

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<u>SERVING SIZES</u> Grains – 2 ounces Vegetables – ½ cup Fruits – ½ cup Protein – 3 ounces Dairy – 1 cup		1 Cream of Broccoli Soup Honey Glazed Chicken Potato Salad Sliced Carrots, Sliced Melon OR Egg Salad on Wheat
4 Lentil Soup Sloppy Joe on Wheat Roll Three Bean Salad Sliced Roasted Potato Pudding OR BLT on Wheat	5 Escarole and Bean Soup Pasta Bolognese w/ Wheat Pasta Tossed Salad, Italian Bread Fruit Cup OR Turkey & Swiss on Wheat	6 N.E. Clam Chowder Fish Bake w/ Red Sauce Carrot Salad Brown Rice Pilaf Jell-O OR Italian Grinder	7 Tomato Soup Open Turkey Sandwich w/Gravy Stuffing Mashed Potato Chocolate Chip Cookie OR Sausage & Pepper Sandwich	8 Minestrone Soup Stuffed Shells Caesar Salad Breadstick Fruit Cup OR Tuna Salad Plate
11 Split Pea Soup BBQ Pulled Chicken Sandwich on Wheat Roll Cole Slaw Pudding OR Chef's Salad	12 Cottage Cheese w/Peaches Scrambled Eggs Ham Hash w/ Potatoes Whole Grain Waffle w/ Syrup	13 Chicken & Vegetable Noodle Soup Sweet and Sticky Beef Garlic Noodles, Egg Roll Fig Newton Cookies OR Chicken Salad on Wheat	14 <u>ST. PATRICK'S DAY MEAL</u> Potato & Leek Soup Corned Beef w/Cabbage, Carrots & Potatoes Irish Soda Bread Holiday Dessert	15 White Bean Soup Fish Cake w/ Sauce Mixed Veg Brown Rice Salad, Fruit Salad OR Meatball Grinder on Wheat Roll
18 Cream of Mushroom Soup Chicken Cacciatore Pasta Salad w/ Veggies Garlic Bread Oatmeal Raisin Cookie OR Ham & Provolone on Wheat	19 Italian Wedding Soup Beef Bracciole Mashed Potato Mixed Veg /Wheat Roll Yellow Cake OR Chicken Salad on Wheat	20 White Bean Soup Roasted Chicken Drumstick Greek Cucumber Salad Wild Rice Jell-O OR Pastrami Rye on Rye	21 Chicken & Escarole Soup Meatball & Pepper Sandwich on Wheat Roll Potato Salad, Chips Fruit Cup OR Cobb Salad	22 Fruit Cup Vegetarian Chili Roasted Zucchini Whole Grain Corn Bread Pudding OR Seafood Salad Plate
25 Kale and Bean Soup Shepherd's Pie Mashed Potato Whole Grain Biscuit Fruit Cup OR BBQ Chicken Sandwich	26 Mushroom Barley Roasted Pork Loin w/Gravy Sweet Potato Hash Baby Carrots Pudding OR Roast Beef Club on Wheat	27 100% Fruit Juice Chicken w/ Gravy Stuffed Pepper Tomato & Cheese Focaccia Lorna Doone Cookies OR Turkey & Provolone on Wheat	28 Chicken & Vegetable Soup Pot Roast w/ Gravy Mashed Potato Green Beans Brownie OR Tuna Salad on Wheat	29 Red Clam Chowder Fish and Chips Cole Slaw Whole Grain Cornbread Fruit Cup OR Cheeseburger on Wheat

**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.