


OCEAN STATE SENIOR CAFÉ DINING

MAY 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>MAY BREAKFAST</b> Fresh Fruit Scrambled Eggs Whole Grain French Toast w/Syrup, Bacon, Sausage Home Fries	<b>2</b> Kale and Bean Soup Cheeseburger on Wheat Roll Potato Wedges Sliced Carrots Pudding OR Seafood Salad on Wheat Roll	<b>3</b> Cream of Mushroom Soup Roasted Pork Loin w/ Gravy Washed Potato Peas & Onions Fruit Cup OR Chef's Salad	<b>4</b> <b>RI INDEPENDENCE DAY</b> RI Clam Chowder Stuffed Quahog Hot Wiener on Wheat Roll Corn on the Cobb Pizza Strip (Whole Wheat Crust) Dough Boys	<b>5</b> Cream of Mushroom Soup Roasted Pork Loin w/ Gravy Washed Potato Peas & Onions Fruit Cup OR Chef's Salad
<b>7</b> Tomato Soup Chicken Pot Pie Mashed Potato Whole Grain Biscuit Fruit Cup OR Meatball Grinder on Wheat	<b>8</b> Vegetable Noodle Soup Thanksgiving Sandwich (Turkey) Tossed Salad Jell-O OR Chicken Caesar Salad	<b>9</b> Chicken Brunswick Stew BBQ Ribs Baked Beans, Macaroni Salad Whole Grain Corn Bread Whole Fruit OR Turkey & Swiss on Wheat Roll	<b>10</b> <b>MOTHER'S DAY LUNCHEON</b> Italian Wedding Soup Chicken Gordon Bleu w/ Gravy Apple Sauce Mashed Potato Baby Carrots Yellow Cake	<b>11</b> Navy Bean Soup Fish Bake w/ Peppers & Onions Wild Rice Tomato Salad Fruit Cup OR Tuna Salad Plate
<b>14</b> Split Pea Soup Salisbury Steak w/ Gravy Roasted Sweet Potato Brussel Sprouts Whole Fruit OR Cobb Salad	<b>15</b> White Bean Bruschetta Roasted Chicken Thighs Pasta w/ Pesto Sauce Sliced Carrots Pudding OR Ham & Provolone on Wheat Roll	<b>16</b> French Onion Soup Asian Stoppo Joe on Wheat Roll Cole Slaw Green Beans Fruit Cup OR Pastrami Ryeben on Rye	<b>17</b> Escarole and Bean Soup Lasagna w/ Meat Sauce Roasted Zucchini & Carrots Garlic Bread Fruit Cup OR Greek Salad w/ Chicken	<b>18</b> <del>Roasted Cauliflower Soup</del> <del>Roasted Chicken Thighs w/ Pineapple Salsa</del> <del>Whole Grain Tortilla</del> <del>Spinach Brownie</del> OR Italian Grinder
<b>21</b> Minestrone Soup Meatball & Sausage Sandwich Greek Cucumber Salad Chips, Jell-O OR Chicken Salad on Wheat Roll	<b>22</b> Lentil Soup Middle Eastern Chicken Chickpea Salad/Spinach Whole Wheat Roll Chocolate Chip Cookies OR Roast Beef on Wheat Roll	<b>23</b> Chicken Soup Meat Ragu over Wheat Pasta Chopped Salad Spinach Bruschetta, Fruit Cup OR Seafood Salad on Wheat Bread	<b>24</b> Tortellini Soup Roasted Chicken Pieces Roasted Potato Carrots & Cauliflower Cake OR Ham & Swiss Wheat Roll	<b>25</b> N.E. Clam Chowder Fish and Chips Cole Slaw Whole Wheat Roll Whole Fruit OR Spinach Salad w/ Chicken
<b>28</b> <b>MEMORIAL DAY</b> <b>MEAL SITES CLOSED</b> 	<b>29</b> Chicken and Rice Soup Baked Pasta Fagioli Tossed Salad Italian Bread Fruit Cup OR Tuna Salad Sandwich	<b>30</b> Cream of Broccoli Soup Roast Beef Manhattan (Roast Beef Sandwich on white bread w/ gravy) French Fries/Baby Carrots Lorna Doone Cookies OR Egg Salad Plate	<b>31</b> Hummus w/ Pita Chips Mexican Chicken Sandwich Black Bean Salad Green Beans Fresh Fruit OR Turkey Club on Wheat	

**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.**