


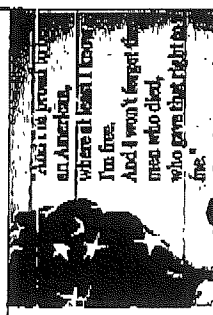
# OCEAN STATE SENIOR CAFÉ DINING

# MAY 2017

SENIOR SERVICES, INC.  
84 SOCIAL STREET, WOONSOCKET, RI 02895

401-766-3734

\*\*Woonsocket Senior Center will be CLOSED May 2 through May 5. NO meals will be served at Woonsocket Senior Center May 2 through May 5. Meals will be served at other meal sites May 2 through May 5. \*\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>MAY BREAKFAST!</b> Fruit Cocktail Scrambled Eggs French Toast w/Syrup Bacon, Sausage, Home Fries	2 <b>MAY BREAKFAST!</b> Mushroom & Barley Soup Shepard's Pie Mashed Potatoes Biscuits, Pudding OR Greek Salad w/ Chicken	3 <b>MAY BREAKFAST!</b> Vegetable Soup Roasted Chicken Leg Quarter Vegetable Medley, Brown Rice Pilaf Jello OR Roast Beef on Wheat	4 <b>MAY BREAKFAST!</b> RINDEPENDENCE DAY RI Clam Chowder, Stuffed Quahog Hot Wiener on Wheat Roll Potato Salad, Coffee Ice Cream OR Chef Salad	5 <b>MAY BREAKFAST!</b> CIRCO DE MAYO Macho Chips w/Salsa Chicken Burrito w/Rice Perrito Beans, Tossed Salad Fruit Cup OR Seafood Salad on Wheat
8 Fruit Cup Sloppy Joe on Wheat Bun 3-bean Salad Potato Salad Lorna Doone Cookies OR Ham Salad on Wheat	9 Spinach Salad Chicken Stew Potatoes, Peas & Carrots Wheat Roll Brownie OR Egg Salad on Wheat	10 Italian Wedding Soup Penne Whole Wheat Pasta w/Sauce/ Meatballs Green Beans Yellow Cake OR Chicken Caesar Salad	11 <b>MOTHER'S DAY LUNCHEON!</b> Escarole & Bean Soup Stuffed Chicken Breast w/Gravy Cranberry Sauce, Roasted Potato Baby Carrots Apple Turnover OR Turkey & Cheese Sandwich	12 New England Clam Chowder Fish Sandwich w/ Wheat Roll Cole Slaw French Fries Fruit Cup OR Cobb Salad
15 Fruit Cup BBQ Chicken Thighs Mashed Sweet Potatoes Broccoli, Wheat Roll Chocolate Chip Cookies OR Roast Beef on Wheat	16 Tossed Garden Salad Beef Stew Potatoes, Carrots, Peas Biscuit Pound Cake w/Fruit OR Tuna Salad Plate	17 Kale & Bean Soup Chicken Cacciatore w/peppers & mushrooms Pasta w/Sauce Tossed Salad Brownie OR Chef's Salad	18 Chicken Soup Beef Tips Mashed Potato Cauliflower, Wheat Roll Pudding OR Ham & Cheese Sandwich	19 Fruit Cup Italian Grinder on Tortido Pasta Salad w/ Vegetables 3-bean Salad Jello OR Greek Cucumber Salad w/Chicken
22 Lentil Soup American Chop Suey Broccoli Wheat Roll Fruit Cup OR Chicken Salad on Bulkie	23 Wonton Soup Chicken Teriyaki Stir Fry Vegetable Fried Rice Pineapple Chunks OR Egg Salad on Wheat	24 Fruit Cup Turkey Chili w/Beans Baby Carrots Wheat Roll Pudding OR Cobb Salad	25 <b>BIRTHDAY PARTY!</b> Vegetable Soup 1/2 Rack of BBQ Baby Back Ribs Macaroni Salad Baked Beans Birthday Cupcakes OR Turkey on Wheat	26 N.E. Clam Chowder Baked Fish w/Lemon Mixed Vegetables Wheat Roll Brownie OR Chicken Caesar Salad
29 <b>MEMORIAL DAY</b>  SENIOR SERVICES, INC. CLOSED	30 Tomato Soup Salisbury Steak w/ Gravy Mashed Potatoes Peas & Carrots Fruit Cup OR Tuna Salad Sandwich	31 Kale & Bean Soup Veal Parmesan Sandwich on Wheat Roll / French Fries Broccoli Spears Jello OR Waldorf Salad	 About as proud as you an American, where at least I know I'm free. And I won't forget the ones who died, who gave that right to me. - Les Graywood	

\*\*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.

**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, branand 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 – 1/2cup  
Fruits – 1/2 cup  
Protein – 3 ounces  
Dairy – 1 cup