

SENIOR CALENDARS

Continued from A11

Wednesday
9:30 a.m.: Crafts with Phyllis, art class with Joe Lamorte (\$4)
10:30 a.m.: Travel movie
11 a.m.: Yoga with Ann (\$4)
11:30 a.m.: Piano fun with Nancy
12:30 p.m.: Open arts studio
12:45 p.m.: Let's Talk with Louis Rosenfeld
2 p.m.: Pen Pal Table
Thursday
9 a.m.: The indoor walk-

ing group
9:30 a.m.: Pilates
10 a.m.: Advanced beginner bridge with Jim Greer, acrylic painting, movie
11:15 a.m.: Jazzercise
12:30 p.m.: Chess, pottery class,
1 p.m.: Short story with Carroll Stenson
2 p.m.: Senior fitness
Friday
8:45 a.m.: Indoor walking group in the gym
9:30 a.m.: Ballet for Seniors; Ruth Ann Brinker

10 a.m.: Advanced beginner bridge, stone carving, oil painting, movie, beginner level Spanish
10:30 a.m.: Women's History Lecture, Pat Spooner - "From Eve to The Madonna"
10:45 a.m.: Dance for Health with Elizabeth Hall
11 a.m.: Spanish
12:30 p.m.: Contemporary Issues Discussion Group with Drs. Bob and Jan Miller
2 p.m.: "Remember When" discussion group

SENIOR LUNCHES

Sponsored by Catholic Charities of Fairfield County Inc. Open to senior citizens 60 or older and their spouses, regardless of age. New participants must register two days in advance at meal site from 11 a.m. to 1 p.m. Suggested donation varies from \$1.75 to \$6. Menu may also vary by site. For a ride in Norwalk or Stamford, call 299-5180.
Monday: Knockwurst, sauteed peppers and onions, roasted potatoes, spinach, mustard, grinder roll, nectarine, margarine/milk.

Tuesday: Apple juice, Swedish meatballs, gravy, noodles, Scandinavian mix vegetable, pumpernickel roll, fruited yogurt, margarine/milk.
Wednesday: Pork loin, honey mustard sauce, mashed potatoes, succotash with pimento, rye bread, applesauce with cinnamon, margarine/milk.
Thursday: Fruit punch, chicken Parmesan, ziti, sauce, Rivera blend vegetables, garlic bread, patriotic cupcake for Flag Day, margarine/milk.
Friday: Minestrone soup with crackers, Southern corn fish, lemon wedge, long grain rice, green beans, family grain bread, peaches with blueberries, margarine/milk.
GREENWICH
Hill House, 10 Riverside

Ave., 637-3177
STAMFORD
Quintard Senior Center, 18 Quintard Terrace, 323-1439
Stamford Senior Center, 888 Washington Blvd., 977-5151
Jewish Community Center, 1035 Newfield Ave., 322-7900 (kosher site)
NORWALK
Norwalk Senior Center, 11 Allen Road, 847-3115
Norwalk Senior Center South, 92 Cedar St., 299-1500
Broad River Homes, New Canaan Avenue, 846-3700
Irving Freese, 57 Ward St., 241-2422 (dinner only)
The Marvin, 60 Gregory Blvd., 854-4660 (dinner only)
WESTPORT
Westport Senior Center, 21 Imperial Ave., 341-5099

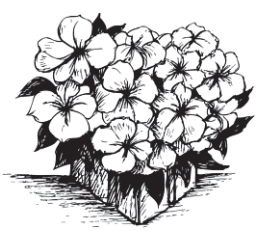
SCHOOL LUNCHES

Stamford

Elementary schools
Monday: Sloppy Joe on whole wheat roll or Kid's Way Cafe Alternate, pasta salad, celery sticks, chilled peaches.
Tuesday: Meatball sub or Kid's Way Cafe Alternate, carrot coins, chilled peaches.
Wednesday: Turkey hot dog or Kid's Way Cafe Alternate, baked beans, fresh apple.
Thursday: Baked ziti with Italian bread or Kid's Way Cafe Alternate, broccoli florettes with dip, seasoned green beans, chilled peaches.
Friday: Whole-grain cheese or pepperoni pizza or Kid's Way Cafe Alternate, garden salad, Jell-O, fruit cup.
Middle schools
Monday: Meatball Parmesan sub, mixed vegetables, chocolate pudding, cheese or pepperoni pizza, Italian combo sub, cyclone chef salad.
Tuesday: Sloppy Joe on whole wheat roll, tater tots, corn, cheese or pepperoni pizza, chicken caesar wrap, chicken salad plate.
Wednesday: Franks, baked beans, soft pretzel, cheese or sausage pizza, tuna wrap, peppy pizza salad plate.
Thursday: Macaroni and cheese on a whole grain roll, steamed spinach, fresh fruit, cheese or cheeseburger pizza, turkey wrap, tuna salad.
Friday: Chicken fajitas, brown rice, corn, cheese or pepperoni pizza, vegetarian sub, spicy ham cyclone salad.
High schools
Monday: Meatball sub, mixed vegetables, chocolate pudding,

chicken quesadilla with brown rice, whole grain cheeseburger pizza, ham and cheddar wrap/cyclone chef salad.
Tuesday: Sloppy Joe on bun, tater tots, corn, twin taco with brown rice, whole grain sausage pizza, chicken caesar wrap/chicken salad.
Wednesday: Foot long franks, baked beans, soft pretzel, cinnamon apples, nachos with steamed brown rice, whole grain buffalo chicken pizza, Italian combo sub/cyclone chef salad.
Thursday: Macaroni and cheese with whole grain roll, steamed spinach, fresh fruit cup, roasted vegetable burrito with brown rice, vegetarian pizza, turkey bacon wrap/tuna cyclone salad.
Friday: Chicken fajitas with brown rice, Hawaiian pizza, vegetarian sub/spicy ham cyclone salad
Norwalk
Pizza salad with mozzarella and pepperoni daily
Monday: Beef hot dog on whole wheat bun with baked beans, fresh fruit, fruit cup.
Tuesday: Baked chicken nuggets with dipping sauce, vegetable medley, fresh fruit, fruit cup.
Wednesday: Ham and cheese grinder on whole wheat roll, lettuce, tomato, tiny twists, fresh fruit, fruit cup.
Thursday: Whole grain pasta with marinara, peas, fresh fruit, fruit cup.
Friday: Pizza wedge (pepperoni optional), tossed garden salad with low fat dressing, fresh fruit, fruit cup.

The Sunday Brunch Guide



A Guide to Sunday Brunch in southwestern Fairfield County

FIDDLER'S GREEN
280 Shippan Avenue, Stamford
203/356-0906
We offer an American Breakfast which consists of Eggs, Bacon, Homefries, Pancakes and French Toast. We also have a Traditional Irish Breakfast for \$9.99. Brunch and full menu available 7 days a week.
www.fiddlersgreenofstamford.com

THATAWAY CAFE
409 Greenwich Avenue, Greenwich
203/622-0947
Brunch, for the whole family with a twist on the traditional. Mascarpone Cheese-Stuffed Cinnamon French Toast, Blueberry Buttermilk Pancakes with Fresh Blueberry Sauce, Sautéed King Crab, Lobster and Shrimp Cakes served over Caesar Salad.
\$9.95 to \$12.95
11:00 a.m. to 3:00 p.m.

MARGOT CAFE AND WINE BAR
59 High Ridge Road, (At Bull's Head Shopping Cntr) Stamford
203/324-3800
Intimate European style café. Fresh baked pastries made on premise daily. Full Brunch menu including Buttermilk Pancakes and Eggs Benedict with Smoked Salmon. Best Coffee Espresso in town. Mimosas, full list of boutique wines and Artisan Beers. Prices start at \$4.50 to \$15.00
10:30 a.m. to 3:00 p.m.

THE SALTWATER GRILLE
183 Harbor Drive, Stamford
203/391-6500
Fairfield County's finest year-round waterfront brunch buffet. Executive chef Pasquale Pascarella puts out an amazing display. Featuring carving stations of chef's choice: NY strip, pork loin, filet mignon, or turkey breast. Lunch tastings like: pasta stations smoked salmon, and cheese displays. Delightful breakfast items such as: Eggs Benedict, French toast, pancakes, bacon, maple pork sausage, home fries, fresh muffins, and croissants. Omelets made just the way you like them and a delicious arrangement of fresh fruits. Complimentary Mimosas, as well as a variety of sweets. Adults: \$25.00
\$15.00 Under Ten
Every Sunday 11:30 a.m. to 3:30 p.m.

THE RESTAURANT AT ROWAYTON SEAFOOD
89 Rowayton Ave., Rowayton
203/866-4488
Enjoy year round waterfront dining on the picturesque Five Mile River. Specialties include innovative seafood dishes, Brioche French Toast, Lobster Frittata, Eggs Benedict, & Steamed Maine Lobsters.
11:30 a.m. to 3:00 p.m.
Reservations accepted.

O'NEILL'S PUB & RESTAURANT
93 North Main Street, Norwalk
Omelet, Carving (Ham and Lamb) and Salad Stations. Cold Buffet consisting of Smoked Salmon Platter, Shrimp Cocktail, Potato & Pasta Salads, Coleslaw and Fruit Platter. Hot Buffet with Eggs Benedict, Pancakes, Homemade Quiche, Beef & Guinness Stew, Salmon Florentine, Chicken Curry, Pasta, Home Fries and a Vegetable Medley. Imported Irish Meats: Bangers, Rashers, and Black & White Pudding. Desserts & Pastries. Limited menu available: Select Sandwiches and Bar Fare.
\$19.95 per person
11:30 a.m. - 3:30 p.m.

LONG RIDGE TAVERN
2635 Long Ridge Road, Stamford
203/329-7818
Excellent Sunday Brunch Buffet featuring a Carving Station, Roast Lamb, Beef or Turkey, Omelets made to order as well as other delicious Breakfast and Lunch items like: Eggs Benedict, French Toast, Crab Cakes, BBQ Chicken, Pasta and Salads, Fresh Fruit, Mixed Baby Greens and Desserts. Complimentary Bloody Mary, Mimosa and Champagne.
\$22.50 per person
Children \$11.00
11:00 a.m. to 2:30 p.m.

MELI-MELO
362 Greenwich Avenue, Greenwich
203/629-6153
The best Onion Soup in town, plus Salads, Omelets and French Crêpes (wheat or buckwheat). Fresh-squeezed juice (vegetable or fruit). House Made Gourmet Ice Cream and Sorbet.
\$3.50 to \$13.50.
10 a.m. to 3:00 p.m.

BREWHOUSE RESTAURANT
13 Marshall Street, South Norwalk
203/853-9110
Join us for a mouthwatering Sunday Brunch with lots of delicious goodies from Shrimp Cocktail and Homemade Belgium Waffles to Lobster Pot Pie and Crabmeat Stuffed Sole. Complimentary Champagne, Mimosas and Poinsettias. Adults: \$26.95
Children: \$13.95
Two Seatings - 11:30 a.m. & 1:30 p.m.

SUNDOWN SALOON
403 Greenwich Avenue, Greenwich
An eclectic brunch ranging from traditional favorites such as Eggs Benedict, and Chocolate Chip Pancakes, to items with a Southwestern flair - Vanilla Bourbon French Toast, Breakfast Burritos and a Roasted Chicken and Bean Omelet.
\$8.95 to \$12.95
11:00 a.m. to 3:00 p.m.

RIVER CAT GRILL
148 Rowayton Avenue, Rowayton
203/854-0860
Steak and Eggs, Cinnamon-Raisin French Toast, Smoked Salmon Benedict, Sante Fe Frittata, Assorted Omelets, Yogurt.
\$6.95 to \$12.95
11:30 a.m. to 3:30 p.m..

If you would like to be listed in this Sunday Brunch Guide, please call 964-2395.



1 Hour Massage or Facial with Pedicure \$85

with this ad

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From NYC: Take I-684 N toward Brewster; merge onto I-84 E via Exit 9E toward Danbury; merge onto US-7 via Exit 3 toward Norwalk; take the exit toward Park Avenue; turn left onto Backus Avenue. In Danbury Fair Mall opposite the food court in the old Filene's space.

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