

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

# September 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>Labor Day</b> 	3 LABOR DAY MEAL Tomato Soup Bacon Cheeseburger Roasted Potato Tossed Salad/ Wheat Roll Éclairs Ham and Swiss on Wheat	4 Fruit Salad Chicken Cacciatore Green Beans Wild Rice (Whole Grain) Jell-O Tuna Salad Sandwich on Wheat	5 Split Pea Soup Pork Chop w/ Red Sauce Mashed Cauliflower Sliced Carrots/ Wheat Roll Pudding Greek Salad w/ Chicken	6 Berry and Mango Salad Sausage and Pepper Sandwich (WW Roll) Peas Chips Fruit Cup Seafood Salad on Wheat
9 Navy Bean Soup Shepherd's Pie Mashed Potatoes Wheat Biscuit Fruit Salad Turkey Club	10 Caprese Salad Ravioli w/Meat Sauce(Beef) Mixed Veg Whole Wheat Roll Brownie Roast Beef on Bulkie	11 Vegetable Noodle Soup Crab Cakes Cole Slaw Wax Beans Fruit Cup Cobb Salad	12 Cream of Mushroom Soup Chicken Piccatta Roasted Potato Brussel Sprout Coffee Cake Egg Salad on Wheat	13 Tossed Salad Pork Tacos w/ Pineapple Salsa Rice / WG Tortilla Pinto Beans Fruit Cup Meatball Grinder
16 Minestrone Soup Greek Chicken Drummie Macaroni Salad Peas and Carrots Fruit Salad Cheeseburger on Wheat Roll	17 Apple Cranberry Salad Roast Beef w/ Gravy Potato Wedges Roasted Zucchini w/ Tomato Oatmeal Raisin Cookie Italian Grinder	18 Chicken Escarole Soup Spaghetti and Meatballs Wax Beans Italian Bread Fruit Cup Tuna Club on Wheat	19 Kale and Bean Soup Stuffed Chicken Boneless Thigh(Seafood Stuffing)w/Gravy Mashed Potato/Broccoli Lorna Doone Cookie Chef Salad	20 Red Clam Chowder Fish Sandwich (WW Roll) Cole Slaw Pasta Salad Fruit Salad Pastrami Rueben on Rye
23 Mushroom Barley Soup Chicken Marsala Rice Pilaf Spinach/ Wheat Roll Jell-O Sausage and Pepper Sandwich	24 BIRTHDAY PARTY MEAL Italian Wedding Soup Pot Roast w/Gravy Mashed Potato Green Beans/ WW Roll Cake Chicken Salad on Wheat Roll	25 Fresh Fruit Italian Chicken Cauliflower Green Cucumber Salad Cookies Seafood Salad Plate	26 100% Juice Scrambled Eggs Home Fries Bacon and Sliced Ham WG French Toast w/ Syrup	27 Vegetable Soup Sticky Chicken Thighs Bean Salad Baby Carrots Brownies Egg Salad Plate
30 Tomato Soup Pork Chop Suey Garlic Noodles Eggroll Pudding BBQ Chicken Sandwich		SERVING SIZES Grains – 2 ounces Vegetables – $\frac{3}{4}$ cup Fruits – $\frac{3}{4}$ cup Protein – 3 ounces Dairy – 1 cup	<p><b>Suggested donation is \$3.00 per meal</b></p> <p>Thank you for your donations. Donations help to maintain the meal program.</p> <p>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.</p>	

