



RW Solutions / Southington Community Café

Calendar House Senior Center




May, 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>National Osteoporosis Month Calcium and Vitamin D are key nutrients needed to keep bones strong and healthy. For calcium, drink your milk if you can! Sesame and Chia seeds, almonds, collard greens and tofu are other great sources. Vitamin D helps the body absorb calcium, so enjoy some sunshine each day and include eggs in your diet along with fortified foods like yogurt, cereals and orange juice.</p>		<p>1 Tomato Florentine Soup Unsalted Crackers Grilled Chicken Breast Lettuce and Tomato Lemon Orzo Mixed Vegetable Whole Wheat Roll Clementine</p>	<p>2 Pork with Creamy Garlic Sauce Whole Baked Potato California Blend Veggies Sour Cream Wheat Roll Oreos</p>	<p>3 Egg Salad German Potato Salad Carrot Raisin Salad Hot Dog Roll Jell-O with Topping</p>
<p>6 Pork Chopette with Gravy Buttered Egg Noodles Broccoli Rye Bread Peaches</p>	<p>7 Meatballs with Sweet and Sour Sauce White Rice Oriental Blend Veggies 12 Grain Bread Mixed Fruit</p>	<p>8 Cheeseburger Waffle Fries Brussel Sprouts Hamburger Bun Fresh Fruit</p>	<p>9 Minestrone Soup Unsalted Crackers Roast Turkey with LS Gravy Mashed Potatoes Meadow Blend Veggies White Bread Cookies</p>	<p>Mother's Day Special 10 Broccoli and Cheese Stuffed Chicken Roasted Red Potatoes Honey Glazed Carrots  Whole Wheat Roll Angel Food Cake with Fresh Strawberries and Whipped Topping</p>
<p>13 Diced Chicken and Cranberry Salad Macaroni Salad Green Bean and Pimento Salad Whole Wheat Bread Pineapple</p>	<p>14 Shepard's Pie Carrots Multigrain Bread Fresh Fruit</p>	<p>15 Tuna Salad Sandwich Lettuce and Tomato Ziti Broccoli Salad Cucumber Salad Hot Dog Bun Pears</p>	<p>16 Vegetable Barley Unsalted Crackers Pot Roast with LS Beef Gravy Baked Potato Meadow Blend Veggies Rye Bread Birthday Cake</p>	<p>17 Macaroni and Cheese Stewed Tomatoes Oatnut Bread Cantaloupe</p>
<p>20 Chicken Bruschetta Buttered Shells Broccoli  Whole Wheat Bread Yogurt</p>	<p>Taco Tuesday 21 Taco Mix Yellow Rice Mexicali Corn Salsa Shredded Lettuce Shredded Cheese Sour Cream Tortilla Pineapple</p>	<p>Memorial Day Lunch 22 Pineapple Orange Juice Hot Dog Potato Egg Salad Corn on the Cob Hot Dog Bun Watermelon</p>	<p>23 Pork Loin with Apple Gravy Sweet Potatoes Brussel Sprouts Oatnut Bread Applesauce</p>	<p>Taste of India 24 Tandoori Chicken Basmati Rice Cauliflower Caramelized Onion Naan Coconut Pudding</p>
<p>27 Closed </p>	<p>28 Chicken Parmesan Penne with Sauce Brussel Sprouts Garlic Bread Pears</p>	<p>29 Cobb Salad with Diced Chicken, Egg, Cheese, Bacon, Croutons Beets Ranch Dressing Whole Wheat Bread Pineapple</p>	<p>30 BBQ Riblette Au Gratin Potatoes California Blend Veggies Cornbread Oreos</p>	<p>31 Sausage and Cheese Quiche Steak Fries Broccoli and Red Pepper Whole Wheat Bread Banana</p>

FOOD ALLERGY WARNING: Please be advised that our food may have come in contact or may contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to consumption of meals. Thank you!