

SOUTHINGTON CALENDAR HOUSE SENIOR CENTER—September 2026 MENU

Menu items subject to change.

MONDAY RW Solutions Serving Suggested Donation \$3 Limit of 16 meals.	TUESDAY RW Solutions Serving Suggested Donation \$3 Limit of 16 meals.	WEDNESDAY Bread For Life Serving Suggested Donation \$3 Up to 33 diners max 	THURSDAY Bread For Life Serving Suggested Donation \$3 Up to 33 diners max 	FRIDAY RW Solutions Serving Suggested Donation \$3 Limit of 28 meals.
	1 Mac and Cheese, Stewed Tomatoes, White Bread, Fresh Fruit, 1% or Skim Milk	2 BBQ Chicken, Vegetables, Fruit, Chilled Water	3 Baked Potato, Cheese, Bacon, Vegetable, Dessert, Chilled Water	4 French Bread Pizza with Diced Chicken, Onions, Peppers, and Spinach, Watermelon, 1% or Skim Milk
7  CLOSED	8 Jumbo Ravioli with Florentine Sauce, Brussel Sprouts, Multi Grain Bread, Birthday Cake, 1% or Skim Milk	9 Taco Salad, Yellow Rice, Corn, Cheese, Lettuce, Meat, Fruit, Chilled Water	10 Pot Pie, Dessert, Chilled Water	11 Breaded Pork Chop with Country Pepper Gravy, Corn and Black Beans, Spinach and Kale, Corn Bread, Banana Pudding, 1% or Skim Milk
14 Fish Filet with Dill Sauce, Rice Florentine, Peas and Carrots, Oatnut Bread, Clementine, 1% or Skim Milk	15 Chicken and Dumplings, Carrots and Peas, Dinner Roll, Cookies, 1% or Skim Milk	16 Chicken Fried Steak, Potatoes, Vegetable, Fruit, Chilled Water	17 Frittata, Cheese, Ham, Dessert, Chilled Water	18 Cobb Salad with Chicken, Bacon, Cheese and Egg, Beets, Ranch Dressing, Breadstick, Pineapple, 1% or Skim Milk
21 Grilled Chicken Marsala with Marsala Sauce, Buttered Ziti, Italian Blend Vegetables, Garlic Bread, Peaches, 1% or Skim Milk	22 American Chop Suey, Zucchini, Italian Bread, Mango Pineapple Mix, 1% or Skim Milk	23 Meatloaf, Mashed Potatoes, Green Beans, Dessert, Chilled Water	24 Egg Salad, Soup, Fruit, Chilled Water	25 Escarole Bean, Unsalted Crackers, Fish Filet, Confetti Rice, California Blend Vegetables, Tartar Sauce, Wheat Roll, Apple, 1% or Skim Milk
28 Hamburger, Vegetarian Baked Beans, Mixed Vegetables, Hamburger Bun, Cookies, 1% or Skim Milk	29 Chicken Strips with Honey Mustard Sauce, Sesame Noodles, Asian Blend Vegetables, Hawaiian Roll, Mandarins, 1% or Skim Milk	30 Pork, Rice, Vegetable, Dessert, Chilled Water	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. **There is a weekly limit of 60 meals.** Mondays and Tuesdays there will be 16 meals available and on Fridays there will be 28 meals available.

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.