RW Solutions Senior Community Café



March Menu, 2024



1% or Skim milk provided Margarine available

LS-Low Sodium

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00

| MONDAY TUESDAY WEDNESDAY THURSDAY THURSDAY THURSDAY MARCH Is National Nutrition Month, The Academy of Nutrition Month, The Academy of Nutrition and Dietetics urges everyone to "Go Beyond the Table." The Focus of the month is to encoutage individuals to be mindful about the impact daily nutrition choices can hade on a personal well-being and the environment - both now and in the future. Tartar Sauce French Dressing Oatmeal Bread Pudding Oatmeal Bread Pudding Seef Burgundy Butternut Squash with Clinnamon Kale and Spinach What Roll Yogur Penne and Meatballs with Spaghettl Sauce Italian Blend Veggies White Bread Oreos Thursday Thursday Thursday Tossed Salaid Tossed Sala | | JECT TO CHANGE | | SUGGESTED D | |
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| The Academy of Nutrition and Dietetics urges everyone to "Go Beyond the Table." The Focus of the month is to encoutage 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. Pudding Arrange Pudding Oatmeal Bread Veggies Dii With Shredded Chesse Brown Rice Cabbage and Carrots Boiled Potatoes Mustard Oatmeal Bread Veggie Chili With Shredded Chesse Brown Rice Carbage Apples Juce Carbage Apples Juce | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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