

SOUTHINGTON CALENDAR HOUSE SENIOR CENTER—July 2026 MENU

Menu items subject to change.

MONDAY RW Solutions Serving Suggested Donation \$3 up to 25 diners max— pay \$5.50 for private pay meal after limit is reached.	TUESDAY RW Solutions Serving Suggested Donation \$3 up to 25 diners max— pay \$5.50 for private pay meal after limit is reached.	WEDNESDAY Bread For Life Serving Suggested Donation \$3 Up to 33 diners max 	THURSDAY Bread For Life Serving Suggested Donation \$3 Up to 33 diners max 	FRIDAY RW Solutions Serving Suggested Donation \$3 up to 25 diners max— pay \$5.50 for private pay meal after limit is reached.
		1	2	3
		Hot Dogs, Bun, Fries, Salad, Chilled Water	Pasta, Vegetable, Sausage, Dessert, Chilled Water	Closed 4th of July Holiday
6	7	8	9	10
Chicken Bruschetta, Bruschetta Sauce, Buttered Shells, Broccoli, Garlic Bread, Nilla Wafers, 1% or Skim Milk	Breaded Chicken Breast with Honey Glaze, Red Bliss Potato, Spinach, Multigrain Bread, Apple, 1% or Skim Milk	Egg Salad Sandwich, Salad, Dessert, Chilled Water	No Bread for Life Lunch Served	Chicken Sausage, Noodles with Onions and Cabbage, Beets, Whole Wheat Bread, Rice Pudding, 1% or Skim Milk
13	14	15	16	17
Chicken Cranberry Salad, Macaroni Salad, Broccoli and Red Pepper Salad, Whole Wheat Bread, Brownie, 1% or Skim Milk	Meatloaf, Confetti Rice, Carrots, Multigrain Bread, Apple, 1% or Skim Milk	Taco, Meat, Cheese, Lettuce, Yellow Rice, Dessert, Chilled Water	Chicken Parmesan, Pasta, Fruit, Chilled Water	Fish Filet, Yellow Rice, Cilantro Lime Coleslaw, Flour Tortilla, Tartar Sauce, Watermelon, 1% or Skim Milk
20	21	22	23	24
Hamburger, Steak Fries, Spinach, Hamburger Bun, Cookies, 1% or Skim Milk	Chicken Parmesan, Penne with Marinara Sauce, Zucchini, Garlic Bread, Rice Crispy Treat, 1% or Skim Milk	Sweet and Sour Meatballs, White Rice, Vegetable, Dessert, Chilled Water	Bruschetta Chicken, Pasta, Fruit, Chilled Water	Split Pea Soup, Unsalted Crackers, Seafood Salad, Cole Slaw, French Fries, Hot Dog Roll, Cookies, 1% or Skim Milk
27	28	29	30	31
Chili, White Rice, Spinach and Kale, Dinner Roll, Cookies, 1% or Skim Milk	American Chop Suey, Peas, Italian Bread, Tropical Fruit, 1% or Skim Milk	Quiche, Hash Brown, Fruit, Chilled Water	Meatloaf, Rice, Carrots, Dessert, Chilled Water	Ground Beef Stroganoff with Egg Noodles, Broccoli and Carrots, Dinner Roll, Apple, 1% or Skim Milk