

OCEAN STATE SENIOR CAFÉ DINING

JANUARY 2018

SENIOR SERVICES, INC.
84 SOCIAL STREET, WOONSOCKET, RI 02895
401-766-3734

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  SENIOR SERVICES, INC CLOSED	2 Tomato Soup Chicken Pot Pie Mashed Potatoes Whole Wheat Biscuit, Jell-O OR Turkey and Swiss on Wheat Roll	3 Italian Wedding Soup Bolognese w/ Whole Wheat Pasta Tossed Salad, Garlic Bread, Fruit OR Roast Beef Sandwich on Bulkie	4 Minestrone Soup Bacon Cheeseburger on Wheat Roll, French Fries Broccoli Coffee Cake OR Chicken Cesar Salad	5 Vegetable Soup Lemon Parmesan Cod Brown Rice Florentine Baby Carrots Fruit OR Chef's Salad
8 Lentil Soup Pesto Chicken Parmesan Risotto Cauliflower/Whole Grain Roll Pudding OR BLT on Wheat	9 Chicken & Rice Soup Meatball & Pepper Sandwich on Whole Wheat Roll 3-Bean Salad, Whole Fruit OR BLT on Wheat	10 Escarole and Bean Soup Greek Style Chicken Roasted Lemon Potatoes Green Beans Fruit OR Egg Salad on Wheat	11 Cream of Mushroom Soup Pastrami Reuben Sandwich on Rye Cole Slaw Baked Potato Chips Chocolate Cake OR Tuna Club on Wheat	12 Tossed Salad Tomato Mac and Cheese w/Whole Wheat Pasta Roasted Zucchini, Breadstick Brownie OR Ham and Provolone on Wheat Roll
15 Martin Luther King, Jr. Day SENIOR SERVICES, INC. CLOSED	16 Tomato Soup Chili Dogs (Low Sodium) on Whole Wheat Roll Potato Wedges/Spinach, Fruit OR Corned Beef Rubeen on Rye	17 Navy Bean Soup Chicken Tetrazzini w/ Peas and Mushrooms Whole Wheat Pasta Chocolate Chip Cookie OR Chicken Salad on Wheat Roll	18 Chicken Soup Italian Braised Beef Roasted Potatoes Mixed Veg Lorna Doone Cookies OR Chef's Salad	19 Kale & Bean Soup Chicken Stew Mashed Cauliflower Whole grain Corn Bread Fruit Cup OR Ham Salad on Wheat
22 Vegetable Soup Turkey Stir Fry Fried Rice Eggroll Whole Fruit OR Greek Salad w/ Chicken	23 Split Pea Soup Meat Ragu over Mashed potato Roasted Eggplant Whole Wheat Roll Pudding OR Cobb Salad	24 BIRTHDAY PARTY!! Chili w/ Beans BBQ Ribs, Sliced Carrots Potato Salad Cake OR Turkey and Cheese on Wheat Roll	25 Tortellini Soup Meat Pie Mashed Potato Whole Grain Roll Wax Beans Fruit OR Seafood Salad Plate	26 Soup Challenge \$3
29 Mushroom Barley Soup Shepherd's Pie Mashed Potato Brownie OR Tuna Salad Plate	30 Peaches & Cottage Cheese BBQ Pulled Pork on Wheat Roll Cole Slaw Green Beans Fruit OR Meatball Grinder on Wheat Roll	31 Red Clam Chowder Fish Bake w/ Spinach, Onions, Tomatoes Rice Salad Coffee Cake OR Italian Grinder on Wheat Roll		

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.