RW Solutions Senior Community Café

Office

November Menu

1% or Skim milk provided
Margarine available

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 	3 Pork Chopette Sweet Potato Spinach Rye Bread Pineapple Mango Mix	4 Vegetable Soup Unsalted Crackers Lemon Rosemary Chicken Confetti Rice Dill Carrots Wheat Bread Mandarins	5 Homemade Meatloaf with LS Gravy Mashed Potatoes Green Beans and Mushrooms Dinner Roll Fruit Cup	
	10 Swedish Meatballs Buttered Noodles Meadow Blend Veggies White Dinner Roll Clementine	11 **Closed** 	12 Tossed Salad Italian Dressing Spaghetti with LS Meat Sauce Italian Blend Veggies Garlic Bread Birthday Cake	
	17 Orange Chicken Brown Rice Oriental Blend Veggies Fortune Cookie Multigrain Bread Pineapple	18 Cream of Broccoli Soup Unsalted Crackers Pork Ribette with Apple Gravy Mashed Potatoes Harvard Beets Multigrain Bread Banana	19 Roast Turkey with Stuffing and LS Turkey Gravy Mashed Cinnamon Sweet Potatoes Green Bean Almandine Cranberry Sauce Dinner Roll Pumpkin Pie	
	24 Meatball Sub with Marinara Sauce and Parmesan Cheese Tater Tots Broccoli Sub Roll Applesauce	25 Fish Taco Black Bean and Mango Salad Cilantro Lime Coleslaw Flour Tortilla Peaches	26 ***Thanksgiving*** 	27 
				

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