

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
6 BBQ Chicken Drumstick Sloppy Joe On Wheat Bun Potato Salad Baby Carrots Pound Cake OR Spinach Salad	7 Creamy Tomato Soup Chicken Pot Pie w/Peas & Carrots Mashed Potatoes Whole Wheat Biscuit Lorna Doone Cookie OR Seafood Salad on Wheat Roll	1 Vegetable Soup Low Sodium Hot Dog Baked Beans Cole Slaw/Brown Bread Fruit OR Chicken Salad on Wheat Roll	2 Escarole and Bean Soup Bruschetta Chicken (Tomato and Cheese) Roasted Potato Green Beans Brownie OR Cobb Salad	3 Fish Chowder Ribs Spinach Baked Beans Cookie OR Egg Salad Plate
13 <i>Veterans Day CLOSED</i>	14 N.E. Clam Chowder Fish Bake (Peppers, Onions, Potatoes) Rice Salad Pudding OR Antipasto Salad	8 Tossed Salad Mac and Cheese w/ Peas and Ham(Whole Wheat Pasta) Stuffed Zucchini Fruit OR Turkey and Swiss on Bun/Buie	9 VETERANS DAY MEAL Bean and Lentil Soup Roasted Pork Loin w/Gravy Mashed Potatoes Buttered Corn/Whole Grain Biscuit Coffee Cake OR Chef's Salad	10 <i>PIZZA DAY</i>
20 Parfait w/ Fruit, Yogurt Scrambled Eggs Home Fries Homemade Sausage Patty Whole Grain French Toast w/ Syrup	21 Tortellini Soup Veal Marsala Mashed Potato Green Beans Whole Wheat Roll Cake OR Tuna Salad Plate	15 Italian Wedding Soup Beef Stroganoff Buttered Wheat Pasta Brussel Sprouts Fruit OR Mixed Green Salad w/Chicken	16 THANKSGIVING MEAL Creamy Winter Squash Soup Turkey w/ Gravy Roasted Potato Stuffing, Cranberry Sauce Roasted Green Beans and Carrots Apple Strudel	17 Cream of Broccoli and Potato Soup Chicken Kabobs (2) Wild Rice Greek Bean Salad Fruit OR Turkey Ruben on Rye
27 Mushroom Barley Soup Penne Pasta w/Meat Ragù Sliced Carrots Whole Grain Breadstick Fruit OR Greek Salad w/ Chicken	21 Tortellini Soup Veal Marsala Mashed Potato Green Beans Whole Wheat Roll Cake OR Tuna Salad Plate	22 Black Bean Soup Grilled Chicken w/ Cilantro and Lime Cream Sauce Spanish Rice/Carrot Salad Fruit OR Ham and Cheese on Wheat	23 Happy Thanksgiving Senior Services, Inc. Closed	24 Day After Thanksgiving Senior Services, Inc. Closed
28 Mushroom Barley Soup Penne Pasta w/Meat Ragù Sliced Carrots Whole Grain Breadstick Fruit OR Greek Salad w/ Chicken	28 Split Pea Soup Honey Glazed Chicken Pasta Salad w/ Veggies Wax Beans Pudding OR Italian Grinder	29 Red Clam Chowder Fish and Chips Cole Slaw Fruit OR Turkey Club on Wheat	30 Minestrone Soup Beef Bourguignon Parsley Potatoes Peas Whole Grain Corn Bread Chocolate Cake OR Caesar Salad w/ Chicken	

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.

SERVING SIZES

Grains – 2 ounces
Vegetables – ½cup
Fruits – ½ cup
Protein – 3 ounces
Dairy – 1 cup

****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.