

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 ESCAROLE BEAN SOUP SPAGHETTI & MEATBALLS OR CHEF'S SALAD W/ ROAST BEEF ITALIAN GREEN BEANS CHOCOLATE PUDDING	2 NEW ENGLAND CLAM CHOWDER CHEESEBURGER OR CHICKEN PATTY ON A ROLL LETTUCE & TOMATO POTATO SALAD FRESH FRUIT
5 MINISTRONE SOUP PEPPER STEAK OR CHEF SALAD W/ SMOKED TURKEY HOMESTYLE MASHED POTATOES GREEN BEANS JELLO	6 VEGETABLE GUMBO SOUP CREOLE CHICKEN OR CHEF'S SALAD W/ EGG SALAD HERB BROWN RICE CORN W/ RED PEPPERS PEARS	<i>Pizza Party</i> ORANGE JUICE DANISH CHEESE OMELET SAUSAGE PATTY HOMEPRIES FRESH MELON	8 BEEF BARLEY SOUP CHICKEN MARSALA OR CHEF'S SALAD W/ LO-SODIUM HAM SALAD TOMATO BASIL RICE PEAS & CARROTS PINEAPPLE	9 MANHATTAN CLAM CHOWDER SALMON PIE OR SLICED CHICKEN SANDWICH W/ CHIPS COLESLAW TAPIOCA PUDDING
12 BEEF VEGETABLE SOUP CHICKEN SUPREME OR CHEF'S SALAD W/ ROAST BEEF HERBED RICE PILAF GREEN BEANS MANDARIN ORANGES	13 NAVY BEAN SOUP DINNER ROLL SHEPHERDS PIE OR CHEF'S SALAD W/ SEAFOOD SALAD PEAS & ONIONS JELLO	14 FRENCH ONION SOUP W/ CROUTONS ROAST CHICKEN L'ORANGE OR CORNED BEEF SANDWICH FLORENTINE RICE CARROTS BUTTERSCOTCH PUDDING	15 CHICKEN NOODLE SOUP LO-SODIUM BAKED HAM W/ PINEAPPLE GLAZE OR CHEF'S SALAD W/TURKEY BAKED SWEET POTATO BROCCOLI AU GRATIN TROPICAL FRUIT	16 NEW ENGLAND CLAM CHOWDER BAKED COD W/ WHITE WINE SAUCE OR TUNA SALAD SANDWICH HERBED RICE PILAF SPINACH LEMON PUDDING
19 TOMATO PASTA SOUP SWISS STEAK OR CHEF'S SALAD W/CHICKEN SALAD HOMESTYLE MASHED POTATOES GREEN BEANS JELLO	20 KALE & BEAN SOUP MEATLOAF OR CHEF'S SALAD W/ LO-SODIUM HAM EGG NOODLES SEASONED BUTTERNUT SQUASH PEACHES	21 LARGE GARDEN SALAD HEARTY BEEF STEW OR SLICED CHICKEN SANDWICH BISCUIT BANANA PUDDING	22 CREAM OF BROCCOLI SOUP YANKEE POT ROAST OR CHEF'S SALAD W/ TUNA SALAD BAKED POTATO W/ SOUR CREAM GLAZED CARROTS BROWNIE & ICE CREAM CHRISTMAS LUNCHEON!	23 MANHATTAN CLAM CHOWDER DYNAMITE OR SMOKED TURKEY ON A ROLL CHIPS 3 BEAN SALAD RICE PUDDING
26 MERRY CHRISTMAS! SENIOR SERVICES CLOSED	27 TOMATO SOUP SWEDISH MEATBALLS OR CHEF'S SALAD W/CORNED BEEF HOMESTYLE MASHED POTATOES ZUCCHINI & TOMATO VANILLA PUDDING	28 SPLIT PEA SOUP LOW SODIUM HOT DOG OR TURKEY SANDWICH BAKED BEANS COLESLAW JELLO W/ FRUIT	29 CORN CHOWDER BBQ RIBS OR CHEF'S SALAD W/ EGG SALAD MACARONI AND CHEESE MIXED VEGETABLES MARBLE PUDDING	30 NEW ENGLAND CLAM CHOWDER FRENCH MEAT PIE OR SEAFOOD SALAD ROLL W/ CHIPS MARINATED BEETS CHOCOLATE CHIP COOKIE HAPPY NEW YEAR!

WELCOME!

Our suggested donation is \$3.00 per meal.

The menu is subject to change without notice. Bread and butter are included with every meal.

All menu items may contain nuts, seeds, beans, wheat, bran and other potential allergens.

Please call the mealsite you wish to attend to reserve your meal!

EBT cards are accepted!

Call 766-3734 for information

This menu has been reviewed by Melissa Holmes, Registered Dietician URI Supplemental Nutrition Assistance Program

****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.**