## RW SOLUTIONS COMMUNITY CAFÉ/SOUTHINGTON CALENDAR HOUSE SENIOR CENTER





## August, 2024

1% or Skim milk provided Margarine available

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. All attendees get a free refrigerator thermometer!    All attendees get a free refrigerator thermometer!	MENU ITEMS SUB	JECT TO CHANGE	To Order: 860-621-6738	SUGGESTED D	ONATION \$3.00
Do you know the 4 steps of Food Safety? If not, watch the calendar in the upcoming montts for a sits from our dictitation to learn all about keeping your food safe. Please sign up ahead of time. All attendees get a free refrigerator thermometer!    All attendees get a free refrigerator thermometer					
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Do you know the 4 steps of Food Safety? If not, watch the calendar in the upcoming months for a wist from our dietitian to learn all about keeping your food safe. Please sign up ahead of time. All attendees get a free refrigerator thermometer!    All attendees get a free refrigerator thermometer			KING COOF	Homomodo Mootloof	Essarala Paga Saun
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. All attendees get a free refrigerator thermometer!    All attendees get a free refrigerator thermometer!	Do you know the 4 sten	s of Food Safoty2 If not	(3 9 0 mg)		•
visit from our dietitian to learn all about keeping your food safe. Please sign up ahead of time. All attendees get a free refrigerator thermometer!    Source	1		The 4 C's of food safety		
your food safe. Please sign up ahead of time. All attendees get a free refrigerator thermometer!    All attendees get a free refrigerator thermometer!	watch the calendar in the upcoming months for a				
All attendees get a free refrigerator thermometer!    Sample   Please   Sign up anead of time.	visit from our dietitian to learn all about keeping		TILING CHOSE COM		
All attendees get a free refrigerator thermometer!  Whole Wheat Bread Wegetable Barley Soup Unsaited Crackers Carrots Sandwich Ziti Broccooli Salad Fresh Tomato Salad Fresh Fruit Fresh Fruit Fresh Fruit Fresh Fruit  Fresh Fruit  Fresh Fruit  Sandwich Ziti Broccooli Salad Fresh Tomato Salad Fresh Fruit Tortilla Sugar Cookies Brussel Sprouts Fresh Fruit Tomocolate Chip Cookies Fisit Com Mexican Rice Corn and Red Pepper Whole Wheat Bread Whole Wheat Bread Fresh Fruit Tomocolate Chip Cookies Brussel Sprouts Fresh Fruit Tomocolate Chip Cookies Carrot Chip Cookies Fresh Fruit Tomocolate Chip Cookies Carrot Chip Cookies Fresh Fruit Tomocolate Chip Cookies Carrot Chip Cookies Fresh F	your food safe. Please sign up ahead of time.			Musnrooms	
thermometer!  Whole Wheat Bread  Yogurt  Fresh Fruit  Yogetable Barley Sop Vegetarian Baked Beans Mixed Veggies  Fartar Sauce  Hamburger Roll  Oatnut Bread  Clementine  Mango Pineapple Mix  Taco Mix Yellow Rice Spaphetti with Meat Sauce Spinach Wheat Roll  Ice Cream Sundae  Pineapple  Diced Chicken Tetrazzini White Rice Broccoli and Red Pepper  Multigrain Bread  Applesauce  Tropical Fruit  Tatra Sauce  Mozarella Chroese Spinach  Tortilla Chips  Tortilla Crips  Tortilla Crips  Mango Pineapple  Labor Day Special 28 Hamburger Bun  Tortila Surce Mixed Veggies  Mozarella Creakers  Turkey with Cravy Unsalted Crackers Turkey with Silce of Mexico 16 Fajita Chicken Mexican Rice Corn and Red Pepper Whole Wheat Bread  Whole Wheat Bread  Whole Wheat Bread  Whole Wheat Bread  Wegetable Barley Sop Unsalted Crackers Turkey and Swiss Sandwich Zill Broccoli Salad Fresh Tomato Salad Fresh Tomato Salad Fresh Tomato Salad Fresh Tomato Sup Unsalted Crackers Brussel Sprouts  Whole Wheat Bread  Whole Wheat Bread  Torpical Fruit  Choccolate Chip Cookies Sliced Turkey with LS Gravy Mashed Potatoes Brussel Sprouts  Whole Wheat Bread  Whole Wheat Bread  Torpical Fruit  Choccolate Chip Cookies Sliced Turkey with LS Gravy Mashed Potatoes Brussel Sprouts  Taste of Mexico 16 Fajita Chicken Mexican Rice Corn and Red Pepper Whole Wheat Bread  Whole Wheat Bread  Tortilla Sugar Cookie  Tortilla Sugar Cookie  Fresh Fruit  Choccolate Chip Cookies Sliced Turkey with LS Gravy Mashed Potatoes Brussel Sprouts  Tortilla Sugar Cookie  Carrot Raisin Salad Carrot Raisin Salad Carrot Raisin Salad Carrot Raisin Salad Callfornia Blend Veggies Sour Cream  Wheat Bread  No LUNCH SERVED No LUNCH SERVED No LUNCH SERVED  No LUNCH			20 10 10 10 10		Tartar Sauce
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Hamburger Agel Agel Beans Mixed Veggies  Mixed Veggies  Hamburger Roll Clementine  Mango Pineapple Mix Clementine  Mango Pineapple Mix Clementine  Mango Pineapple Mix Spaghetti with Yellow Rice Fiesta Corn Meat Sauce Morazirella Cheese Spinach Meat Roll  Lice Cream Sundae  Pineapple  Tomato Florentine Suphred Lettuce Salsa and Sour Cream Tortilla Chips White Rice Trepical Fruit  Tomato Florentine Suphred Bearley Soup Unsalted Crackers Turkey and Swiss Sandwich Agric Bread  Cornbread  Bulky Roll  Chocolate Chip Cookies  Taste of Mexico 16 Fajita Chicken Mexica Rice Corn and Red Pepper White Bread  Whole Wheat Bread  Applesauce  Tomato Florentine Soup Unsalted Crackers Grilled BBQ Chicken Breast Carrots  Turkey and Swiss Sandwich Sized Turkey with Sliced Turkey with Sweet Potatoes Oriental Blend Veggies Oriental Blend Veggies White Bread  Whole Wheat Bread  Whole Wheat Bread  Fresh Fruit Sugar Cookie  Tortilla Sugar Cookie  Tortilla BBQ Corn and Red Pepper Whole Wheat Bread Fresh Fruit Sugar Cookie  Tortilla BBQ Corn bread  Whole Wheat Bread Fresh Fruit Sugar Cookie  Tortilla BBQ Corn and Red Pepper White Bread  Whole Wheat Bread Fresh Fruit Fresh Fruit Sugar Cookie  Tortilla BBQ Corn and Red Pepper Whole Wheat Bread Fresh Fruit Fresh Fruit Chocolate Chip Cookies  Taste of Mexico 16 Fajita Chicken Mexica Rice Corn and Red Pepper Whole Wheat Bread Fresh Tomato Salad Fresh Tomato S	F	6	7		
Vegetarian Baked Beans Mixed Veggles         Waffle Fries Scandinavian Veggles Tartar Sauce         Ranch Dressing Lasagna with Meat Sauce Garlic Green Beans         Macaroni and Cheese Carrots         Ünsalted Crackers Turkey and Swiss Sandwich Ziti Broccoli Salad Fresh Tomato Salad           Clementine         Mango Pineapple Mix Vellow Rice Spaghetti with Meat Sauce Mozzarelia Cheese Spinach         Mango Pineapple Mix Yellow Rice Fiesta Corn Shredded Lettuce Salsa and Sour Cream Tortilla Chips         14 Grilled Chicken Teriyaki Sweet Potatoes         Sliced Turkey with LS Gravy Mashed Potatoes         Taste of Mexico 16 Fight Chicken Mexica nice         Taste of Mexico 16 Fight Chicken Mexica nice         Corn and Red Pepper           Diced Chicken Tetrazzini White Rice Sroccoli and Red Pepper         19 Pineapple         20 Pineapple         21 Diced Chicken Potato Wedges Buttered Carrots         22 Diced Chicken Potato Wedges Buttered Carrots         23 Diced Chicken Breast Lemon Orzo Mixed Veggles         23 Diced Chicken Press Fruit Creamy Garlic Sauce Baked Potato California Blend Veggles White Bread         29 Diced Chicken Noodle Soup Unsalted Crackers Roast Turkey with LS Gravy Mashed Potatoes Meadow Blend Veggles Meadow Blend Veggles Meadow Blend Veggles         29 Diced Chicken Mexica Rice Mexica Press Fruit Vegeta Mexica Rice Vegeta Noodle Soup Unsalted Crackers Roast Tur	•	Duranda d Dallanda	/ Tabad Calad		3
Mixed Veggies  Tartar Sauce  Carrots  Turkey and Swiss Sandwich Ziti Broccoli Salad Fresh Tomato Salad Fresh				•	
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Hamburger Roll  Oatnut Bread  Garlic Bread  Cornbread  Bulky Roll  Bulky Roll  Chocolate Chip Cookies  Tropical Fruit  Chocolate Chip Cookies  Traste of Mexico 16  Fajita Chicken Teriyaki Sweet Potatoes Spinach Meat Sauce Mozzarella Cheese Spinach Wheat Roll  Ice Cream Sundae  Pineapple  Policed Chicken Tertrazzini White Rice Bultered Carrots With Dill Tartar Sauce Multigrain Bread  Applesauce  Tropical Fruit  Chocolate Chip Cookies  Tropical Fruit  Sliced Turkey with LS Gravy Mashed Potatoes Brussel Sprouts  Whole Wheat Bread  Whole Wheat Bread  Whole Wheat Bread  Tortilla Sugar Cookie  Pork with Dill Tartar Sauce Mixed Veggies Cornbread  Tropical Fruit  Chocolate Chip Cookies  Fajita Chicken 15 Fajita Chicken 16 Fajita Chicken 15 Fajita Chicken 16 Fajita Chicken 15 Fajita Chicken 16 Fajita Chicken 15 Fajita Chicken 16 Fajita Chicken 15 Fajita Chicken 16 Fajita Chicken 15 Fajita Chicken 16 Fajita C		Tartar Sauce			
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Clementine   Mango Pineapple Mix   Birthday Cake   Tropical Fruit   Chocolate Chip Cookies			Hanny Birthday		Fresh Tomato Salad
Clementine  Clementine  Mango Pineapple Mix  Drange Juice Spaghetti with Meat Sauce Mozzarella Cheese Spinach Wheat Roll  Ice Cream Sundae  Pineapple  Potato Wedges Broccoli and Red Pepper Multigrain Bread  Applesauce  Meat Sauce Mozina Rice Spinach  Port Chopette With Gravy Multigrain Bread  Mango Pineapple Mix  Birthday Cake  Birthday Cake  Birthday Cake  Birthday Cake  Birthday Cake  Fropical Fruit  Chocolate Chip Cookies  Sliced Turkey with LS Gravy Mashed Potatoes Mexican Rice Corn and Red Pepper Myhole Wheat Bread  Tortilla Sugar Cookie  Tortilla Sugar Cookie  Tortilla Sugar Cookie  Pork with Dill Chicken Teriyaki Sweet Potatoes Myhole Wheat Bread  Tortilla Sugar Cookie  Tortilla Sugar Cookie  California Blend Veggies Sour Cream Mixed Veggies California Blend Veggies Sour Cream Mixed Veggies  Wheat Bread  Hot Dog Roll  Applesauce  Pork Chopette With Gravy Buttered Egg Noodles Broccoli  Rye Bread  12 Grain Bread  Mango Pineapple  13  Taco Mix Sweet Potatoes Oriental Blend Veggies White Rice Oriental Blend Veggies  Corn and Red Pepper  Whole Wheat Bread  Fresh Fruit Corn and Red Pepper  Corn and Red Pepper  Tortilla Sugar Cookie  Corn and Red Pepper  Corn and Red Pepper  Corn and Red Pepper  Whole Wheat Bread  Carrot Raisin Salad  Carrot Raisin					
Orange Juice Spaghetti with Meat Sauce Mozzarella Cheese Spinach Wheat Roll  Ice Cream Sundae  Pineapple  Ice Cream Sundae  Pineapple  Ice Cream Sundae  Ice	Hamburger Roll	Oatnut Bread	Garlic Bread	Cornbread	Bulky Roll
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Mozzarella Cheese Spinach  Shredded Cheese Shredded Lettuce Salsa and Sour Cream Tortilla Chips  White Bread  Whole Wheat Bread  Tortilla Sugar Cookie  20 Diced Chicken Tetrazzini White Rice Broccoli and Red Pepper Multigrain Bread  Applesauce  Tropical Fruit  Zerain Bread  Tortilla Sugar Cookie  21 Tomato Florentine Soup Unsalted Crackers Grilled BBQ Chicken Breast Lemon Orzo Mixed Veggies Cornbread  Applesauce  Tropical Fruit  Clementine  Clementine  Clementine  Clementine  Chicken Noodle Soup Unsalted Crackers Baked Potato California Blend Veggies Sour Cream Whole Wheat Bread  Tortilla Sugar Cookie  22 Za Baked Potato California Blend Veggies Sour Cream Wheat Bread  Hot Dog Roll  Jell-O with Topping  Chicken Noodle Soup Unsalted Crackers Sour Cream Wheat Bread  Hot Dog Roll  Jell-O with Topping  Chicken Noodle Soup Unsalted Crackers Roast Turkey with LS Gravy Mashed Potatoes Meadow Blend Veggies AT NOON  AT NOON  AT NOON	. •				
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Wheat Roll  Ice Cream Sundae  Pineapple  Pineapple  Potato Wedges Buttered Carrots White Rice  Multigrain Bread  Applesauce  Pork Chopette with Gravy Buttered Egg Noodles Broccoli  Rye Bread  Salsa and Sour Cream Tortilla Chips  White Bread  Whole Wheat Bread  Whole Wheat Bread  Whole Wheat Bread  Fresh Fruit  Sugar Cookie  Pork with Creamy Garlic Sauce Baked Potato California Blend Veggies Cornbread  Whole Wheat Bread  Whole Wheat Bread  Tortilla Sugar Cookie  Pork with Creamy Garlic Sauce Baked Potato California Blend Veggies Sour Cream  Wheat Bread  Hot Dog Roll  Cententine  Oreos  Jell-O with Topping  Chicken Noodle Soup Unsalted Crackers Sour Cream  Wheat Bread  Hot Dog Roll  NO LUNCH SERVED				Brussei Sprouts	
Wheat Roll  Ice Cream Sundae  Pineapple  19 Diced Chicken Tetrazzini White Rice Broccoli and Red Pepper Multigrain Bread  Applesauce  Tropical Fruit Whole Wheat Bread Tortilla Sugar Cookie  Tomato Florentine Soup Unsalted Crackers Grilled BBQ Chicken Breast Lemon Orzo Mixed Veggies Cormbread  Applesauce  Tropical Fruit Whole Wheat Bread Tortilla Sugar Cookie  Tomato Florentine Soup Unsalted Crackers Grilled BBQ Chicken Breast Lemon Orzo Mixed Veggies Cormbread  Applesauce  Tropical Fruit Clementine Whole Wheat Bread Tortilla Sugar Cookie  Pork with Creamy Garlic Sauce Baked Potato California Blend Veggies Sour Cream Wheat Bread Hot Dog Roll Hot Dog Unsalted Crackers Roast Turkey with LS Gravy Mashed Potatoes Meadow Blend Veggies AT NOON  Rye Bread  Tortilla Sugar Cookie  Tomato Florentine Soup Unsalted Crackers Roast Turkey with LS Gravy Mashed Potatoes Meadow Blend Veggies AT NOON  White Bread	Spinach				
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Tetrazzini White Rice Broccoli and Red Pepper Multigrain Bread  Applesauce  Tropical Fruit  Pork Chopette with Gravy Buttered Egg Noodles Broccoli  Rye Bread  Potato Wedges Buttered Carrots With Dill Tartar Sauce  Hamburger Bun  Clementine  Clementine  Clementine  Clementine  Clementine  Clementine  Clementine  Chicken Bread  Carrot Raisin Salad  Carrot Raisin Sal					
White Rice Broccoli and Red Pepper With Dill Tartar Sauce  Multigrain Bread  Applesauce  Tropical Fruit  Pork Chopette With Gravy Buttered Egg Noodles Broccoli  Buttered Carrots With Dill Tartar Sauce  Chicken Breast Lemon Orzo Mixed Veggies Cornbread  Clementine  Clementine  Clementine  Clementine  Clementine  Oreos  Jell-O with Topping  Chicken Noodle Soup Unsalted Crackers Roast Turkey with LS Gravy Mashed Potato California Blend Veggies Sour Cream  Hot Dog Roll  Hot Dog NO LUNCH SERVED  CENTER CLOSING  AT NOON  AT NOON  AT NOON					
Applesauce  Tropical Fruit  Pork Chopette with Gravy Buttered Egg Noodles Broccoli  Broccoli  Broccoli  Rye Bread  Tartar Sauce  With Dill Tartar Sauce  Chicken Breast Lemon Orzo Mixed Veggies Cornbread  Cornb		· ·			
Multigrain Bread Hamburger Bun Cornbread Wheat Bread Hot Dog Roll  Applesauce Tropical Fruit Clementine Oreos Jell-O with Topping  26 27 Labor Day Special 28 29 30  Pork Chopette with Gravy Buttered Egg Noodles Broccoli White Rice Oriental Blend Veggies Broccoli Slaw Rye Bread 12 Grain Bread Hot Dog Bun White Bread  Tartar Sauce Lemon Orzo Mixed Veggies Sour Cream  Mixed Veggies Sour Cream  Wheat Bread Hot Dog Roll  Clementine Oreos Jell-O with Topping  Chicken Noodle Soup Unsalted Crackers Roast Turkey with  LS Gravy Mashed Potatoes Meadow Blend Veggies AT NOON  White Bread AT NOON		=			Carrot Raisin Salad
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Applesauce  Tropical Fruit  Clementine  Oreos  Jell-O with Topping  26					
Pork Chopette with Gravy Buttered Egg Noodles Broccoli  Rye Bread  27	Multigrain Bread	Hamburger Bun	Cornbread	Wheat Bread	Hot Dog Roll
Pork Chopette with Gravy Buttered Egg Noodles Broccoli  Rye Bread  27	Applesauce	Tropical Fruit	Clementine	Oreos	Jell-O with Topping
Pork Chopette with Gravy Buttered Egg Noodles Broccoli  Rye Bread  Meatballs with Sweet and Sour Sauce White Rice Oriental Blend Veggies  Meatballs with Sweet and Sour Sauce White Rice Oriental Blend Veggies  Hot Dog Waffle Fries Broccoli Slaw Oriental Blend Veggies  Hot Dog Waffle Fries Broccoli Slaw Oriental Blend Veggies  Mashed Potatoes Meadow Blend Veggies  AT NOON  AT NOON					
with Gravy Buttered Egg Noodles Broccoli  Rye Bread  Sweet and Sour Sauce Waffle Fries Broccoli Slaw Oriental Blend Veggies  Waffle Fries Broccoli Slaw LS Gravy Mashed Potatoes Meadow Blend Veggies White Bread  NO LUNCH SERVED CENTER CLOSING White Bread					
Buttered Egg Noodles Broccoli Broccoli Broccoli Slaw Oriental Blend Veggies  Rye Bread  12 Grain Bread  Broccoli Slaw LS Gravy Mashed Potatoes Meadow Blend Veggies White Bread  Roast Turkey with LS Gravy Mashed Potatoes Meadow Blend Veggies White Bread	· · · · · · · · · · · · · · · · · · ·		•		NO LUNCH SERVED
Broccoli Oriental Blend Veggies  Rye Bread  Oriental Blend Veggies  LS Gravy Mashed Potatoes Meadow Blend Veggies  AT NOON White Bread					.10 20.1011 021(12)
Rye Bread  12 Grain Bread  Hot Dog Bun  Mashed Potatoes Meadow Blend Veggies White Bread  AT NOON White Bread			Diocon Olaw	· ·	CENTER OLOSING
Rye Bread 12 Grain Bread Hot Dog Bun Meadow Blend Veggies AT NOON White Bread	Diocon	Ononiai Diena Veggies			OLIVILIA OLOGING
Rye Bread 12 Grain Bread Hot Dog Bun White Bread					ΔΤ ΝΟΟΝ
	Rva Braad	12 Grain Bread	Hot Dog Rup		ALNOON
December Mixed Fruit December 2011	Trye Dieau	12 Stallt Dicau	Tiot Dog Dail	WITHG DIGAU	
reaches   Mixed Fruit I Podsicie I Cookie I	Peaches	Mixed Fruit	Popsicle	Cookie	