

October 2019

Please call the meal site if you wish to attend and reserve your meal! EBT cards are accepted at the Social Street site!
Call 766-3734 for information.
The menu is subject to change without notice

OCEAN STATE SENIOR CAFÉ DINING
SENIOR SERVICES, INC.
84 SOCIAL STREET
WOONSOCKET, RI 02895
401-766-3734

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Suggested donation is \$3.00 per meal. Thank you for your donations. Donations help to maintain the meal program. All menu items may contain nuts, seeds, beans, wheat, bran, and other potential allergens. ***Please note: Per directive from the RI Office of Healthy Aging and the RI Department of Health, Senior Services, Inc. cannot allow any perishable foods to leave the congregate meal site.

1 Chicken Escarole Soup
Pepper Steak
Mashed Potato
Broccoli
Fruit Cup
Cobb Salad

2 Tossed Salad
Fish Sandwich
Whole Wheat Roll
Oven Fries / Cole Slaw
Jell-O
Ham & Swiss on Wheat Roll

3 Kale and Bean Soup
Cranberry Balsamic Chicken
Roasted Potato
Green Beans
Pudding
Pastrami Rubeben on Rye

4 Vegetable Soup
Shredded Beef Taco
Wheat Tortilla/Salsa/Sour Cream/Rice & Beans
Brownie
Tuna Salad Plate

7 Vegetable & Tortellini Soup
BBQ Pulled Chicken Sandwich on Wheat Roll
Cole Slaw / Chips
Cookies
Chicken Salad on Wheat Roll

8 Vegetable Noodle Soup
Spaghetti & Meat sauce
Tossed Salad
Whole Grain Breadstick
Pudding
Turkey & Cheese on Wheat

9 Mushroom Barley Soup
Chicken Chop Suey w/ Vegetables
Garlic Noodles & Eggroll
Fruit Cup
Chef Salad

10 Chicken Noodle Soup
Italian Beef Sandwich (Wheat)
Potato Wedges
Baby Carrots
Cookies
Sausage & Pepper Sandwich

11 Minestrone Soup
Honey Glazed Chicken
Mashed Cauliflower
Mixed Veg
Fruit Salad
Cheeseburger on Wheat

14 **Columbus Day**
MEAL SITES CLOSED

15 Fresh Fruit
Beef Stew w/Potatoes & Vegetables
Tossed Salad
WG Biscuit
Cookies
Seafood Salad on Wheat Roll

16 Chicken Noodle Soup
Meatloaf w/Gravy
Mashed Potato
Wax Beans/Whole Wheat Roll
Fruit Cup
Spinach Salad w/Chicken

17 Escarole & Bean Soup
Herb Chicken Thighs w/Gravy
Wild Rice (Whole Grain)
Brussel Sprouts
Pudding
Ham Club on Wheat

18 Tomato Soup
Fish Chowder Plate
Roasted Potato & Vegetables
Roasted Zucchini
Fruit Cup
Roast Beef on Wheat Roll

21 Vegetable Barley Soup
Chicken Pot Pie
Mashed Potato
Whole Wheat Roll
Fresh Fruit
Chicken Cesar Salad

22 Split Pea Soup
Meatball & Pepper Sandwich
Whole Wheat Roll
3-Bean Salad / Chips
Pound Cake
BLT on Wheat Bread

23 White-Bean Soup
Chicken Parmesan
Penne w/red sauce
Broccoli
Fresh Fruit
Tuna Salad on Wheat Roll

24 BIRTHDAY MEAL
Italian Wedding Soup
Beef Bracciole
Roasted Potato
Broccoli
Cauliflower
Turkey & Swiss on Wheat

25 Fresh Fruit Salad
Low Sodium Hot Dog
Baked Beans
Cole Slaw / Brown Bread
Brownie
Egg Salad on Wheat Roll

28 Chicken & Rice Soup
American Chop Suey
Spinach
Italian Bread
Fresh Fruit
Meatball Grinder

29 Cream of Broccoli Soup
Stuffed Pepper
Meatball and Sausage
Whole Wheat Roll
Jell-O
Italian Grinder

30 Lentil Soup
Pub Cheeseburger on Wheat Roll
Broccoli / French Fries
Lorna Doone Cookies
BBQ Chicken Sandwich on Wheat

31 HALLOWEEN MEAL
Butternut Squash Soup
Stuffed Chicken Breast
Mashed Potato/Green Beans
Cranberry Sauce
Cake

SERVING SIZES
Grains – 2 ounces
Vegetables – ¾ cup
Fruits – ¾ cup
Protein – 3 ounces
Dairy – 1 cup