Brown Rice Asian Vegetables Pear Chocolate Chip Cookie Raisin Nut Cup Milk
30 Taco Salad w/ Lettuce, Tomato, Salsa, Sour Cream & Avocado Tortilla Chips Corn Chowder Apple Milk	31 Chicken Cacciatore Pasta Green Beans WW Roll Diced Pears Milk			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