



SENIOR SERVICES, INC.

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

NOVEMBER 2018

OCEAN STATE SENIOR CAFÉ DINING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WELCOME!
5	8	7	1	2	Our suggested donation is \$3.00 per meal.
Split Pea Soup Shepherd's Pie Mashed Potato Whole Wheat Roll Jell-O OR Cobb Salad	Creamy Cauliflower Soup Chicken a l'orange Roasted Zucchini w/ Stewed Tomatoes Broccoli Fruit Cup Seafood Salad on Wheat Roll	Fruit Salad Breakfast Tacos (Eggs, Cheese, Sausage) Wheat Tortilla Fresh Tomato Salsa Black Beans Home fries	1 Beef Stew w/ Veggies & Potatoes Tossed Salad Whole Grain Biscuit Brownie OR Turkey & Swiss on Wheat Roll	Tomato Soup Chicken Marsala Roasted Potato Mixed Veg, Whole Fruit OR Cheeseburger on Wheat Roll	The menu is subject to change without notice. All menu items may contain nuts, seeds, beans, wheat, bran and other potential allergens.
12	13	14	14	9	
VETERANS DAY OBSERVANCE MEAL SITES CLOSED 	Red Clam Chowder Fish Sandwich on Whole Wheat Roll / Potato Wedges Coleslaw Fruit Cup OR Ham & Provolone on Wheat	Escarole and Bean Soup Chicken Pot Pie Mashed Potato Whole Grain Biscuit Pudding OR Pastrami Rubeben on Rye	THANKSGIVING MEAL Italian Wedding Soup w/ Sausage, Navy, Potato Pumpkin, Cranberry Sauce Roasted Root Vegetables Apple Strudel	VETERANS DAY MEAL Cream of Mushroom Soup Swedish Meatballs Mashed Potatoes Wax Beans OR Chicken Salad on Wheat Roll	
19	20	21	22	23	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.
Mushroom Barley Soup Chili Cheese Dog (LS) / Wheat Roll French Fries Spinach Pudding OR Tuna Salad on Wheat	White Bean Soup BBQ Ribs Mashed Potato Green Beans Yellow Cake OR Chicken Cesar Salad	Vegetable Noodle Soup Beef w/ Snow Peas Brown Rice Pilaf Sliced Carrots Whole Fruit OR Turkey Club on Wheat	22  Happy Thanksgiving	DAY AFTER THANKSGIVING MEAL SITES CLOSED	
26	27	28	29	30	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.
Kale and Bean Soup Spaghetti and Meatballs Brussel Sprouts Whole Wheat Roll Whole Fruit OR Greek Salad w/ Chicken	Ravioli & Vegetable Soup Baked Ham w/ Gravy Roasted Potatoes Peas and Onions Fruit Cup OR Chicken Sandwich on Roll	French Onion Soup Chicken Lo Mein Pork Fried Rice Eggroll Lorna Doone Cookie OR Italian Grinder	29 Lentil Soup Beef Stroganoff Parsley Potatoes Cauliflower/Whole Wheat Roll Fruit Cup OR Seafood Salad Plate	White Beans over Bread Fish Cake Wild Rice (Whole Grain) Salad Cole Slaw Jell-O OR Meatball Grinder	

****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.**