

# SOUTHINGTON CALENDAR HOUSE SENIOR CENTER—SEPTEMBER 2025 MENU

Menu items subject to change.

<b>MONDAY</b> <b>RW Solutions Serving</b> <b>Suggested Donation \$3</b> <b>No maximum through</b> <b>September 30th!</b>	<b>TUESDAY</b> <b>RW Solutions Serving</b> <b>Suggested Donation \$3</b> <b>No maximum through</b> <b>September 30th!</b>	<b>WEDNESDAY</b> <b>Bread For Life Serving</b> <b>Suggested Donation \$3</b> <b>Up to</b> <b>25 diners max</b>	<b>THURSDAY</b> <b>Bread For Life Serving</b> <b>Suggested Donation \$3</b> <b>Up to</b> <b>25 diners max</b>	<b>FRIDAY</b> <b>RW Solutions Serving</b> <b>Suggested Donation \$3</b> <b>No maximum through</b> <b>September 30th!</b>
<b>CLOSED</b> 	1 2 Mac and Cheese, Stewed Tomatoes, White Bread, Cantaloupe, 1% or Skim Milk	3 Mac-Riblette, Buttered pasta or noodles, Veg, Fruit, Chilled Water	4 Grab 'n Go, Sandwich, Chips and Fruit or Dine in Room 1a/1b	5 Shepherd's Pie, Carrots, Multi Grain Bread, Cantaloupe, 1% or Skim Milk
8 Chicken Parmesan, Ziti w/Sauce, Broccoli, White Bread, Applesauce, 1% or Skim Milk	9 Taco Mix, Yellow Rice, Mexicali Corn, Salsa & Sour Cream, Shredded Cheese & Lettuce, Tortilla, Pineapple, 1% or Skim Milk	10 Eggplant Lasagna, Pasta, Dessert, Chilled Water	11 Baked Chicken, Yellow Rice, Fruit, Chilled Water	12 Breaded Pork Chop w/ Country Gravy, Corn and Black Beans, Spinach and Kale, Corn Bread, Watermelon, 1% or Skim Milk
15 Salisbury Steak w/Low Salt Gravy, Au Gratin Potatoes, Beets, Dinner Roll, Rice Crispy Treat, 1% or Skim Milk	16 Southern Chicken Stew, Meadow Blend Veggies, Biscuit, Banana, 1% or Skim Milk	17 Fish Fillet, Roasted Potatoes, Veg, Fruit, Chilled Water	18 Spinach/Egg/Feta Wrap, Dessert, Chilled Water	19 Cobb Salad w/Chicken, Bacon & Egg, Beets, Ranch Dressing, Whole Wheat Bread, Pineapple, 1% or Skim Milk
22 Grilled Chicken Marsala, Buttered Ziti w/Marsala Sauce, Italian Blend Veggies, Garlic Bread, Peaches, 1% or Skim Milk	23 American Chop Suey, Zucchini, Italian Bread, Mango & Pineapple, 1% or Skim Milk	24 Homemade Meatloaf, Gravy, Mashed Potatoes, Veg, Dessert, Chilled Water	25 Mac and Cheese with Bacon, Salad, Fruit, Chilled Water	26 Escarole Bean, Unsalted Crackers, Fish Fillet, Confetti Rice, Cali Blend Veggies, Tartar Sauce, Wheat Roll, 1% or Skim Milk
29 Hamburger, Baked Beans, Mixed Veggies, Hamburger Bun, Cookies, 1% or Skim Milk	30 Chicken Strips w/Honey Mustard Sauce, Sesame Noodles, Asian Blend Veggies, Hawaiian Roll, Mandarins, 1% or Skim Milk	<b>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.</b>		



# **SOUTHINGTON CALENDAR HOUSE SENIOR CENTER**

## **Nutrition Program Ordering Information**

(Please see reverse 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 no daily limit through September 30th!**

**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 25 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).