

Tyler Kempel

OCEAN STATE SENIOR CAFÉ DINING

OCTOBER 2018

84 SOCIAL STREET, WOONSOCKET, RI 02895
401-766-3734

SENIOR SERVICES, INC.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Lentil Soup Dynamite on a Roll Sliced Carrots Pasta Salad Lorna Doone Cookies OR Chicken Sandwich on Wheat	2 Chicken Escarole Soup Roasted Pork loin w/ Gravy Mashed Potato Buttered Corn Fruit Cup OR Cobb Salad	3 Tossed Salad Mediterranean Cod Bake Rice Salad Whole Wheat Roll Jell-O OR Ham & Swiss on Wheat Roll	4 Kale and Bean Soup Chicken Cacciatore Roasted Potato Green Beans Jell-O OR Braised Beef on Rye	5 White Bean Soup Shredded Beef Taco Salsa & Sour Cream Whole Grain Tortilla Carrot Salad/Pudding OR Tuna Salad Plate
8 COLUMBUS DAY MEAL SITES CLOSED	9 Vegetable Soup Ravioli w/ Meat Sauce Tossed Salad Whole Grain Breadstick Pudding OR Turkey & Provolone on Wheat	10 French Onion Soup Chicken Chop Sauté With Vegetables / Fried Rice Eggroll Fruit Cup OR Chef's Salad	11 Minestrone Soup Italian Beef Sandwich (Wheat) Potato Wedges Baby Carrots Coffee Cake OR Greek Salad w/ Chicken	12 White Beans and Bread Honey Glazed Chicken Mashed Cauliflower Mixed Veg Fruit Salad OR Cheeseburger on Wheat
15 Vegetable & Tortellini Soup Cuban Sandwich on wheat Cole Slaw Chips Melon OR Chicken Salad on Wheat Roll	16 Fresh Fruit Chicken Stew w/ Potatoes and Vegetables Caprese Salad Biscuit Cookies OR Seafood Salad Plate	17 Split Pea Soup Meatloaf w/ Gravy Mashed Potato Wax Beans/Whole Wheat Roll Whole Fruit OR Spinach Salad w/ Chicken	18 Cream of Mushroom Soup Italian Chicken (Highs) Wild Rice (Whole Grain) Braised Carrots Chocolate Cake OR Ham Club on Wheat	25 Red Clam Chowder Fish and Chips Mashed Zucchini OR Roasted Chicken on Wheat Roll
22 Vegetable & Sausage Soup Baked Ziti w/ Cheese and Meatballs Peas and Onions Garlic Bread Coffee Cake OR Chicken Caesar Salad	23 Split Pea Soup Italian Pork Chop Mashed Potatoes Roasted Eggplant Pound Cake OR Greek Cucumber Salad w/ Chicken	24 Hummus w/Pita Chips Cod & Vegetable Bake Tomato Salad Whole Wheat Roll Fresh Fruit OR BLT on Wheat	25 Pasta Fagioli OR Beef Bracciole Roasted Potato Broccoli OR Turkey & Swiss on Wheat	26 Fresh Fruit Salad New Mexico Chili(Chicken) Brown Rice Tossed Salad/Corn Bread Pudding OR Stuffed Tomato w/Tuna
29 Navy Bean Soup Vegetable Lasagna 3 Bean Salad Herbed Whole Grain focaccia Bread Fresh Fruit OR Meatball Grinder	30 Cream of Broccoli Soup Stuffed Pepper Meatball and Sausage w/ Tomato Sauce Garlic Flatbread Jell-O OR Italian Grinder	31 Butternut Squash Soup Chicken Cordon Bleu Mashed Potato/ Gravy Green Beans & Carrots Cake OR Egg Salad on Wheat		

PLEASE NOTE: Per directives from the RI Division of Elderly Affairs and the RI Dept. of Health, Senior Services, Inc. cannot allow any participants to consume foods that are high in sodium and fat.

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