RW Solutions Senior Community Café

December Menu

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE **SUGGESTED DONATION $3.00-$5.00**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Pork Chopette Sweet Potatoes Spinach Rye Bread Pineapple Mango	2 Vegetable Soup Unsalted Crackers Lemon Rosemary Chicken Confetti Rice Dill Carrots Wheat Bread Mandarins	3 Homemade Meatloaf with LS Gravy Mashed Potato Green Beans and Mushrooms Dinner Roll Banana	4
	8 Swedish Meatballs Buttered Egg Noodles Meadow Blend Veggies White Dinner Roll Clementine	9 Fish Filet Herbed Couscous Zucchini and Tomato Rye Bread Tropical Fruit	10 Tossed Green Salad Italian Dressing Spaghetti with LS Meat Sauce Italian Blend Veggies Garlic Bread Birthday Cake	
	15 Orange Chicken Brown Rice Oriental Blend Veggies Fortune Cookie Multigrain Bread Pineapple	16 Cream of Broccoli Soup Unsalted Crackers Pork Riblet with Apple Gravy Mashed Potatoes Harvard Beets Multigrain Bread Banana	***Christmas Special*** 17 Stuffed Chicken Breast Roasted Red Potato Garlic Green Beans  White Dinner Roll Christmas Dessert	
	22 Meatballs with Marinara Sauce and Parmesan Cheese Tater Tots Broccoli Sub Roll Applesauce	23 Fish Taco Black Bean and Mango Salad Cilantro Lime Coleslaw Flour Tortilla Peaches	24 Chicken Tenders with Honey Mustard Tater Tots Mixed Veggies Hawaiian Roll Banana	25 **Closed** 
	29 Hamburger with Swiss Cheese Potato Wedges Baked Beans Hamburger Bun Tropical Fruit	30 Veggie and Cheese Egg Bake Hash Brown Patty Broccoli English Muffin with Jelly Fruit Cup	31 Sliced Ham with Pineapple Cherry Sauce Loaded Mashed Potatoes Brussel Sprouts White Dinner Roll Boston Cream Pie	

FOOD ALLERGY WARNING: Please be advised that our food may have come in contact or may contain peanuts, tree nuts, soy, milk, sesame, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to consumption of meals. Thank you!