

SENIOR SERVICES, INC.

OCEAN STATE SENIOR CAFÉ DINING

SEPTEMBER 2017

84 SOCIAL STREET, WOONSOCKET, RI 02895

401-766-3734

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Hello September!</i></p>				<p>1 NE Clam Chowder Fish Cake w/ Tartar Sauce Cole Slaw/ Wheat Roll Spinach Pineapple Chunks OR Chef Salad</p>
<p>4 LABOR DAY SENIOR SERVICES, INC. CLOSED</p>	<p>5 Escarole and Bean Soup Roman Style Chicken Roasted Potatoes Baby Carrots Pudding OR Chicken Caesar Salad <i>No Bingo</i></p>	<p><i>Bingo!</i> 6 Tossed Salad Whole Wheat Pasta Bolognese Focaccia Bread w/Tomato and Cheese Fresh Fruit OR Turkey and Swiss on Multigrain</p>	<p>7 Fresh Fruit Veal Parm Pasta w/Red Sauce Mixed Vegetable Oatmeal Raisin Cookie OR Tuna Salad Plate</p>	<p>8 French Onion Soup Teriyaki Beef Tips Vegetable Lo Mein Egg Roll Fruit Salad OR BLT on Wheat</p>
<p>11 Tomato Soup Steak and Cheese Sandwich Wheat Roll, Curly Fries Broccoli, Fresh Fruit OR Ham & Cheese on Wheat Roll</p>	<p>12 Vegetarian Chili BBQ Baby Back Ribs Sweet Mashed Potato Corn Bread, Brownie OR Roast Beef on Bulkie</p>	<p>13 Fresh Fruit Pesto Chicken (Nutless) Parmesan Risotto Green Beans Pound Cake OR Cobb Salad</p>	<p>14 Chicken Soup Shepherd's Pie Mashed Potato Biscuit Jell-O OR Chicken Salad on Wheat</p>	<p>15 Mexican Rice and Bean Soup Fish Tacos w/Lettuce and Tomato Tortilla Chips w/ Corn Salsa Cauliflower Fruit Salad</p>
<p>18 Mushroom Barley Soup Bacon Cheese Burger/Wheat Roll Roasted Zucchini Tossed Salad Chocolate Chip Cookie OR Turkey and Cheese on Bulkie</p>	<p>19 Vegetable Stew BBQ Chicken Thighs Mashed Potato Sliced Carrots Multi Grain Biscuit Hand Fruit OR Italian Grinder</p>	<p>20 Strawberry Mango Salad Spinach and Mushroom Mac & Cheese Broccoli and Cauliflower Pudding OR Turkey Reuben on Rye</p>	<p>21 Baked Potato Soup Pork Chop w/ Applesauce Brussel Sprouts Caprese Salad Coffee Cake OR Stuffed Tomato w/ Tuna</p>	<p>22 Spinach and Beet Salad Cod Piccata Wild Rice Peas and Onions Fruit OR Egg Salad on Roll</p>
<p>25 Iceberg Wedge Salad Baked Pasta w/ Cheese, Sausage and Meatballs Peas and Carrots Garlic Bread, Fruit OR Seafood Salad on Wheat</p>	<p>26 Italian Wedding Soup Chicken Marsala Roasted Potato Green Bean Cake OR Ham Salad Plate</p>	<p>27 Fresh Fruit Turkey Stew Tossed Salad Biscuit Brownie OR Tuna Salad on Wheat</p>	<p>28 Minestrone Soup Veal and Peas Roasted Potato Whole Wheat Roll Fruit Salad OR Roast Beef on Bulkie</p>	<p>29 Tom Yum Soup Korean Pulled Chicken Sandwich Cole Slaw Spinach Pudding OR Waldorf 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.

SERVING SIZES

Grains – 2 ounces
Vegetables – ½ cup
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.