



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Cream of Mushroom Soup Oven Fried Chicken Cole Slaw, Spinach Pudding OR Tuna Club on Wheat	2 Navy Bean Soup Fish Sandwich on Wheat Roll Potato Wedges, Broccoli Whole Fruit OR Greek Salad w/ Chicken
5 Minestrone Soup Sloppy Joe on Wheat Roll Three Bean Salad Green Peas Fruit Cup OR BLT on Wheat	6 Vegetable and Noodle Soup Roasted Turkey w/ Gravy Mashed Potatoes Stuffing Jell-O OR Chef'S Salad	7 Fruit Salad Beef Stew Tossed Salad Whole Grain Biscuit Pudding OR Chicken Caesar Salad	8 Kale and Bean Soup Cheese Ravioli w/ Meat Sauce, Baby Carrots Spinach Bruschetta Lorna Doone Cookies OR Seafood Salad on Wheat	9 RI Clam Chowder Fish Bake w/ Potatoes & Corn Green Beans Whole Wheat Roll Fresh Fruit OR Chicken Salad Plate
12 Split Pea Soup Greek Style Chicken Lemon Roasted Potatoes Sliced Carrots /Whole Wheat Roll /Jell-O OR Turkey & Swiss on Wheat Roll	13 Chicken Soup Beef Stroganoff Buttered Whole Wheat Pasta Mixed Veg Whole Fruit OR Tuna Salad Plate	14 Creamy Tomato Soup Beef Tacos w/ Lettuce/ Sour Cream Black Bean Salad Pudding OR Italian Grinder	15 ST. PATRICK'S DAY MEAL! Potato & Leek  Soup Corned Beef w/Cabbage, Carrots & Potatoes Irish Soda Bread Dessert	16 BIRTHDAY CAKE DAY! Lentil Soup Bruschetta Cod Cauliflower & Broccoli Brown Rice Salad, Fruit Cup OR Meatball Grinder on Wheat Roll
19 Tortellini Soup Chicken Parm Whole Wheat Pasta w/ Red Sauce Roasted Eggplant, Pudding OR Ham & Provolone on Wheat	20 Escarole and Bean Soup Baked Ham w/ Gravy Roasted Sweet Potatoes Peas and Onions Fruit Cup OR Corned Beef Rubeen on Rye	21 Cream of Broccoli Soup Roasted Chicken Pieces Mashed Potatoes Brussel Sprouts/WW Roll Jello-O OR Spinach Salad w/ Chicken	22 French Onion Soup Teriyaki Pork Vegetable Lo Mein Eggroll Fresh Fruit OR Turkey Club on Wheat	23 Roasted Cauliflower Soup Tomato Mac & Cheese Roasted Zucchini Whole Wheat Roll Whole Fruit OR Cheeseburger on Wheat Roll
26 Brunch Fresh Fruit Scrambled Eggs Bacon and Sausage Home Fries Pancakes w/ Syrup	27 Italian Wedding Soup Chicken Marsala Mashed Potato/Green Bean Whole Wheat Roll Pudding OR Egg Salad on Wheat Roll	28 Baked Potato Soup Roast Beef Sandwich on Wheat Roll Onion Rings Fruit Cup OR Chef'S Salad	29 Black Bean Soup BBQ Chicken Quesadilla Tossed Salad Spanish Rice Jell-O OR Italian Grinder	30 Chicken Soup Brisket w/Gravy Mashed Potato Broccoli/Whole Wheat Roll Fruit Cup OR Seafood Salad Plate

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.