

RW SOLUTIONS COMMUNITY CAFÉ/SOUTHINGTON CALENDAR HOUSE SENIOR CENTER



August, 2024

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

To Order: 860-621-6738

SUGGESTED DONATION \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Do you know the 4 steps of Food Safety? If not, watch the calendar in the upcoming months for a visit from our dietitian to learn all about keeping your food safe. Please sign up ahead of time.</p> <p>All attendees get a free refrigerator thermometer!</p>  			<p>1 Homemade Meatloaf with LS Gravy Mashed Potatoes Green Beans and Mushrooms  Whole Wheat Bread Yogurt</p>	<p>2 Escarole Bean Soup Unsalted Crackers Potato Pollock Confetti Rice Broccoli Tartar Sauce Wheat Roll Fresh Fruit</p>
<p>5 Hamburger Vegetarian Baked Beans Mixed Veggies  Hamburger Roll Clementine</p>	<p>6 Breaded Pollock Waffle Fries Scandinavian Veggies Tartar Sauce Oatnut Bread Mango Pineapple Mix</p>	<p>7 Tossed Salad Ranch Dressing Lasagna with Meat Sauce Garlic Green Beans Happy Birthday Garlic Bread Birthday Cake</p>	<p>8 BBQ Pork loin Macaroni and Cheese Carrots Cornbread Tropical Fruit</p>	<p>9 Vegetable Barley Soup Unsalted Crackers Turkey and Swiss Sandwich Ziti Broccoli Salad Fresh Tomato Salad Bulky Roll Chocolate Chip Cookies</p>
<p>12 Orange Juice Spaghetti with Meat Sauce Mozzarella Cheese Spinach Wheat Roll Ice Cream Sundae</p>	<p>13 Taco Mix Yellow Rice Fiesta Corn Shredded Cheese Shredded Lettuce Salsa and Sour Cream Tortilla Chips Pineapple</p>	<p>14 Grilled Chicken Teriyaki Sweet Potatoes Oriental Blend Veggies  White Bread Jell-O</p>	<p>15 Sliced Turkey with LS Gravy Mashed Potatoes Brussel Sprouts Whole Wheat Bread Fresh Fruit</p>	<p>16 Taste of Mexico Fajita Chicken Mexican Rice Corn and Red Pepper  Tortilla Sugar Cookie</p>
<p>19 Diced Chicken Tetrazzini White Rice Broccoli and Red Pepper  Multigrain Bread Applesauce</p>	<p>20 Fish Sandwich Potato Wedges Buttered Carrots with Dill Tartar Sauce Hamburger Bun Tropical Fruit</p>	<p>21 Tomato Florentine Soup Unsalted Crackers Grilled BBQ Chicken Breast Lemon Orzo Mixed Veggies Cornbread Clementine</p>	<p>22 Pork with Creamy Garlic Sauce Baked Potato California Blend Veggies Sour Cream Wheat Bread Oreos</p>	<p>23 Egg Salad Potato Salad Carrot Raisin Salad Hot Dog Roll Jell-O with Topping</p>
<p>26 Pork Chopette with Gravy Buttered Egg Noodles Broccoli Rye Bread Peaches</p>	<p>27 Meatballs with Sweet and Sour Sauce White Rice Oriental Blend Veggies 12 Grain Bread Mixed Fruit</p>	<p>Labor Day Special 28 Hot Dog Waffle Fries Broccoli Slaw  Hot Dog Bun Popsicle</p>	<p>29 Chicken Noodle Soup Unsalted Crackers Roast Turkey with LS Gravy Mashed Potatoes Meadow Blend Veggies White Bread Cookie</p>	<p>30 NO LUNCH SERVED CENTER CLOSING AT NOON</p>