

FOR YOUR INFORMATION

SOUP'S ON!

Join us at the Truro Cafe' on Tuesday September 25th for a soup bonanza! Science validates what we have been told by our grandparents: soup is good for you! Rich homemade chicken broths help cure colds. The stock that forms the base for soups contains many minerals and stuff like chondroitin and glucosamine, now sold as expensive supplements for arthritis and joint pain. Chef Heather will be cooking a smorgasbord of different soups, some old favorites and some new ones. Diners will be encouraged to sample the different soups that will be available that day. Have just one or try them all! This is a great opportunity to taste test the soups that will be available during the fall and winter for take-out. Please make your reservation by 12:00 on Monday by calling 508-487-2462 .

WHAT'S COOKING AT THE COA CAFÉ?

OUR MENUS FOR SEPTEMBER AND OCTOBER

Heather Bailey, CHEF

Please join us for lunch on Tuesdays at 12:30 pm at the Council on Aging

Reservations for seated AND "to go meals" are required and must be made on Mondays by 12:00 pm by calling

508-487-2462. Your meal will include coffee, tea, juice, and homemade dessert

\$7.50 per person

September MENU

September 4th

Lemon Parsley Hummus with Crostini, Classic Cobb Salad with Chicken, Avocado and Bacon, Homemade Blue Cheese Dressing

Soup: Chicken and Rice

September 11th

Pesto and Mozzarella stuffed Chicken Breasts with a Roasted Tomato Salsa, Orzo Spinach and Tomato Salad

Soup: Tuscan Turkey

September 18th

Jamaican Jerk Cod with a Tropical Fruit Salsa, served over greens with an Avocado Green Goddess dressing

Soup: Coconut Curry Sweet Potato

September 25th

Soup Bonanza, A variety of different soups that will be featured throughout the year for sale on Tuesdays

October MENU

October 2nd

Chicken Marsala with Orzo Pilaf, Sauteed Garlicky Green Beans

Soup: Mushroom Barley

October 9th

Greek Shrimp and Chicken Scampi over Pasta, Garlic Bread,

Classic Caesar Salad

Soup: Corn Chowder

October 16th-World Food Day

Coconut Curried Mixed Vegetables over Almond Rice Pilaf

Soup: Butternut Squash Bisque

October 23rd

Classic Turkey Meatloaf with Gravy Served with a Roasted Root Vegetable Medley

Soup: Tuscan Turkey

October 30th

Butternut Squash and Kale Lazy Lasagna

Green Salad with Balsamic Vinaigrette

Soup: Curried Pumpkin