



Nutrition Questions?
See Below
for contact information.

RW Solutions Community Café








July, 2024



1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2 Sweet and Sour Meatballs with White Rice Oriental Blend Veggies 12 Grain Bread Mixed Fruit	3 July 4th Special Cheeseburger with Swiss Cheese Waffle Fries Brussel Sprouts Hamburger Bun Popsicle	4 Fourth of July Closed 	
	9 Shepards Pie with Ground Beef, Corn, and Mashed Potatoes Carrots Multigrain Bread Fresh Fruit	10 Tuna Salad Ziti Broccoli Salad Cucumber Salad Lettuce and Tomato Hot Dog Bun Pears	11 Vegetable Barley Unsalted Crackers Pot Roast with LS Beef Gravy Baked Potato Meadow Blend Veggies Rye Bread Happy Birthday Birthday Cake	
	16 Taco Tuesday Taco Mix Yellow Rice Mexicali Corn Shredded Cheese Shredded Lettuce Sour Cream Salsa Tortilla Chips Pineapple	17 Breaded Chicken Breast with Honey Glaze Red Bliss Potatoes Spinach  Biscuit Fresh Clementine	18 Ham with Pineapple Sauce Sweet Potatoes Brussel Sprouts White Bread Applesauce	
	23 Chicken Parmesan Penne with Marinara Sauce Brussel Sprouts Garlic Bread Pears	24 Cobb Salad with Diced Chicken, Lettuce, Tomato, Egg, Bacon, Cheese Beets Ranch Dressing Whole Wheat Bread Pineapple	25 BBQ Pork Ribette Au Gratin Potatoes California Blend Veggies Corn Bread Cookies	
	30 American Chop Suey Peas and Carrots  Garlic Bread Tropical Fruit	31 Orange Juice Omelet with Cheese French Toast Sticks Spinach Pudding	Nutrition Help is Here! Looking for advice on what or how to eat to manage a health condition? Need help deciphering nutrition-related advice from your healthcare provider? Want guidance on how to reduce salt in your diet or understand food labels? Direct your questions to Registered Dietitian Nutritionist Carmen Weber. Call RW Solutions at 203-332-3264 to request a call for free, one-one-one phone counseling.	