



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>FEBRUARY</i>		<u>SERVING SIZES</u> Grains – 2 ounces Vegetables – ½ cup Fruits – ½ cup Protein – 3 ounces Dairy – 1 cup		Cream of Broccoli Soup 1 BBQ Chicken Thighs Potato Salad Mixed Veg/Corn Bread Fruit OR Meatball Grinder
Mushroom Barley Soup 4 Chicken Pot Pie Mashed Potato Whole Wheat Biscuit Fruit OR Tuna Salad on Wheat Roll	Vegetable Noodle Soup 5 Sautéed Beef Seasoned Noodles Eggroll Pudding OR Chicken Sandwich on Wheat	Red Clam Chowder 6 Fish Sandwich on Wheat Roll Cole Slaw Baked beans Fruit OR Chef's Salad	Minestrone Soup 7 Chicken Parm Tossed Salad Spaghetti Pound Cake OR Egg Salad on Wheat	Kale and Navy Bean Soup 8 Sausage and Pepper Sandwich Whole Wheat Roll/Chips Broccoli Brownie OR BLT on Wheat
Split Pea Soup 11 Swedish Meatballs Mashed Sweet Potato Baby Carrots/Whole Wheat Roll / Fruit OR Seafood Salad on Wheat	Fruit 12 Cheese Ravioli w/Meat sauce Caprese Salad Garlic Bread Oatmeal Raisin Cookie OR Cobb Salad	Tomato Soup 13 Cranberry Balsamic Chicken Mashed Cauliflower Wax Beans Fruit OR Roast Beef Sandwich	<i>VALENTINE'S DAY MEAL!</i> 14 Italian Wedding Soup Roast Beef w/Gravy Roasted Potato & Green Beans Whole Grain Roll Cake OR Turkey & Swiss on Wheat	*Vegetarian Meal* 15 Lentil Soup Cheese Lasagna Caesar Salad Whole Grain Breadstick Fruit OR Cheeseburger on Wheat Roll
 18 SENIOR SERVICES, INC. CLOSED	Escarole and Bean Soup 19 Chicken Cordon Blue Mashed Potato Peas and Carrots Pudding OR Corned Beef Rubeen on Rye	Chicken Soup 20 Stuffed Pepper Meatballs Baby Carrots Fruit OR Chicken Salad	Roasted Cauliflower Soup 21 BBQ Beef Brisket Roasted Sweet Potato Spinach/Whole Wheat Roll Coffee Cake OR Chicken Caesar Salad	White Bean Soup 22 Chicken Roll Up Rice/Whole Wheat Tortilla OR Tuna Club on Wheat
Chicken Soup 25 Baked Ham w/ Gravy Scalloped Potatoes Sliced Carrots/Whole Wheat Roll/Jell-O OR Sausage Sandwich	Venus de Milo Soup 26 Chicken w/ Veggies on Pita Brown Rice Salad Chips Fruit OR Pastrami and Cheese on Wheat	*Vegetarian Meal* 27 Vegetable Stew Stuffed Shells Greek Cucumber Salad Italian Bread Lorna Doone Cookies OR Italian Grinder	Fresh Fruit 28 Beef Stew w/ Potatoes and Vegetables Tossed Salad & Whole Grain Biscuit Pudding OR Turkey Club on Wheat	<i>Happy Valentine's Day</i>

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.

****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.**