


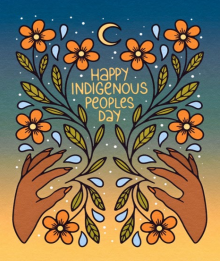
# RW Solutions Senior Community Café

## October Menu

1% or Skim milk provided  
Margarine available

### MENU ITEMS SUBJECT TO CHANGE

### SUGGESTED DONATION \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>Sign up for lunch by the previous Wednesday before 11:00am in order to have lunch the following week. PLEASE NOTE: NO WALK INS</b></p>	<p>1</p> <p>BBQ Ribette Buttered Noodles Broccoli</p> <p>Wheat Bread</p> <p>Pears</p>	<p>2</p>	<p>3</p> <p>Shepard's Pie Carrots</p> <p>Multigrain Bread</p> <p>Orange</p>
<p>6</p> <p>Chicken Parmesan Ziti with Tomato Sauce Broccoli</p> <p>Garlic Bread</p> <p>Applesauce</p>	<p>7</p>	<p>8</p> <p>Jumbo Ravioli with Florentine Sauce Brussel Sprouts</p> <p>Multigrain Bread</p> <p>Birthday Cake</p>	<p>9</p>	<p>10</p> <p>Sausage and Cheese Egg Bake Tater Tots Broccoli with Red Pepper</p> <p>Whole Wheat Bread</p> <p>Watermelon</p>
<p>13</p> 	<p>14</p>	<p>15</p> <p>Fish Filet with Dill Sauce Rice Florentine Peas and Carrots</p> <p>Oatnut Bread</p> <p>Clementine</p>	<p>16</p>	<p>17</p> <p>Cobb Salad with Diced Chicken, Egg, Cheese and Bacon Beets Ranch Dressing</p> <p>Pineapple</p>
<p>20</p> <p>Grilled Chicken Breast with Marsala Sauce Buttered Ziti Italian Blend Veggies</p> <p>Garlic Bread</p> <p>Peaches</p>	<p>21</p>	<p>22</p> <p>Meatloaf with LS Gravy Mashed Potatoes Green Beans</p> <p>Whole Wheat Bread</p> <p>Pudding</p>	<p>23</p>	<p>24</p> <p>Escarole Bean Soup Unsalted Crackers Fish Fillet Confetti Rice California Blend Veggie</p> <p>Wheat Roll</p> <p>Apple</p>
<p>27</p> <p>Hamburger Baked Beans Mixed Veggies</p> <p>Hamburger Bun</p> <p>Cookies</p>	<p>28</p>	<p>29</p> <p>Gyro with Tzatziki Sauce Tomato and Onion Tater Tots Cucumber Dill Salad</p> <p>Pita</p> <p>Cinnamon Rice Pudding</p>	<p>30</p>	<p>31</p> <p>Squirring Spaghetti with Monstrous Meatballs Haunting Italian Vegetables Dastardly Dinner Roll</p> <p>Chilling Apple</p>