

January 2020

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
 Aging Well Inc.
 84 SOCIAL STREET
 WOONSOCKET, RI 02895
 401-766-3734

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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, Aging Well Inc. (formerly Senior Services, Inc.) cannot allow any perishable foods to leave the congregate meal site.

6	Split Pea Soup Chicken Pot Pie Mashed Potato Whole Grain Roll Lorna Doone Cookies BLT on Wheat	7	Escarole & Bean Soup Pepper Steak Rice Pilaf Cauliflower Fruit Cup Greek Salad w/Chicken	8	Vegetable & Barley Soup Ravioli w/ Meat sauce Tossed Salad Italian Bread Jell-O Seafood Salad on Wheat	9	Chicken Soup Sausage w/ Peppers and Potato Spinach Whole Wheat Roll Pudding Chef Salad	10	White Bean Soup Arroz con Pollo (Chicken & Rice) Roasted Zucchini Fruit Cup Tuna Salad on Wheat ✓	3	Lentil Soup BBQ Chicken Sandwich Cole Slaw Sliced Carrots Fruit Cup Roast Beef on Bulky Roll ✓
13	Cream of Broccoli Soup Thanksgiving Sandwich w/ Cranberry Sauce, Gravy & Stuffing Green Beans Fresh Fruit Meatball Grinder	14	Mushroom Barley Soup Spaghetti and Meatballs Caprese Salad Whole Wheat Roll Cake Chef Salad	15	Fresh Fruit Salad Fish Stew Tomato Salad Whole Grain Cornbread Brownie Pastrami Rubeen on Rye	16	Navy Bean Soup Pub Burger on Whole Wheat Roll Brussel Sprouts Pasta Salad Jell-O Sausage & Pepper Sandwich	17	Kale and Bean Soup Breaded Chicken Thighs w/ Gravy Mixed Vegetable Wild Rice (W/G) Fruit Cup Cobb Salad	24	CHINESE NEW YEAR MEAL Vegetable Noodle Soup Chinese BBQ Ribs Vegetable Lo Mein Eggroll Fresh Fruit Seafood Salad Plate ✓
20	Martin Luther King Day Holiday Observance Meal Sites Closed	21	Tomato Soup Chicken and Potato Ragù Baby Carrots Whole Wheat Roll Fruit Cup Ham & Provolone on Wheat	22	Minestrone Soup Pork Chop with Red Sauce Mashed Cauliflower Broccoli Pudding BBQ Chicken Sandwich	23	Italian Wedding Soup Liver and Onions Sweet Potato Peas & Onions Pound Cake Italian Grinder	24	BIRTHDAY PARTY Chicken and Escarole Soup Pot Roast w/ Gravy Green Beans Mashed Potato w/ Roll Cake Turkey and Swiss on Wheat	24	CHINESE NEW YEAR MEAL Vegetable Noodle Soup Chinese BBQ Ribs Vegetable Lo Mein Eggroll Fresh Fruit Seafood Salad Plate ✓
27	Cream of Mushroom Soup Baked Manicotti Mixed Vegetable Italian Bread (White Wheat) Fruit Cup Cheeseburger on Wheat	28	Fruit Salad Beef Stew w/ potatoes and veggies Tossed Salad Biscuit {WG} Pudding Chicken Caesar Salad	29	Red Clam Chowder Fish Cake French Fries Cole Slaw Chocolate Chip Cookie Egg Salad Plate	30	BIRTHDAY PARTY Chicken and Escarole Soup Pot Roast w/ Gravy Green Beans Mashed Potato w/ Roll Cake Turkey and Swiss on Wheat	31	Venus de Milo Soup Chicken and Gravy Rice & Vegetables Fruit Cup Tuna Club on Wheat ✓	31	Venus de Milo Soup Chicken and Gravy Rice & Vegetables Fruit Cup Tuna Club on Wheat ✓