


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SERVING SIZES Grains – 2 ounces Vegetables – ½ cup Fruits – ½ cup Protein – 3 ounces Dairy – 1 cup</p>	<p>1 HAPPY NEW YEAR! SENIOR SERVICES, INC CLOSED</p>	<p>2 Navy Bean Soup BBQ Pulled Chicken Sandwich on Wheat/Cole Slaw Green Beans, Fruit OR Egg Salad on Wheat</p>	<p>3 Minestrone Meatloaf w/ Gravy Mashed Potato, Wax Beans Brownie OR Chicken Salad on Wheat Roll</p>	<p>4 Lentil Soup Chicken Marsala Mashed Cauliflower Sliced Carrots Fruit OR Roast Beef on Bulkie</p>
<p>7 Split Pea Soup Shepherd’s Pie Mashed Potato Whole Grain Biscuit Pound Cake OR BLT on Wheat</p>	<p>8 Escarole & Bean Soup Pepper Steak Mashed Sweet Potato Cauliflower Jell-O OR Greek Salad w/ Chicken</p>	<p>9 Chicken Soup Pork w/Stir Fry Veggies Rice Pilaf Eggroll Fruit Cup OR Cheeseburger on Wheat</p>	<p>10 Fresh Fruit Chicken Stew w/ Potatoes and Veggies Tossed Salad/ Wheat Roll Lorna Doone Cookie OR Ham Club on Wheat</p>	<p>11 Vegetable Noodle Soup Tomato Mac and Cheese w/ Whole Wheat Pasta Roasted Zucchini & Breadstick Fruit OR Meatball Grinder</p>
<p>14 Minestrone Chicken w/ Brown Gravy & Veggies Mashed Potato Peas /Whole Wheat Roll Pudding OR Seafood Salad on Wheat</p>	<p>15 Barley and Lentil Soup Pork Chop w/ Sauce Roasted Potato Spinach Fruit OR Chef’s Salad</p>	<p>16 Fresh Fruit Chili Tossed Salad Whole Grain Cornbread Oatmeal Raisin Cookie OR Pastrami Rueben on Rye</p>	<p>17 Cream of Broccoli Soup Roasted Turkey w/ Gravy Stuffing, Peas & Carrots Coffee Cake OR Sausage Sandwich on Wheat Roll</p>	<p>18 White Bean Soup Ground Beef Roll Up w/ Lettuce and Sour Cream/ Wheat Tortilla Rice, Mixed Veg, Fruit Cup OR Chicken Sandwich on Wheat Roll</p>
<p>21 Martin Luther King, Jr. Day Meal Sites Closed</p>	<p>22 Tomato Soup Lasagna Roasted Zucchini Italian Bread Fruit OR Tuna Salad on Wheat Roll</p>	<p>23 Pasta Fagioli Italian Seasoned Chicken Drumsticks Roasted Potato / Broccoli Whole Wheat Roll Chocolate Cake OR Cobb Salad</p>	<p>24 Vegetable Stew Liver and Onions Mashed Potato Green Beans Brownie OR Italian Grinder</p>	<p>25 Lentil and Barley Soup Monte Cristo Sandwich on Whole Grain French Toast Cucumber Salad Baked Chips, Fruit OR Turkey Club on Wheat</p>
<p>28 Cream of Mushroom Soup Beef and Broccoli Garlic Noodles Tomato Salad Fruit OR Ham and Swiss on Wheat</p>	<p>29 Vegetable & Bean Soup Chicken and Sausage w/ Sauce Roasted Potato Baby Carrots Jell-O OR Seafood Salad Plate</p>	<p>30 Kale and Bean Soup Fish Bake w/ Red Sauce Potato Creamed Spinach Whole Wheat Roll, Fruit OR Corned Beef & Cheese on Wheat</p>	<p>31 Italian Wedding Soup Italian Beef Sandwich on Whole Wheat Sub Roll, Potato Wedges Peas and Carrots Pudding OR Chicken Caesar Salad w/ Chicken</p>	

WELCOME!

Our suggested donation is \$3.00 per meal.

The menu is subject to change without notice.

All menu items may contain nuts, seeds, beans, wheat, bran and other potential allergens.

Please call the meal site you wish to attend to reserve your meal!

EBT Cards are accepted at Social Street site!

Call 766-3734 for information.

****PLEASE NOTE:** Per directive from the RI Division of Elderly Affairs and the RI Dept. of Health, Senior Services Inc. cannot allow any perishable foods to leave the congregate meal site.