

MEALS



COMMUNITY MEALS

MON & THURS 12 PM

NO MEAL MONDAY MAY 27TH

*Registration Required - Fee Varies by Age**

*Registration Deadline - See Description***

In partnership with Southwestern Vermont Council on Aging and Meals on Wheels, the Godnick Center hosts community meals on Mondays and Thursdays at noon at the Godnick Center. If you are interested in reserving a meal please call (802)773-1853 and leave a message with your name and phone number.

****RESERVATIONS MUST BE MADE BY 10 AM FRIDAY FOR THE NEXT WEEK'S MEALS.**

These meals are funded through the Southwestern Vermont Council on Aging. ***Age 60+ - We suggest a donation of \$3.50/meal for anyone age 60 and over. We appreciate donations in any amount and understand if you cannot donate at this time. Age 59 or under - The fee is \$6.00 for your meal.**



TAKEOUT MEALS

TUES, WED & FRI 12 PM

*Registration Required - Fee Varies by Age**

*Registration Deadline - See Description***

Expanding on existing community meals in partnership with SVCOA and Meals on Wheels, the Godnick Center will now host takeout meal options on Tuesdays, Wednesdays, and Fridays at noon. If you are interested in reserving takeout meals please call (802)773-1853, or stop by the office to fill out a takeout meal form.

****RESERVATIONS MUST BE MADE BY 10 AM FRIDAY FOR THE NEXT WEEK'S MEALS.**

Do you have a special dietary restriction?

Just let us know when you make your meal reservation and we can make accommodations. Some examples are gluten free, low sodium, diabetic, etc.



BRUNCH

WEDNESDAY MAY 22ND, 11AM

REGISTRATION DEADLINE -

MAY 17TH AT 10AM OR UNTIL FILLED

The menu typically consist of pancakes, scrambled eggs, sausage patty, home fries, fresh fruit salad, muffins, coffee, decaf coffee, and tea. **Suggested donation of \$4.00 for those over 60 years of age. A fee of \$4.00 for those under age 60. The fee is payable at the time of registration or the day of the meal.**

**** THIS MEAL HAS BEEN FILLING AND TAKING A WAITING LIST****



SUMMER CELEBRATION BBQ PICNIC

BBQ LUNCH & LAWN GAMES

THURSDAY JUNE 13, 12:00PM

Registration Required - Registration Open May 1st!

Join the Godnick Adult Center in partnership with the Southwestern Vermont Council on Aging and Trio Community Meals in celebrating the start of summer with a BBQ picnic lunch and lawn games! We will have raffles available, as well as a 50/50 raffle!

Representatives will be joining us from the SVCOA as well as the VNA & Hospice of the Southwest Region!

Age 60+ - Suggested Donation of \$3.50

Under Age 60 - Fee of \$6.00



MAY 2024

COMMUNITY MEAL & TAKEOUT MENU

Call (802)773-1853 or make reservations in person at the Godnick Adult Center, 1 Deer Street, Rutland, VT

MON COMMUNITY MEAL ONLY	TUE TAKEOUT MEAL ONLY	WED TAKEOUT MEAL ONLY	THU COMMUNITY MEAL ONLY	FRI TAKEOUT MEAL ONLY
		1 Ham, Corn & Potato Chowder, Crackers Oriental Vegetables Wheat Roll Melon	2 Chicken-n-Biscuit Diced Carrots w/Dill Mashed Cauliflower Granny Smith Apple	3 Beef Burgundy Rotini Noodles Harvard Beets Wheat Bread Pineapple Tidbits
6 Lasagna Roll-ups w/ Tomato Marinara Meat Sauce, Vegetable Blend, Wheat Bread Strawberry Cake	7 Cheese Omelet w/Ham Home Fries w/Onions & Peppers, Broccoli Florets, Texas Toast Orange Gelatin w/Oranges	8 Roast Pork/Raisin Sauce, Mashed Sweet Potatoes, Scandinavian Vegetables, Wheat Dinner Roll, Apple Crisp w/topping	9 B.B.Q. Salisbury, Diced Potatoes, Baked Beans Wheat Dinner Roll Peaches	10 Penne Pasta w/Cheese & Canadian Bacon, Texas Toast, Green Beans Mandarin Oranges
13 Scalloped Potatoes w/ Ham & Cheddar Carrots, Wheat Biscuit Apple Crisp w/ Craisins & Cream	14 Chicken Breast Vegetable Sweet-n-Sour Sauce, Brown Rice Pilaf w/Veggies & Cannellini Beans, Brussel Sprouts, Wheat Roll, Pineapple Tidbits	15 Roast Turkey, Gravy Diced Potatoes w/Parsley, Winter Squash, Dinner Roll Pumpkin Pudding w/Cream	16 Macaroni & Cheese Broccoli Florets Sliced Carrots w/Parsley, Wheat Bread, Pears	17 Pork Loin w/Apple Sauce, Tater Tots, Mixed Vegetables w/Lima Beans White Roll, Apricots
20 Roast Beef w/Sauce Diced Potatoes w/Parsley, Green Beans, Wheat Bread, Oatmeal Cookie	21 Turkey Vegetable Meatloaf w/Sauce Mashed Potatoes, Sliced Carrots, Wheat Roll, Peaches & Pears	22 Spinach & Onion Quiche, Winter Mixed Vegetables Whole Wheat Bread Applesauce	23 Shepherd's Pie w/ Corn, Mashed Potatoes Broccoli Florets Wheat Bread, Pumpkin Cookie w/raisins	24 Cheese Tortellini, Marinara w/Sweet Italian Sliced Sausage, Mixed Beans w/Lemon Glaze, Wheat Bread, Oranges w/Cream
27 Building Closed Memorial Day NO MEALS	28 Broccoli & Cheddar Quiche, Sliced Carrots, Mix of Green Beans & Waxed Beans, Wheat Roll, Pineapple & Orange	29 Salisbury Steak/Gravy Home Fried Potatoes w/Onions and Paprika Spinach, Wheat Roll Baked Sliced Apples w/Cinnamon	30 Chicken a la King Mashed Potatoes Brussel Sprouts Biscuit Peach Crisp w/Cream	31 Baked Penne Pasta w/ Asiago & Parmesan Cheeses and Ground Beef, California Mixed Vegetables, Wheat bread, Apple