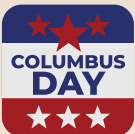


Southington Calendar House Senior Center-October 2026 Menu

Menu items subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RW Solutions Serving Suggested Donation \$3	RW Solutions Serving Suggested Donation \$3	Bread for Life Serving Suggested Donation \$3 Up to 33 diners max	Bread for Life Serving Suggested Donation \$3 Up to 33 diners max	RW Solutions Serving Suggested Donation \$3
				
HAPPY HALLOWEEN			1 Pork and Rice, Vegetable, Dessert, Chilled Water	2 French Bread Pizza, Diced Chicken, Onions, Peppers, Side Salad, Dressing, Watermelon, 1% Milk or Skim Milk
5 Meatballs with Orange Sauce, Brown Rice, Oriental Vegetables, White Dinner Roll, Pineapple Chunks, 1% Milk or Skim Milk	6 Jumbo Ravioli, Florentine Sauce, Brussel Sprouts, Multigrain Bread, Birthday Cake, 1% Milk or Skim Milk	7 Nachos, Taco Mix, Yellow Rice, Salsa, Sour Cream, Lettuce, Tortilla Chips, Fruit, Chilled Water	8 Chicken, Potatoes, Vegetables, Dessert, Chilled Water	9 Breaded Pork Chop, Peppered Country Gravy, Corn and Black Beans, Spinach and Kale, Corn Bread, Pudding, 1% Milk or Skim Milk
12 CENTER CLOSED 	13 Chicken and Dumplings, Carrots and Peas, Dinner Roll, Cookie, 1% Milk or Skim Milk	14 NO BFL MEAL PROVIDED	15 Frittata, Pepper, Onion, Ham, Cheese, Fruit, Chilled Water	16 Cobb Salad, Diced Chicken, Egg, Cheese, Bacon, Ranch Dressing, Beets, Breadstick, Pineapple, 1% Milk or Skim Milk
19 Chicken Marsala with Grilled Chicken Breast, Buttered Ziti, Italian Blend Vegetables, Garlic Bread, Peaches, 1% Milk or Skim Milk	20 American Chop Suey, Zucchini, Italian Bread, Mango Pineapple Mix, 1% Milk or Skim Milk	21 Meatloaf with Gravy, Mashed Potatoes, Green Beans, Dessert, Chilled Water	22 Macaroni and Cheese, Vegetables, Fruit, Chilled Water	23 Escarole Bean Soup, Unsalted Crackers, Fish Filet, Confetti Rice, California Blend Vegetables, Tartar Sauce, Wheat Roll, Apple, 1% Milk or Skim Milk
26 Hamburger, Vegetarian Baked Beans, Mixed Vegetables, Hamburger Bun, Cookies, 1% Milk or Skim Milk	27 Chicken Strips, Honey Mustard Sauce, Sesame Noodles, Asian Blend Vegetables, Hawaiian Roll, Mandarins, 1% Milk or Skim Milk	28 Tuna Salad, Bean Salad, Dessert, Chilled Water	29 Chili/Beans, Cornbread, Vegetables, Fruit, Chilled Water	30 Spaghetti and Meatballs with Low Sodium Marinara Sauce, Italian Blend Vegetables, Dinner Roll, Apple, 1% Milk or Skim Milk
		Food Allergy Warning: Please be advised that our food may have come in contact with or may contain wheat, peanuts, tree nuts, fish, shellfish, egg, milk, soy, sesame, or gluten.		

SOUTHINGTON CALENDAR HOUSE SENIOR CENTER
Nutrition Program Ordering Information
(See other side for menu)

Due to federal funding cuts there have been changes to the Nutrition Program provided by RW Solutions at the Southington Calendar House Senior Center.

RW Solutions now serves lunch 3 days per week on Monday, Tuesday and Friday. Southington Bread For Life serves meals at Calendar House two days per week on Wednesday and Thursday. Meals for both programs must be pre-ordered and will be served at noon. See below for details on how to order from each program.

RW Solutions — Serving Monday, Tuesday and Friday. Meals are limited to individuals age 60+. A completed form-5 from the State of CT Department of Social Services/Elderly Division is required to participate. Please see the Café Manager on duty for a form. A donation of \$3.00 per meal is suggested. Meals must be ordered by Tuesday at noon for Friday and for the following Monday and Tuesday. See the Café Manager or call 860-621-6738 to order or cancel a meal.

Bread For Life — Serving Wednesday and Thursday. Please order meals by Friday at noon for the following Wednesday and Thursday at the Calendar House front desk or by calling 860-621-3014. There is a daily limit of 33 meals. A suggested donation of \$3 to Southington Bread For Life will be accepted when you receive your meal.

Monthly menus are available in the Calendar House Café area, the Calendar House office or on-line by visiting www.calendarhouse.org