

RW Solutions Senior Community Café

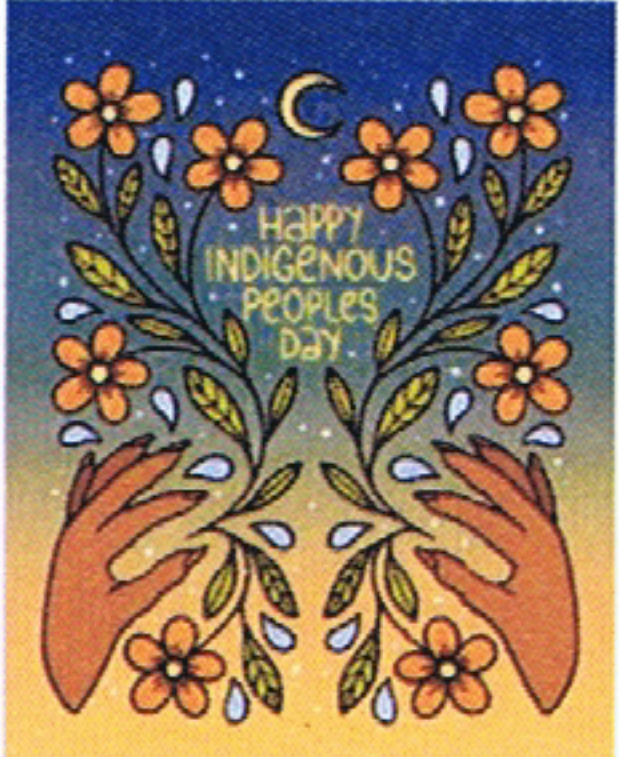
Café

October Menu

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Tomato Florentine Soup Unsalted Crackers Pot Roast with LS Gravy Baked Potato Meadow Blend Veggies Rye Bread Banana	2
	6 Jumbo Ravioli Florentine Sauce Brussel Sprouts Multigrain Bread Birthday Cake	7 Taco Mix Yellow Rice Salsa, Sour Cream Shredded Cheese Shredded Lettuce Tortilla Chips Pineapple	8 Chicken Divan Red Bliss Potatoes Summer Blend Veggies Wheat Bread Banana	
	13 Chicken and Dumplings Carrots and Peas Dinner Roll Cookie	14 Salisbury Steak with Gravy Au Gratin Potatoes Beets Dinner Roll Rice Krispie Treat	15 Sausage & Cheese Bake Tater Tots Broccoli & Red Pepper Biscuit Banana	
	20 American Chop Suey Zucchini Italian Bread Mango Pineapple Mix	21 Meatloaf with LS Gravy Mashed Potato Green Beans Whole Wheat Bread Pudding	22 Orange Juice Mushroom Omelet French Toast Sticks Turkey Bacon Spinach French Toast Sticks Banana	
	27 Chicken Strips Honey Mustard Sauce Sesame Noodles Asian Blend Veggies Hawaiian Roll Mandarins	28 Gyro Tzatziki Sauce Tomato and onion Tater tots Cucumber Dill Salad Pita Cinnamon Rice Pudding	29 Chili Brown Rice Cauliflower Shredded Cheese Cornbread Banana	Apple

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!