



RW Solutions Community Café

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August, 2024

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Do you know the 4 steps of Food Safety? If not, watch the calendar in the upcoming months for a visit from our dietitian to learn all about keeping your food safe. Please sign up ahead of time.</p> <p>All attendees get a free refrigerator thermometer!</p>		 	<p>1</p> <p>Homemade Meatloaf with LS Gravy Mashed Potatoes Green Beans and Mushrooms</p>  <p>Whole Wheat Bread</p> <p>Yogurt</p>	
<p>5</p> 	<p>6</p> <p>Breaded Pollock Waffle Fries Scandinavian Veggies Tartar Sauce</p> <p>Oatnut Bread</p> <p>Mango Pineapple Mix</p>	<p>7</p> <p>Tossed Salad Ranch Dressing Lasagna with Meat Sauce Garlic Green Beans</p> <p>Happy Birthday</p> <p>Garlic Bread</p> <p>Birthday Cake</p>	<p>8</p> <p>BBQ Pork loin Macaroni and Cheese Carrots</p> <p>Cornbread</p> <p>Tropical Fruit</p>	
	<p>13</p> <p>Taco Mix Yellow Rice Fiesta Corn Shredded Cheese Shredded Lettuce Salsa and Sour Cream Tortilla Chips</p> <p>Pineapple</p>	<p>14</p> <p>Grilled Chicken Teriyaki Sweet Potatoes Oriental Blend Veggies</p>  <p>White Bread</p> <p>Jell-O</p>	<p>15</p> <p>Sliced Turkey with LS Gravy Mashed Potatoes Brussel Sprouts</p> <p>Whole Wheat Bread</p> <p>Fresh Fruit</p> 	
	<p>20</p> <p>Fish Sandwich Potato Wedges Buttered Carrots with Dill Tartar Sauce</p> <p>Hamburger Bun</p> <p>Tropical Fruit</p>	<p>21</p> <p>Tomato Florentine Soup Unsalted Crackers Grilled BBQ Chicken Breast Lemon Orzo Mixed Veggies Cornbread</p> <p>Clementine</p>	<p>22</p> <p>Pork with Creamy Garlic Sauce Baked Potato California Blend Veggies Sour Cream</p> <p>Wheat Bread</p> <p>Oreos</p>	
	<p>27</p> <p>Meatballs with Sweet and Sour Sauce White Rice Oriental Blend Veggies</p> <p>12 Grain Bread</p> <p>Mixed Fruit</p>	<p>Labor Day Special 28</p> <p>Hot Dog Waffle Fries Broccoli Slaw</p>  <p>Hot Dog Bun</p> <p>Popsicle</p>	<p>29</p> <p>Chicken Noodle Soup Unsalted Crackers Roast Turkey with LS Gravy Mashed Potatoes Meadow Blend Veggies White Bread</p> <p>Cookie</p> 	