

# RW Solutions Community Café / Southington Calendar House Senior Center



Nutrition  
Questions?  
See Below  
for contact information.



## July, 2024

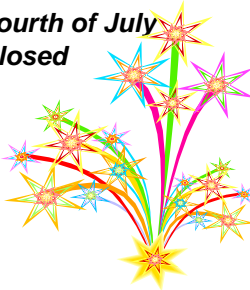






1% or Skim milk provided  
Margarine available

**MENU ITEMS SUBJECT TO CHANGE**

**To Order: 860-621-6738**

**SUGGESTED DONATION \$3.00**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Pork Chopette with LS Gravy Buttered Egg Noodles Broccoli</p> <p>Rye Bread</p> <p>Peaches</p>	<p>2</p> <p>Sweet and Sour Meatballs with White Rice Oriental Blend Veggies</p> <p>12 Grain Bread</p> <p>Mixed Fruit</p>	<p>3</p> <p><b>July 4th Special</b> Cheeseburger with Swiss Cheese Waffle Fries Brussel Sprouts</p> <p>Hamburger Bun</p> <p>Popsicle</p>	<p>4</p> <p><b>Fourth of July Closed</b></p> 	<p>5</p> <p><b>Fish Taco Day</b> Breaded Pollock Yellow Rice Cilantro Lime Coleslaw Flour Tortilla Tartar Sauce</p> <p>Flour Tortilla Strawberry Shortcake with Whipped Topping</p>
<p>8</p> <p>Chicken Cranberry Salad Macaroni Salad Green Bean and Pimento Salad</p> <p>Whole Wheat Bread</p> <p>Pineapple</p>	<p>9</p> <p>Shepards Pie with Ground Beef, Corn, and Mashed Potatoes Carrots</p> <p>Multigrain Bread</p> <p>Fresh Fruit</p>	<p>10</p> <p>Tuna Salad Ziti Broccoli Salad Cucumber Salad Lettuce and Tomato</p> <p>Hot Dog Bun</p> <p>Pears</p>	<p>11</p> <p>Vegetable Barley Unsalted Crackers Pot Roast with LS Beef Gravy Baked Potato Meadow Blend Veggies</p> <p>Rye Bread <b>Happy Birthday</b> Birthday Cake</p>	<p>12</p> <p>Macaroni and Cheese Stewed Tomatoes</p>  <p>Oatnut Bread</p> <p>Cantaloupe</p>
<p>15</p> <p>Chicken Bruschetta Bruschetta Sauce Buttered Noodles Broccoli</p> <p>Whole Wheat Bread</p> <p>Cookies</p>	<p>16</p> <p><b>Taco Tuesday</b> Taco Mix Yellow Rice Mexicali Corn Shredded Cheese Shredded Lettuce Sour Cream Salsa Tortilla Chips</p> <p>Pineapple</p>	<p>17</p> <p>Breaded Chicken Breast with Honey Glaze Red Bliss Potatoes Spinach</p>  <p>Biscuit</p> <p>Fresh Clementine</p>	<p>18</p> <p>Ham with Pineapple Sauce Sweet Potatoes Brussel Sprouts</p> <p>White Bread</p> <p>Applesauce</p>	<p>19</p> <p><b>Taste of Poland</b> Chicken Sausage Noodles with Onions and Cabbage Beets</p> <p>Whole Wheat Bread</p> <p>Rice Pudding</p>
<p>22</p> <p>Crab Cakes Brown Rice Pilaf Summer Blend Veggies Tartar Sauce</p>  <p>White Bread</p> <p>Yogurt</p>	<p>23</p> <p>Chicken Parmesan Penne with Marinara Sauce Brussel Sprouts</p> <p>Garlic Bread</p> <p>Pears</p>	<p>24</p> <p>Cobb Salad with Diced Chicken, Lettuce, Tomato, Egg, Bacon, Cheese Beets Ranch Dressing</p> <p>Whole Wheat Bread</p> <p>Pineapple</p>	<p>25</p> <p>BBQ Pork Ribette Au Gratin Potatoes California Blend Veggies</p> <p>Corn Bread</p> <p>Cookies</p>	<p>26</p> <p>Sausage and Cheese Egg Bake Steak Fries Broccoli and Red Pepper</p> <p>Whole Wheat Bread</p> <p>Banana</p>
<p>29</p> <p>Grilled Chicken with Marsala Sauce Buttered Ziti Italian Blend Veggies</p> <p>Whole Wheat Roll</p> <p>Peaches</p>	<p>30</p> <p>American Chop Suey Peas and Carrots</p>  <p>Garlic Bread</p> <p>Tropical Fruit</p>	<p>31</p> <p>Orange Juice Omelet with Cheese French Toast Sticks Spinach</p> <p>Pudding</p>	<p><b>Nutrition Help is Here!</b> Looking for advice on what or how to eat to manage a health condition? Need help deciphering nutrition-related advice from your healthcare provider? Want guidance on how to reduce salt in your diet or understand food labels? Direct your questions to Registered Dietitian Nutritionist Carmen Weber. Call RW Solutions at 203-332-3264 to request a call for free, one-one-one phone counseling.</p>	