

# RW Solutions Senior Community Cafe

**PLEASE NOTE:  
NO WALK IN'S.**



## June, 2025

Sign up for lunch by the  
previous Wednesday  
before 11:30am  
in order to have lunch  
the following week.

### MENU ITEMS SUBJECT TO CHANGE

### SUGGESTED DONATION \$3.00

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY      | FRIDAY   |
|---|--|--|---------------|--|
| <div>2</div> <p>Grilled Chicken<br/>with Marsala Sauce<br/>Buttered Noodles<br/>Brussel Sprouts</p> <p>White Bread</p> <p>Pudding</p> | <div>3</div>   | <div>4</div> <p>Roast Pork with<br/>Creamy Garlic Sauce<br/>Mashed Sweet Potato<br/>Spinach</p> <p>Wheat Roll</p> <p>Oreos</p>                             | <div>5</div>  | <div>6</div> <p>Roast Turkey<br/>with LS Gravy<br/>Stuffing<br/>Cauliflower</p> <p>Oatnut Bread</p> <p>Mixed Fruit</p>   |
| <div>9</div> <p>Pork Chopette<br/>with LS Sage Gravy<br/>Mashed Potatoes<br/>Green Beans</p> <p>White Bread</p> <p>Peaches</p>        | <div>10</div>  | <div>11</div> <p>Chicken Sandwich<br/>Lettuce and Tomato<br/>Waffle Fries<br/>Broccoli</p> <p>Hamburger Bun</p> <p>Fig Newton</p>                          | <div>12</div> | <div>13</div> <p><b>Father's Day Special</b><br/>Pot Roast with<br/>Onions and Mushrooms<br/>Roasted Red Potatoes<br/>Broccoli</p> <p>Whole Wheat Roll</p> <p>Boston Cream Pie</p> |
| <div>16</div> <p>Orange Juice<br/>Red Pepper Omelet<br/>Turkey Sausage Link<br/>French Toast Sticks<br/>Syrup</p> <p>Fresh Apple</p>  | <div>17</div>  | <div>18</div> <p><b>Fish and Chips</b><br/>Fish Filet with<br/>French Fries<br/>Coleslaw<br/>Tartar Sauce</p> <p>Wheat Bread</p> <p>Tropical Fruit Cup</p> | <div>19</div> | <div>20</div> <p>Macaroni and Cheese<br/>Stewed Tomatoes</p> <p>Oatnut Bread</p> <p>Cookies</p>  |
| <div>23</div> <p>Pineapple Chicken<br/>Stir Fry<br/>Brown Rice<br/>Asian Blend Veggies</p> <p>Hawaiian Roll</p> <p>Fresh Mandarin</p> | <div>24</div>  | <div>25</div> <p>Grape Juice<br/>Hot Dog<br/>Potato Egg Salad<br/>Corn on the Cob</p> <p>Hot Dog Roll</p> <p>Watermelon</p>                                | <div>26</div> | <div>27</div> <p>Pork Loin with<br/>Apple Gravy<br/>Sweet Potatoes<br/>Brussel Sprouts</p> <p>Oatnut Bread</p> <p>Oatmeal Cookies</p>  |
| <div>30</div> <p>Chili<br/>White Rice<br/>Kale and Spinach</p> <p>Dinner Roll</p> <p>Lorna Doones</p>                                 | <div> </div> <p>The summer months are BERRY SEASON! Berries are sweet &amp; delicious, but also abundant and cost less in summer. Studies also show that they contain nutrients called flavonoids which help to keep our brain cells healthy, retain our cognitive abilities, delay or prevent memory loss and lower the risk of developing Alzheimer's disease. Try to eat strawberries and blueberries at least twice a week!</p> <div> </div> |  |               |  |

**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!