

RW Solutions Senior Community Café

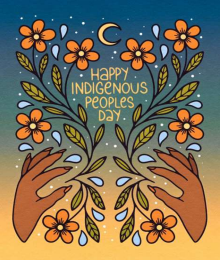
Café

October Menu

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BBQ Ribette Buttered Noodles Broccoli Wheat Bread Pears	2 Vegetable Barley Soup Unsalted Crackers Pot Roast with LS Gravy Baked Potato Meadow Blend Veggies Rye Bread Brownie	3
	7 Taco Mix Yellow Rice Salsa and Sour Cream Shredded Lettuce Shredded Cheese Tortilla Chips Pineapple	8 Oktoberest \$10 Sign up at the Desk	9 Chicken Divan Red Bliss Potatoes Summer Blend Veggies Wheat Bread Mandarins	
	14 Southern Chicken Stew Meadow Blend Veggies Biscuit Cookies	15 Fish Filet with Dill Sauce Rice Florentine Peas and Carrots Oatnut Bread Clementine	16 Breaded Pork Chop with Country Gravy Corn and Black Beans Spinach and Kale Corn Bread Banana	
	21 American Chop Suey Zucchini Italian Bread Mango Pineapple	22 Meatloaf with LS Gravy Mashed Potatoes Green Beans Whole Wheat Bread Pudding	23 Orange Juice Omelet with Mushrooms Turkey Bacon French Toast Sticks Spinach Jell-O	
	28 Chicken Strips with Honey Mustard Sauce Sesame Noodles Asian Blend Veggies Hawaiian Roll Mandarins	29 Gyro with Tzatziki Sauce Tomato and Onion Tater Tots Cucumber Dill Salad Pita Cinnamon Rice Pudding	30 Chili Brown Rice Cauliflower Shredded Cheese Cornbread Applesauce	