

SOUTHINGTON CALENDAR HOUSE SENIOR CENTER—JANUARY 2026 MENU

Menu items subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RW Solutions Serving Suggested Donation \$3 up to 25 diners max— pay \$5.50 for private pay meal after limit is reached.	RW Solutions Serving Suggested Donation \$3 up to 25 diners max— pay \$5.50 for private pay meal after limit is reached.	Bread For Life Serving Suggested Donation \$3 Up to 30 diners max 	1  CENTER CLOSED	2 Meatloaf with Low Salt Gravy, Red Bliss Potatoes, Brussel Sprouts, Dinner Roll, Fruited Yogurt, 1% or Skim Milk
5 Diced Grilled Chicken, Confetti Rice, Peppers and Onions, Rye Bread, Tropical Fruit, 1% or Skim Milk	6 Hamburger, Sweet Potato, Peas and Pearl Onions, Hamburger Bun, Clementine, 1% or Skim Milk	7 Ham and Cheese Frittata, Dessert, Chilled Water	8 Fish, Vegetables, Rice, Applesauce, Chilled Water	9 Spaghetti with Low Salt Meat Sauce, Italian Blend Vegetables, Garlic Bread, Cookies, 1% or Skim Milk
12 Stuffed Shells with Marinara Sauce, Spinach, Oatnut Bread, Yogurt, 1% or Skim Milk	13 Grilled Chicken Breast with Lemon Garlic Butter Sauce, Couscous, Broccoli, Multigrain Bread, Pineapple, 1% or Skim Milk	14 Chili, Baked Potato, Cheese, Dessert, Chilled Water	15 Chicken Sandwich with Lettuce and Tomato, Fries, Fruit, Chilled Water	16 Pot Roast with Low Sodium Mushroom Gravy, Mashed Potato, Brussel Sprouts, Wheat Roll, Pudding, 1% or Skim Milk
19  CENTER CLOSED	20 Grape Juice, Fish Filet, Sweet Potato Fries, Winter Blend Vegetables, Dinner Roll, Peaches, 1% or Skim Milk	21 Turkey Casserole, Turkey, Stuffing, Vegetables, Fruit, Chilled Water	22 Hamburgers, Cheese, Salad, Corn Cake, Chilled Water	23 Chicken Florentine, Herbed Orzo, Garlic Lemon Spinach, Rye Bread, Clementine, 1% or Skim Milk
26 Tossed Salad, French Dressing, Meatballs with Sweet and Sour Sauce, White Rice, Asian Blend Vegetables, Hawaiian Roll, Pears, 1% or Skim Milk	27 Grilled Chicken Sandwich, Sweet Potato Tots, Brussel Sprouts, Hamburger Bun, Applesauce, 1% or Skim Milk	28 Chicken Salad Sandwiches, Lettuce, Tomato, Dessert, Chilled Water	29 Meatloaf, Mashed Potatoes, Green Beans, Fruit, Chilled Water	30 Cheese Omelet, Red Peppers and Onions, Hash Brown Patty, Jelly, English Muffin, Fruit Cup, 1% or Skim Milk
Food Allergy Warning: Please be advised that our food may have come in contact with or may contain wheat, peanuts, tree nuts, fish, shellfish, egg, milk, soy, sesame, 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 25 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 30 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.