

RW Solutions Senior Community Café

LS: Low Salt

1% or Skim milk provided
Margarine available

April, 2024

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Crab Cakes Brown Rice Pilaf Summer Blend Veggies Tartar Sauce</p> <p>White Bread</p> <p>Yogurt</p>	<p>2</p>	<p>3</p> <p>Cobb Salad with Chicken, Egg, Bacon, Cheese, Croutons Ranch Dressing Beets</p> <p>Whole Wheat Bread</p> <p>Pineapple</p>	<p>4</p>	<p>5</p> <p>Sausage and Cheese Quiche Steak Fries Broccoli and Red Pepper</p> <p>Biscuit</p> <p>Brownie</p>
<p>8</p> <p>Grilled Chicken Breast Buttered Ziti with Marsala Sauce Italian Blend Veggies</p> <p>Whole Wheat Roll</p> <p>Peaches</p>	<p>9</p>	<p>10</p> <p>Orange Juice Blueberry Baked French Toast Sausage Links Pineapple Maple Syrup</p> <p>Birthday Cake</p>	<p>11</p>	<p>12</p> <p>Escarole Bean Soup Unsalted Crackers Salmon with Latino Salmon Sauce Confetti Rice Broccoli Wheat Roll</p> <p>Fresh Fruit</p>
<p>15</p> <p>Salisbury Steak Herbed Couscous Mixed Veggies</p> <p>Rye Bread</p> <p>Clementine</p>	<p>16</p>	<p>17</p> <p>Tossed Salad Lasagna with Meat Sauce Italian Blend Veggies Italian Dressing</p> <p>Garlic Bread</p> <p>Pudding</p>	<p>18</p>	<p>19</p> <p>Corn Chowder Unsalted Crackers Turkey and Swiss Sandwich Fresh Tomato Salad</p> <p>Bulky Roll</p> <p>Ice Cream</p>
<p>22</p> <p>Italian Meatball Sub Potato Wedges Spinach</p> <p>Sub Roll</p> <p>Tropical Fruit</p>	<p>23</p>	<p>24</p> <p>Grilled Teriyaki Chicken Sweet Potatoes Oriental Blend Veggies</p> <p>White Bread</p> <p>Yogurt</p>	<p>25</p>	<p>26</p> <p>Chicken Souvlaki with Tzatziki Sauce French Fries Greek Salad</p> <p>Pita</p> <p>Mandarin Oranges</p>
<p>29</p> <p>Chicken Tetrizzini White Rice Broccoli and Red Pepper</p> <p>Multigrain Bread</p> <p>Applesauce</p>	<p>30</p>	<p>April is the beginning of herb season in CT! <i>Decrease your salt intake.</i></p>  <p><i>Flavor foods with fresh herbs like basil, chives, cilantro, parsley, tarragon and more!</i></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!