

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

# MARCH 2018

OCEAN STATE SENIOR CAFÉ DINING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Minestrone Soup Stoppo 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 Cream of Mushroom Soup 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
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 Potato Leek Soup Corned Beef Hash Cabbage, Potatoes & Potatoes OR Soda Bread Dessert	9 RI Clam Chowder Fish Bake w/ Potatoes & Corn Green Beans Whole Wheat Roll Fresh Fruit OR Chicken Salad Plate
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 Rueben 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 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 – 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.

**Happy Day**