

Please call the meal site if you wish to attend and reserve your meal! EBT cards are accepted at the Social Street site!
Call 766-3734 for information.
The menu is subject to change without notice

September 2019

OCEAN STATE SENIOR CAFÉ DINING
SENIOR SERVICES, INC.
84 SOCIAL STREET
WOONSOCKET, RI 02895
401-766-3734


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p>  <p>Labor Day</p>	<p>3 LABOR DAY MEAL Tomato Soup Bacon Cheeseburger Roasted Potato Tossed Salad/ Wheat Roll Éclairs Ham and Swiss on Wheat</p>	<p>4 Fruit Salad Chicken Cacciatore Green Beans Wild Rice (Whole Grain) Jell-O Tuna Salad Sandwich on Wheat</p>	<p>5 Split Pea Soup Pork Chop w/ Red Sauce Mashed Cauliflower Sliced Carrots/ Wheat Roll Pudding Greek Salad w/ Chicken</p>	<p>6 Berry and Mango Salad Sausage and Pepper Sandwich (WW Roll) Peas Chips Fruit Cup Seafood Salad on Wheat</p>
<p>9 Navy Bean Soup Shepherd's Pie Mashed Potatoes Wheat Biscuit Fruit Salad Turkey Club</p>	<p>10 Caprese Salad Ravioli w/Meat Sauce(Beef) Mixed Veg Whole Wheat Roll Brownie Roast Beef on Bulkie</p>	<p>11 Vegetable Noodle Soup Crab Cakes Cole Slaw Wax Beans Fruit Cup Cobb Salad</p>	<p>12 Cream of Mushroom Soup Chicken Piccata Roasted Potato Brussel Sprout Coffee Cake Egg Salad on Wheat</p>	<p>13 Tossed Salad Pork Tacos w/ Pineapple Salsa Rice / WG Tortilla Pinto Beans Fruit Cup Meatball Grinder</p>
<p>16 Minestrone Soup Greek Chicken Drummie Macaroni Salad Peas and Carrots Fruit Salad Cheeseburger on Wheat Roll</p>	<p>17 Apple Cranberry Salad Roast Beef w/ Gravy Potato Wedges Roasted Zucchini w/ Tomato Oatmeal Raisin Cookie Italian Grinder</p>	<p>18 Chicken Escarole Soup Spaghetti and Meatballs Wax Beans Italian Bread Fruit Cup Tuna Club on Wheat</p>	<p>19 Kale and Bean Soup Stuffed Chicken Boneless Thigh(Seafood Stuffing)w/Gravy Mashed Potato/Broccoli Lorna Doone Cookie Chef Salad</p>	<p>20 Red Clam Chowder Fish Sandwich (WW Roll) Cole Slaw Pasta Salad Fruit Salad Pastrami Rubeen on Rye</p>
<p>23 Mushroom Barley Soup Chicken Marsala Rice Pilaf Spinach/ Wheat Roll Jell-O Sausage and Pepper Sandwich</p>	<p>24 BIRTHDAY PARTY MEAL Italian Wedding Soup Pot Roast w/Gravy Mashed Potato Green Beans/ WW Roll Cake Chicken Salad on Wheat Roll</p>	<p>25 Fresh Fruit Italian Chicken Cauliflower Green Cucumber Salad Cookies Seafood Salad Plate</p>	<p>26 100% Juice Scrambled Eggs Home Fries Bacon and Sliced Ham WG French Toast w/ Syrup</p>	<p>27 Vegetable Soup Sticky Chicken Thighs Bean Salad Baby Carrots Brownies Egg Salad Plate</p>
<p>30 Tomato Soup Pork Chop Suey Garlic Noodles Eggroll Pudding BBQ Chicken Sandwich</p>		<p>SERVING SIZES Grains – 2 ounces Vegetables – ¾ cup Fruits – ¾ cup Protein – 3 ounces Dairy – 1 cup</p>	<p>Suggested donation is \$3.00 per meal Thank you for your donations. Donations help to maintain the meal program. All menu items may contain nuts, seeds, beans, wheat, bran, and other potential allergens. ***Please note: Per directive from the RI Office of Healthy Aging and the RI Department of Health, Senior Services, Inc. cannot allow any perishable foods to leave the congregate meal site.</p>	

