


Suggested donation is \$3.00 per meal.

Thank you for your donation!

January 2020

MENU SUBJECT TO CHANGE

Meal site orders need to be submitted by Wednesday for the following week. Orders can be placed by contacting Ashley Metcalfe at 401-268-1592.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| <p><u>All menu items may contain nuts, seeds, beans, wheat bran & other allergens. Please inform our staff of any food allergies when placing your order.</u></p> | <p>Funded in part by the U.S. Administration on Aging and state funds through the Rhode Island Office of Healthy Aging.</p> | <p>1 CLOSED - HOLIDAY Meals are created by Encore Catering of Warwick. Please speak to the Dining Room Manager for questions or comments about the meals.</p> | <p>2 Minestrone Soup Meatball Stroganoff Mashed Potatoes Wax Beans Brownie (Turkey Club on Wheat)</p> | <p>3 Lentil Soup BBQ Chicken Sandwich Cole Slaw Sliced Carrots Fruit Cup (Roast Beef on a Bulkie Roll)</p> |
| <p>6 Split Pea Soup Chicken Stew Mashed Potatoes Whole Grain Roll Cookie (BLT on Wheat)</p> | <p>7 Escarole & Bean Soup Pepper Steak Rice Pilaf Cauliflower Cake (Greek Salad with Chicken)</p> | <p>8 Vegetable Barley Soup Ravioli with Meat Sauce Tossed Salad Italian Bread Jell-O (Seafood Salad on Wheat)</p> | <p>9 Chicken Soup Sausage with Peppers & Potatoes Spinach Whole Wheat Roll Pudding (Chef Salad)</p> | <p>10 White Bean Soup Chicken & Rice Roasted Zucchini Fruit Cup (Tuna Salad on Wheat)</p> |
| <p>13 Cream of Broccoli Soup Thanksgiving Sandwich with Cranberry Sauce, Stuffing & Gravy Green Beans Fresh Fruit (Meatball Grinder)</p> | <p>14 Mushroom Barley Soup Spaghetti & Meatballs Caprese Salad Whole Wheat Roll Cake (Chef Salad)</p> | <p>15 Fresh Fruit Salad Fish Stew Tomato Salad Whole Grain Cornbread Brownie (Pastrami Reuben on Rye)</p> | <p>16 Navy Bean Soup Pub Burger on a Wheat Roll Brussel Sprouts Pasta Salad Jell-O (Sausage & Pepper Sandwich)</p> | <p>17 Kale & Bean Soup Breaded Chicken Thigh with Gravy Mixed Vegetables Whole Grain Wild Rice Fruit Cup (Cobb Salad)</p> |
| <p>20 CLOSED - HOLIDAY SERVING SIZES: Dairy - 1 cup Fruits - 3/4 cup Grains - 1/4 cup Protein - 3 ounces (cooked) Vegetables - 3/4 cup</p> | <p>21 Tomato Soup Chicken & Potatoes with Ragu Sauce Baby Carrots Whole Wheat Roll Fruit (Ham & Provolone on Wheat)</p> | <p>22 Minestrone Soup Pork Chop with Red Sauce Mashed Cauliflower Broccoli Pudding (BBQ Chicken Sandwich)</p> | <p>23 Italian Wedding Soup Liver & Onions Sweet Potatoes Peas & Onions Cake (Italian Grinder)</p> | <p>24 Vegetable Noodle Soup Chinese BBQ Ribs Vegetable Lo Mein Eggroll Fresh Fruit (Seafood Salad Plate)</p> |
| <p>27 Cream of Mushroom Soup Baked Manicotti Mixed Vegetables Italian Bread Fruit Cup (Cheeseburger on Wheat)</p> | <p>28 Fruit Salad Beef Stew Tossed Salad Biscuit Pudding (Chicken Cesar Salad)</p> | <p>29 Red Clam Chowder Fish Cake French Fries Cole Slaw Cookie (Egg Salad Plate)</p> | <p>30 BIRTHDAY MEAL!  Chicken & Escarole Soup Pot Roast with Gravy Green Beans & Potatoes Cup Cake (Turkey & Swiss on Wheat)</p> | <p>31 Venus de Milo Soup Chicken Enchiladas Rice & Beans Fruit Cup (Tuna Club on Wheat)</p> |