

RW Solutions Senior Community Café Calendar House in Southington

Call to make reservations
or to cancel lunches
LS-Low Sodium



March Menu, 2024



1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

Call (860) 621-6738

Suggested Donation \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>March is National Nutrition Month, The Academy of Nutrition and Dietetics urges everyone to "Go Beyond the Table." The Focus of the month is to encourage individuals to be mindful about the impact daily nutrition choices can have on a personal well-being and the environment - both now and in the future.</p>			<p>1</p> <p>Tossed Salad Potato Pollock Confetti Rice Broccoli Tartar Sauce French Dressing</p> <p>Oatmeal Bread</p> <p>Pudding</p>
<p>4</p> <p>Breaded Chicken Patty Sweet and Sour Sauce Sweet Potatoes California Blend Veggies</p> <p>White Bread</p> <p>Oreos</p>	<p>5</p> <p>Taco Tuesday</p> <p>Taco Mix Yellow Rice Fiesta Corn Shredded Cheese Shredded Lettuce Sour Cream Tortilla Chips</p> <p>Pineapple</p>	<p>6</p> <p>Beef Burgundy Butternut Squash with Cinnamon Kale and Spinach</p> <p>Wheat Roll</p> <p>Yogurt</p>	<p>7</p> <p>Tomato Florentine Soup Unsalted Crackers LS Turkey Sandwich Tater Tots Warm Green Bean, Bacon, and Onion Salad Kaiser Roll</p> <p>Mandarin Oranges</p>	<p>8</p> <p>Veggie Chili with Shredded Cheese Brown Rice Cauliflower</p> <p>Cornbread</p> <p>Applesauce</p>
<p>11</p> <p>Penne and Meatballs with Spaghetti Sauce Italian Blend Veggies</p> <p>Garlic Bread</p> <p>Spiced Pears</p>	<p>12</p> <p>Diced Chicken Divan Mashed Potato Green Beans</p> <p>Biscuit</p> <p>Tropical Fruit</p>	<p>13</p> <p>St. Patrick's Day</p> <p>Grape Juice Corned Beef Cabbage and Carrots Boiled Potatoes Mustard</p>  <p>Rye Bread</p> <p>St. Patrick's Poke Cake</p>	<p>14</p> <p>Cheeseburger Seasoned Wedge Potatoes Brussel Sprouts</p> <p>Hamburger Roll</p> <p>Oatmeal Cream Cookie</p>	<p>15</p> <p>Minestrone Soup Unsalted Crackers Crab Cakes Brown Rice Pilaf California Blend Veggies</p> <p>Whole Wheat Bread</p> <p>Clementine</p>
<p>18</p> <p>Apple Juice Salisbury Steak LS Gravy Egg Noodles Spinach</p> <p>Multigrain Bread</p> <p>Peaches</p>	<p>19</p> <p>Pork Chopette with Apple Gravy White Rice Oriental Blend Veggies</p> <p>Whole Wheat Bread</p> <p>Pears</p>	<p>20</p> <p>Southern Chicken Stew Meadow Blend Veggies</p> <p>Biscuit</p> <p>Banana</p>	<p>21</p> <p>Butternut Squash Soup Unsalted Crackers Pot Roast with LS Gravy 1/2 Baked Potato Winter Blend Veggies Rye Bread</p> <p>Birthday Cake</p>	<p>22</p> <p>Romaine Salad Stuffed Salmon with Dill Sauce Rice Florentine Peas and Carrots Ranch Dressing Oatnut Bread</p> <p>Fresh Orange</p>
<p>25</p> <p>Chicken Parmesan Shells and Tomato Sauce Broccoli</p> <p>Garlic Bread</p> <p>Peaches</p>	<p>26</p> <p>Taco Mix Casserole Taco Mix over Sweet Potato Fries Fiesta Corn Shredded Lettuce Shredded Cheese Sour Cream</p> <p>Citrus Sections</p>	<p>27</p> <p>Easter Special</p> <p>Apple Juice LS Sliced Ham with Pineapple Cherry Sauce Loaded Potatoes Peas and Pearl Onions</p> <p>Rudi Roll Easter Poke Cake with Whipped Topping</p>	<p>28</p> <p>Roast Turkey with LS Turkey Gravy Mashed Potato Green Beans</p> <p>Whole Wheat Bread</p> <p>Cookies</p>	<p>29</p> <p>Good Friday Closed</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!