

RW Solutions Senior Community Café



March Menu, 2025



1% or Skim milk provided
Margarine available

LS-Low Sodium

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	4 BBQ Chicken Macaroni and Cheese Carrots White Bread Fruited Yogurt	5 Ash Wednesday Hearty Vegetable Soup Unsalted Crackers Fish Filet Herbed Rice Tuscan Blend Veggies White Dinner Roll Mango Pineapple Mix	6 Ground Beef Stroganoff Mashed Potato Carrots Rye Bread Clementine	
	11 Crispy Chicken Sandwich Sweet Potato Tots Green Beans Tomato Mayonnaise Hamburger Bun Pineapple	12 St. Patrick's Special Grape Juice Corned Beef and Cabbage Boiled Potatoes Carrots Mustard  Rye Bread St. Patrick's Dessert	13 Salisbury Steak with LS Mushroom Gravy Mashed Potatoes Broccoli White Bread Pineapple Mango Mix	
	18 Grape Juice Taco Mix Yellow Rice Black Bean, Corn, Mango Salad Flour Tortilla Peaches	19 Meatloaf Mashed Potatoes Mixed Veggies Dinner Roll Orange	20 Sweet and Sour Pork Sesame Noodles Broccoli Wheat Bread Pudding	
	25 Salisbury Steak LS Beef Gravy Herbed Couscous Geneva Blend Veggies Dinner Roll Pears	26 Baked Potato with Chili Tuscan Blend Veggies Cheddar Cheese Wheat Roll Brownie	27 Chicken Parmesan Ziti with Marinara Sauce Italian Blend Veggies White Bread Cookies	
				

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!