

# RW Solutions Southington Senior Community Café

LS: Low Salt  
Menu Subject To Change  
(860) 621-6738

1% or Skim milk provided  
Margarine available

## April, 2024

**Monday & Tuesday: Private Pay \$5/Meal**

**Wed-Fri: Suggested Donation \$3/Meal**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>NO LUNCH SERVED</b>	2 <b>NO LUNCH SERVED</b>	3 Cobb Salad with Chicken, Egg, Bacon, Cheese, Croutons Ranch Dressing Beets  Whole Wheat Bread  Pineapple	4 BBQ Pork Riblette Au Gratin Potatoes California Blend Veggies  Corn Muffin  Fresh Fruit	5 Sausage and Cheese Quiche Steak Fries Broccoli and Red Pepper  Biscuit  Brownie
8 <b>Private Pay Only</b> Grilled Chicken Breast Buttered Ziti with Marsala Sauce Italian Blend Veggies  Whole Wheat Roll  Peaches	9 <b>Private Pay Only</b> American Chop Suey Peas and Carrots  Garlic Bread  Tropical Fruit Cup	10 Orange Juice Blueberry Baked French Toast Sausage Links Pineapple Maple Syrup  Birthday Cake	11 Homemade Meatloaf with LS Gravy Mashed Potatoes Green Beans & Mushrooms  Whole Wheat Bread  Yogurt	12 Escarole Bean Soup Unsalted Crackers Potato Crunch Fish Tartar Sauce Confetti Rice Broccoli Wheat Roll  Fresh Fruit
15 <b>Private Pay Only</b> Salisbury Steak Herbed Couscous Mixed Veggies  Rye Bread  Clementine	16 <b>Private Pay Only</b> Breaded Pollack Waffle Fries Scanidinavian Veggies Tartar Sauce  Multigrain Bread  Mango Pineapple	17 Tossed Salad Lasagna with Meat Sauce Italian Blend Veggies Italian Dressing  Garlic Bread  Pudding	18 BBQ Pork Loin Macaroni and Cheese Carrots  Corn Bread  Tropical Fruit	19 Corn Chowder Unsalted Crackers Turkey and Swiss Sandwich Fresh Tomato Salad  Bulky Roll  Ice Cream
22 <b>Private Pay Only</b> Italian Meatball Sub Potato Wedges Spinach  Sub Roll  Tropical Fruit	23 <b>Private Pay Only</b> Taco Mix Yellow Rice Fiesta Corn Shredded Cheese Shredded Lettuce Sour Cream Tortilla Chips  Pineapple	24 Grilled Teriyaki Chicken Sweet Potatoes Oriental Blend Veggies  White Bread  Yogurt	25 Sliced Turkey with LS Turkey Gravy Mashed Potatoes Brussel Sprouts  Whole Wheat Bread  Fresh Fruit	26 Chicken Souvlaki with Tzatziki Sauce French Fries Greek Salad  Pita  Mandarin Oranges
29 <b>Private Pay Only</b> Chicken Tetrzzini White Rice Broccoli and Red Pepper  Multigrain Bread  Applesauce	30 <b>Private Pay Only</b> Breaded Fish Sandwich Potato Wedges Buttered Carrots with Dill  Hamburger Bun  Tropical Fruit	<p><b>April is the beginning of herb season in CT!</b> <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!