

TYLER


SENIOR SERVICES, INC.

APRIL 2018

OCEAN STATE SENIOR CAFÉ DINING

84 SOCIAL STREET, WOONSOCKET, RI 02895

401-766-3734

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <u>EASTER MEAL</u> Creamy Split Pea Soup Baked Ham w/ Gravy Scalloped Potatoes Honey Glazed Carrots Holiday Rice Pies OR BLT on Wheat	3 Tomato Soup Roasted Chicken Leg Quarter Whole Grain Wild Rice Broccoli & Cauliflower Fruit OR Chef's Salad	4 Vegetable Noodle Soup Bolognese w/ Wheat Pasta Tossed Salad Garlic Bread Pudding OR Spinach Salad w/ Chicken	5 Mushroom Barley Soup Pork Chop w/ Gravy Mashed Potato Butter Beans Jell-O OR Turkey & Swiss on Wheat Roll	6 Lentil Soup Greek Style Cod Carrot Salad Brown Rice Pilaf Whole Fruit OR Corned Beef Ryebean on Rye
9 Chicken and Rice Soup Dynamite on Wheat Roll French Fries Wax Beans Fruit OR Chicken Salad Club on Wheat	10 Mimestrone Soup Baked Manicotti Caesar Salad Breadstick Jell-O OR Cobb Salad	11 Escarole and Bean Soup BBQ Chicken Thighs Potato Salad Whole Grain Corn Bread Whole Fruit OR Seafood Salad on Wheat Roll	12 Cream of Broccoli Soup Swedish Meatballs Roasted Cauliflower Sliced Cauliflower OR Greek Salad w/ Chicken	13 Black Bean Soup Chicken Fajitas w/ Onions, Peppers, Sour Cream Spanish Rice Cucumber Salad, Fruit OR Meatball Grinder on Wheat
16 Potato & Cheese Soup Jerked Chicken (Not Spicy) Brown Rice Brussel Sprouts Jell-O OR Tex Mex Salad w/ Chicken	17 Roasted Cauliflower Soup M.E. Style Clam Bake Cole Slaw Whole Wheat Roll Whole Fruit OR Chicken Caesar Salad	18 Pasta Faggioli Baked Eggplant Parmesan Sicilian Meatballs w/ Sauce Italian Chopped Salad OR Veg Salad on Wheat Roll	19 French Onion Soup Asian Pork w/ Mushrooms and Snow Peas Vegetable Lo Mein Eggroll Fresh Fruit OR Chicken Sandwich on Wheat	20 Navy Bean Soup Oven Fried Cod Baked Beans Baby Cakes w/ Wheat Roll Chocolate Chip Cookie OR Ham & Provolone on Wheat
23 Cream of Mushroom Soup Chicken a la King Mashed Potato Whole Grain Crusted Bread Pudding OR Turkey Club on Wheat	24 Kale and Bean Soup Meatloaf w/ Gravy Roasted Potato Spinach Fresh Fruit OR Italian Grinder	25 Venus de Milo Soup Chicken Kabobs w/ Veggies Rice Florentine Whole Wheat Roll Jell-O OR Roast Beef on Wheat Roll	26 Italian Wedding Soup Pot Roast w/ Gravy Roasted Sweet Potato Green Beans Cake OR Chicken Salad on Wheat	27 Vegetable Stew Sausage & Pepper Sandwich on Wheat Roll Baked Chips/Creamed Spinach Whole Fruit OR Tuna Salad Plate
30 Chicken Soup Pepper Steak Mashed Potato Mixed Veg Lorna Doone Cookies OR Taco Salad w/ Chicken	 <h1 style="font-size: 4em; margin: 0;">Spring</h1>			

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.

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