

RW Solutions Community Café

September, 2024

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Shepard's Pie Carrots Multigrain Bread Fresh Fruit	4 Tuna Salad Lettuce and Tomato Ziti Broccoli Salad Cucumber Salad Hot Dog Bun Pears	5 Vegetable Barley Unsalted Crackers Pot Roast with LS Gravy Baked Potato Meadow Blend Veggies Rye Bread Cantaloupe	
	10 Taco Mix Yellow Rice Mexicali Corn Salsa and Sour Cream Shredded Cheese Shredded Lettuce Tortilla Pineapple	11 Breaded Chicken Breast with Honey Glaze Red Bliss Potatoes Summer Blend Veggies  Whole Wheat Bread Birthday Cake	12 Ham with Pineapple Sauce Sweet Potatoes Brussel Sprouts White Bread Applesauce	
	17 Chicken Parmesan Penne with Marinara Brussel Sprouts Garlic Bread Pears	18 Cobb Salad with Chicken, Bacon, Egg Beets Ranch Dressing Whole Wheat Bread Pineapple	19 BBQ Ribette Au Gratin Potatoes California Blend Veggies  Cornbread Oreos	
	24 American Chop Suey Peas and Carrots  Italian Bread Tropical Fruit	25 Orange Juice Cheese Omelet Spinach French Toast Sticks Jell-O with Topping	26 Homemade Meatloaf with LS Gravy Mashed Potatoes Green Beans and Mushrooms Whole Wheat Bread Yogurt	

