






RW Solutions Community Café

# May, 2024

1% or Skim milk provided  
Margarine available

**MENU ITEMS SUBJECT TO CHANGE**

**SUGGESTED DONATION \$3.00**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>National Osteoporosis Month</b> Calcium and Vitamin D are key nutrients needed to keep bones strong and healthy. For calcium, drink your milk if you can! Sesame and Chia seeds, almonds, collard greens and tofu are other great sources. Vitamin D helps the body absorb calcium, so enjoy some sunshine each day and include eggs in your diet along with fortified foods like yogurt, cereals and orange juice.</p>		<p>1 Tomato Florentine Soup Unsalted Crackers Grilled Chicken Breast Lettuce and Tomato Lemon Orzo Mixed Vegetable Whole Wheat Roll  Clementine</p>	<p>2</p>	<p>3 Egg Salad German Potato Salad Carrot Raisin Salad  Hot Dog Roll  Jell-O with Topping</p>
<p>6 Pork Chopette with Gravy Buttered Egg Noodles Broccoli  Rye Bread  Peaches</p>	<p>7</p>	<p>8 Cheeseburger Waffle Fries Brussel Sprouts  Hamburger Bun  Fresh Fruit</p>	<p>9</p>	<p>10 <b>Mother's Day Special</b> Broccoli and Cheese Stuffed Chicken Roasted Red Potatoes Honey Glazed Carrots  Whole Wheat Roll Angel Food Cake with Fresh Strawberries and Whipped Topping</p>
<p>13 Diced Chicken and Cranberry Salad Macaroni Salad Green Bean and Pimento Salad  Whole Wheat Bread  Pineapple</p>	<p>14</p>	<p>15 Tuna Salad Sandwich Lettuce and Tomato Ziti Broccoli Salad Cucumber Salad  Hot Dog Bun  Pears</p>	<p>16</p>	<p>17 Macaroni and Cheese Stewed Tomatoes  Oatnut Bread  Cantaloupe</p>
<p>20 Chicken Bruschetta Buttered Shells Broccoli  Whole Wheat Bread  Yogurt</p>	<p>21</p>	<p>22 <b>Memorial Day Lunch</b> Pineapple Orange Juice Hot Dog Potato Egg Salad Corn on the Cob  Hot Dog Bun  Watermelon</p>	<p>23</p>	<p>24 <b>Taste of India</b> Tandoori Chicken Basmati Rice Cauliflower  Caramelized Onion Naan  Coconut Pudding</p>
<p>27 <b>Closed</b> </p>	<p>28</p>	<p>29 Cobb Salad with Diced Chicken, Egg, Cheese, Bacon, Croutons Beets Ranch Dressing Whole Wheat Bread  Pineapple</p>	<p>30</p>	<p>31 Sausage and Cheese Quiche Steak Fries Broccoli and Red Pepper  Whole Wheat Bread  Banana</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!