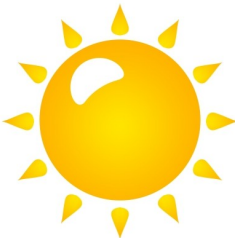


# SOUTHINGTON CALENDAR HOUSE SENIOR CENTER—August 2026 MENU

Menu items subject to change.

| <b>MONDAY</b><br><b>RW Solutions Serving</b><br>Suggested Donation \$3<br><b>up to 25 diners max—</b><br>pay \$5.50 for private pay<br>meal after limit is<br>reached. | <b>TUESDAY</b><br><b>RW Solutions Serving</b><br>Suggested Donation \$3<br><b>up to 25 diners max—</b><br>pay \$5.50 for private<br>pay meal after limit is<br>reached.                                                                                                                  | <b>WEDNESDAY</b><br><b>Bread For Life Serving</b><br>Suggested Donation \$3<br><b>Up to</b><br><b>30 diners max</b><br> | <b>THURSDAY</b><br><b>Bread For Life Serving</b><br>Suggested Donation \$3<br><b>Up to</b><br><b>30 diners max</b><br> | <b>FRIDAY</b><br><b>RW Solutions Serving</b><br>Suggested Donation \$3<br><b>up to 25 diners max—</b><br>pay \$5.50 for private pay<br>meal after limit is<br>reached. |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3<br>Pork Chopette with Low<br>Sodium Gravy, Buttered<br>Egg Noodles, Broccoli,<br>Rye Bread, Peaches, 1%<br>or Skim Milk                                              | 4<br>Spaghetti with Meat<br>Sauce, Zucchini, Garlic<br>Bread, Lorna Doone<br>Cookies, 1% or Skim<br>Milk                                                                                                                                                                                 | 5<br>Meatball Subs, Fries,<br>Corn, Fruit, Chilled<br>Water                                                                                                                                              | 6<br>Pasta, Pesto and<br>Sausage, Dessert,<br>Chilled Water                                                                                                                                               | 7<br>Chicken Patty, Sweet<br>Potato Fries, Cole Slaw,<br>WW Hamburger Bun,<br>Fresh Orange, 1% or Skim<br>Milk                                                         |
| 10<br>Diced Chicken and<br>Cranberry Salad,<br>Macaroni Salad, Broccoli<br>and Red Pepper Salad,<br>Whole Wheat Bread,<br>Brownie, 1% or Skim Milk                     | 11<br>Meatloaf, Confetti Rice,<br>Carrots, Multigrain<br>Bread, Apple, 1% or<br>Skim Milk                                                                                                                                                                                                | 12<br>Tuna Salad, Bed of<br>Lettuce, Cucumber<br>Salad, Fruit, Chilled<br>Water                                                                                                                          | 13<br>Chili over Fries, Cheese,<br>Dessert, Chilled Water                                                                                                                                                 | 14<br>Fish Filet, Yellow Rice,<br>Cilantro Lime Cole Slaw,<br>Flour Tortilla, Mango<br>Pineapple Mix, 1% or<br>Skim Milk                                               |
| 17<br>Chicken Bruschetta,<br>Bruschetta Sauce,<br>Buttered Shells, Broccoli,<br>Garlic Bread, 1% or Skim<br>Milk                                                       | 18<br>Honey Glazed Breaded<br>Chicken Breast, Rice,<br>Spinach, Multigrain<br>Bread, Apple, 1% or<br>Skim Milk                                                                                                                                                                           | 19<br>Macaroni and Chicken<br>Salad, Chilled Water                                                                                                                                                       | 20<br>Turkey Casserole,<br>Dessert, Chilled Water                                                                                                                                                         | 21<br>Chicken Sausage,<br>Noodles with Onions and<br>Cabbage, Beets, Oatnut<br>Bread, Rice Pudding, 1%<br>or Skim Milk                                                 |
| 24<br>Hamburger, Steak Fries,<br>Spinach, Hamburger Bun,<br>Cookies, 1% or Skim Milk                                                                                   | 25<br>Chicken Parmesan,<br>Penne with Marinara<br>Sauce, Zucchini, Garlic<br>Bread, Rice Krispy<br>Treat, 1% or Skim Milk                                                                                                                                                                | 26<br>Egg Salad Sandwiches,<br>Fruit, Chilled Water                                                                                                                                                      | 27<br>Chicken Cutlet, Rice and<br>Vegetable, Dessert,<br>Chilled Water                                                                                                                                    | 28<br>Spilt Pea Soup, Unsalted<br>Crackers, Seafood Salad,<br>French Fries, Cole Slaw, Hot<br>Dog Roll, Cookies, 1% or<br>Skim Milk                                    |
| 31<br>Chili, White Rice, Spinach<br>and Kale, Dinner Roll,<br>Cookies, 1% or Skim Milk                                                                                 |  <b>Food Allergy Warning:</b><br>Please be advised that our food may have come<br>in contact with or may contain wheat, peanuts,<br>tree nuts, fish, shellfish, egg, milk, soy, sesame,<br>or gluten. |                                                                                                                                                                                                          |                                                                                                                                                                                                           |                                                                                                                                                                        |

# **SOUTHINGTON CALENDAR HOUSE SENIOR CENTER**

## **Nutrition Program Ordering Information**

**(See other side for menu)**

Due to federal funding cuts there have been changes to the Nutrition Program provided by RW Solutions at the Southington Calendar House Senior Center.

**RW Solutions** now serves lunch 3 days per week on Monday, Tuesday and Friday. **Southington Bread For Life** serves meals at Calendar House two days per week on Wednesday and Thursday. Meals for both programs must be pre-ordered and will be served at noon. See below for details on how to order from each program.

**RW Solutions** — Serving Monday, Tuesday and Friday. Meals are limited to individuals age 60+. A completed form-5 from the State of CT Department of Social Services/Elderly Division is required to participate. Please see the Café Manager on duty for a form. A donation of \$3.00 per meal is suggested. Meals must be ordered by Tuesday at noon for Friday and for the following Monday and Tuesday. See the Café Manager or call 860-621-6738 to order or cancel a meal. **There is a daily limit of 20 meals.** Once that limit is reached, a private pay meal may be ordered at a cost of \$5.50, payable at the time of order. Refunds will not be made for the cancellation of private pay meals.

**Bread For Life** — Serving Wednesday and Thursday. Please order meals by Friday at noon for the following Wednesday and Thursday at the Calendar House front desk or by calling 860-621-3014. **There is a daily limit of 33 meals.** A suggested donation of \$3 to **Southington Bread For Life** will be accepted when you receive your meal.

Monthly menus are available in the Calendar House Café area, the Calendar House office or on-line by visiting [www.calendarhouse.org](http://www.calendarhouse.org).