



RW Solutions Senior Community Café  
Calendar House Senior Center



# June, 2024

**MENU ITEMS SUBJECT TO CHANGE**

To Order: 860-621-6738

**Suggested Donation \$3.00**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Grilled Chicken with Marsala Sauce Buttered Ziti Italian Blend Veggies</p> <p>Whole Wheat Roll</p> <p>Peaches</p>	<p>4</p> <p>American Chop Suey Peas and Carrots</p> <p>Garlic Bread</p> <p>Tropical Fruit</p>	<p>5</p> <p>Orange Juice Omelet with Cheese, Peppers and Onions French Toast Sticks</p> <p>Birthday Cake</p>	<p>6</p> <p>Homemade Meatloaf with LS Gravy Mashed Potatoes Green Beans and Mushrooms</p> <p>Whole Wheat Bread</p> <p>Yogurt</p>	<p>7</p> <p>Escarole Bean Soup Unsalted Crackers Potato Pollock with Red Sauce Confetti Rice Broccoli Wheat Roll</p> <p>Fresh Fruit</p>
<p>10</p> <p>Hot Dog Baked Beans Mixed Veggies</p> <p>Hot Dog Roll</p> <p>Clementine</p>	<p>11</p> <p>Breaded Pollock Waffle Fries Scandinavian Blend</p> <p>Multigrain Bread</p> <p>Mango Pineapple Mix</p>	<p>12</p> <p>Tossed Salad Ranch Dressing Lasagna with Meat Sauce Italian Blend Veggies</p> <p>Garlic Bread</p> <p>Pudding with Topping</p>	<p>13</p> <p>BBQ Pork Loin Macaroni and Cheese Carrots</p> <p>Corn Bread</p> <p>Tropical Fruit</p>	<p><b>Fathers Day Special</b> 14</p> <p>Orange Juice Roast Beef with Horseradish Sauce Loaded Potatoes Broccoli</p> <p>12 Grain Bread</p> <p>Boston Cream Pie</p>
<p>17</p> <p>Meatball Sub with Mozzarella and Sauce Potato Wedges Spinach</p> <p>Sub Roll</p> <p>Tropical Fruit Cup</p>	<p>18</p> <p>Taco Mix Yellow Rice Fiesta Corn Shredded Lettuce Shredded Cheese Salsa and Sour Cream Tortilla Chips Pineapple</p>	<p><b>Juneteenth</b> 19</p> <p>Cranberry Juice Pork with Cranberry Orange Glaze Red Beans and Rice Collard Greens Corn Bread</p> <p>Red Velvet Cake</p>	<p>20</p> <p>Sliced Turkey with LS Turkey Gravy Mashed Potatoes Brussel Sprouts</p> <p>Whole Wheat Bread Fresh Fruit</p>	<p><b>Taste of the Caribbean</b> 21</p> <p>Grilled Chicken with Tropical Salsa Rice and Black Beans Cinnamon Glazed Carrots</p> <p>White Bread Coconut Rice Pudding</p>
<p>24</p> <p>Tetrazzini with Diced Chicken White Rice Broccoli &amp; Red Pepper</p> <p>Multigrain Bread</p> <p>Applesauce</p>	<p>25</p> <p>Fish Sandwich Potato Wedges Buttered Carrots with Dill Tartar Sauce</p>  <p>Hamburger Bun</p> <p>Tropical Fruit</p>	<p>26</p> <p>Tomato Florentine Soup Unsalted Crackers BBQ Grilled Chicken Breast Lemon Orzo Mixed Veggies</p> <p>Whole Wheat Roll</p> <p>Clementine</p>	<p>27</p> <p>Pork with Creamy Garlic Sauce Whole Baked Potato California Blend Veggies Sour Cream</p> <p>Wheat Roll</p> <p>Oreos</p>	<p>28</p> <p>Egg Salad German Potato Salad Carrot Raisin Salad</p> <p>Hot Dog Roll</p> <p>Jell-O with Topping</p>



The summer months are BERRY SEASON! Berries are sweet & delicious, but also abundant and cost less in summer. Studies also show that they contain nutrients called *flavonoids* which help to keep our brain cells healthy, retain our cognitive abilities, delay or prevent memory loss and lower the risk of developing Alzheimer's disease. Try to eat strawberries and blueberries at least twice a week!



**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!