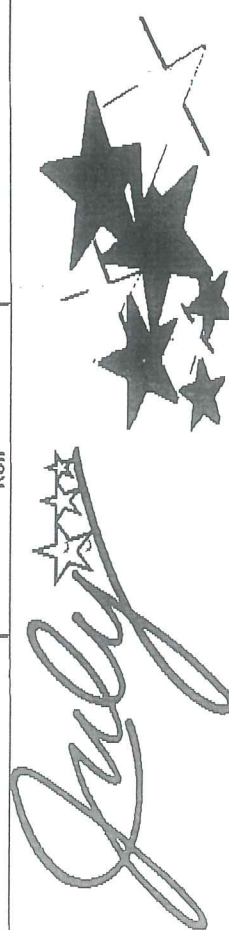


SENIOR SERVICES, INC.
 84 SOCIAL STREET, WOONSOCKET, RI 02895
 401-766-3734

JULY 2018

OCEAN STATE SENIOR CAFÉ DINING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Minestrone Soup Chicken Pot Pie Mashed Potato Whole Wheat Biscuit Jell-O OR Cobb Salad	3 Caesar Salad Bacon Cheeseburger on Wheat Roasted Potato Cauliflower Watermelon Turkey & Provolone on Wheat	4 CLOSED HAPPY FOURTH! Happy July 4th	5 Lentil Soup Baked Ham w/ Gravy Mashed Sweet Potato Baked Carrots Lava Domes Cookies OR Meatball Grinder on Wheat Roll	6 N.E. Clam Chowder Fish Sandwich on Wheat Roll Zucchini Fries Buttered Corn Seasonal Melon OR Chicken Salad on Wheat Roll
9 Peaches and Cottage Cheese Spinach & Mushroom Mac & Cheese (Wheat Pasta) Cucumber Carrot Salad Brownie OR Greek Salad w/Chicken	10 Tossed Garden Salad Open Turkey Sandwich w/Gravy Stuffing, Mashed Potato/ Cranberry Sauce Pudding OR Seafood Salad on Wheat Roll	11 Roasted Cauliflower Soup Roasted Pork Loaf w/ Gravy Potato Wedges Peas and Onions Seasonal Melon OR BLT on Wheat	12 Kale and Potato Soup BBQ Brisket Sandwich Baked Beans Spinach Pound Cake OR Chef's Salad	13 White Beans Over Bread Asian Chicken (Wheat Tortilla) Salsa, Cole Slaw Seasonal Melon OR Italian Grinder on Wheat Roll
16 Tomato Soup Cuban Sandwich on Wheat Roll Sweet Potato Mash Broccoli, Fruit OR Tuna Salad Club on Wheat	17 Caprese Salad Lasagna w/ Meat Sauce Mixed Veg Wheat Breadsticks Seasonal Melon OR Cranberry Chicken Salad Plate	18 White Bean Soup Garlic & Mushroom Chicken Roasted Potato Sliced Carrots Chocolate-Chip Cookies OR Cheeseburger on Wheat Roll	19 Italian Wedding Soup Raspberry Balsamic Chicken Baked Potatoes Brownie OR Egg Salad on Wheat Roll	20 Hummus w/ Pita Chips Fish Bake w/ Summer Sauce Rice Florentine Whole Wheat Roll Seasonal Melon OR Astorami Rubeben on Rye
23 Chili Cheese Fries Chicago Style Hot Dog Kale and Chickpea Salad Brownie Chicken Sandwich on Wheat Roll	24 Chicken Soup Pasta Bolognese (Wheat Pasta) Stuffed Zucchini Tomato & Cheese Focaccia Seasonal Melon OR Seafood Salad Plate	25 Navy Bean Soup Chicken Cacciatore Roasted Potato Mashed Cauliflower Pudding OR Ham Salad on Wheat Roll	26 Mushroom Barley Soup Pepper Steak Mashed Potato Wax Beans Seasonal Melon OR Turkey & Swiss on Wheat Roll	27 Seasonal Melon Chicken Drumstick Summer Pasta Tossed Salad Jello-O OR Stuffed Tomato w/ Tuna
30 Bean Salad Philly Cheese Steak on Wheat Potato Wedges Sliced Carrots Seasonal Melon OR Spinach Salad w/Chicken	31 Strawberry Mango Salad Summer Chicken Parm Pasta Salad w/ Veggies Green Beans Brownie OR Ham 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 – ¼ 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.