

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
3 LABOR DAY SENIOR SERVICES, INC. CLOSED	4 Escarole and Bean Soup Cranberry Balsamic Chicken Roasted Potato Baby Carrots, Cookies OR Meatball Sandwich on Wheat	5 BINGO Tomato Soup Stuffed Shells, Green Beans, Wheat Garlic Bread, Fruit OR Tuna Salad Sandwich on Wheat	6 Chicken Soup Beef Bourguignon w/ Potatoes and Vegetables Tossed Salad, Whole Grain Corn Bread, Pudding OR Turkey and Swiss on Wheat	7 White Beans with Bread Cod Florentine, Cauliflower, Brown Rice Pilaf Fruit OR Chef's Salad
10 Mushroom Barley Soup Chicken Pot Pie Mashed Potatoes Wheat Biscuit, Fruit OR BLT on Wheat	11 Caesar Salad Cheese Lasagna w/ Meat Sauce Roasted Zucchini Whole Wheat Roll, Jell-O OR Seafood Salad on Wheat	12 Closed VOTE	13 Kale and Bean Soup Roast Beef w/ Gravy Mashed Cauliflower Sliced Carrots Coffeecake OR Chicken Caesar Salad	14 Hummus w/Pita Chips Chicken Kabobs w/ Veggies Rice Florentine Tomato Salad Fruit OR Cheeseburger on Wheat
17 Vegetable Soup Meatball & Sausage Sandwich on Whole Wheat Roll Cole Slaw/Chips Fruit OR Spinach Salad w/ Chicken	18 Strawberries & Mango Salad Oven Fried Chicken Mashed Potato Brussel Sprouts Pudding OR Roast Beef on Bulkie	19 Red Clam Chowder Fish Sandwich on Wheat Roll Pasta Salad Spinach Fruit OR Italian Grinder	20 Split Pea Soup Chicken Marsala Roasted Potato Broccoli Chocolate Cake OR Stuffed Tomato w/Tuna	21 French Onion Soup Brisket Tacos w/Salsa Brown Rice/Corn Whole Grain Tortilla Fruit OR Italian Grinder
24 Tossed Salad Mac & Cheese w/ Ham and Peas Roasted Eggplant Whole Wheat Roll Fruit OR Egg Salad on Wheat	25 BIRTHDAY PARTY MEAL! Italian Wedding Soup Pot Roast w/ Gravy Mashed Potato, Green Beans, Cake OR Turkey Club on Wheat	26 Fresh Fruit BBQ Chicken Thighs Macaroni Salad, Carrot Salad Whole Wheat Roll, Pudding OR Seafood Salad Plate	27 Minestrone Soup Meat Pie Roasted Sweet Potato Baby Carrots Lorna Doone Cookies OR Greek Salad w/ Chicken	28 Roasted Cauliflower Soup Fish Bake w/ Potatoes and Corn Baked Beans, Whole Wheat Roll Fruit OR Chicken 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.**