

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

# January 2020

## OCEAN STATE SENIOR CAFÉ DINING

Aging Well Inc.

84 SOCIAL STREET

WOONSOCKET, RI 02895

401-766-3734

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<p>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.</p>		<p><b>SERVING SIZES</b>            Grains – 2 ounces            Vegetables – ¾ cup            Fruits – ¾ cup            Protein – 3 ounces            Dairy – 1 cup</p> <p>Site Closed January 1<sup>st</sup></p>	<p>2</p> <p>Minestrone            Meatball Stroganoff            Mashed Potato            Wax Beans            Brownie            Turkey Club on Wheat</p>	<p>3</p> <p>Lentil Soup            BBQ Chicken Sandwich            Cole Slaw            Sliced Carrots            Fruit Cup            Roast Beef on Bulky Roll</p>
<p>6</p> <p>Split Pea Soup            Chicken Pot Pie            Mashed Potato            Whole Grain Roll            Lorna Doone Cookies            BLT on Wheat</p>	<p>7</p> <p>Escarole &amp; Bean Soup            Pepper Steak            Rice Pilaf            Cauliflower            Fruit Cup            Greek Salad w/Chicken</p>	<p>8</p> <p>Vegetable &amp; Barley Soup            Ravioli w/ Meat sauce            Tossed Salad            Italian Bread            Jell-O            Seafood Salad on Wheat</p>	<p>9</p> <p>Chicken Soup            Sausage w/ Peppers and Potato            Spinach            Whole Wheat Roll            Pudding            Chef Salad</p>	<p>10</p> <p>White Bean Soup            Arroz con Pollo (Chicken &amp; Rice)            Roasted Zucchini            Fruit Cup            Tuna Salad on Wheat</p>
<p>13</p> <p>Cream of Broccoli Soup            Thanksgiving Sandwich w/ Cranberry Sauce, Gravy &amp; Stuffing            Green Beans            Fresh Fruit            Meatball Grinder</p>	<p>14</p> <p>Mushroom Barley Soup            Spaghetti and Meatballs            Caprese Salad            Whole Wheat Roll            Cake            Chef Salad</p>	<p>15</p> <p>Fresh Fruit Salad            Fish Stew            Tomato Salad            Whole Grain Cornbread            Brownie            Pastrami Rueben on Rye</p>	<p>16</p> <p>Navy Bean Soup            Pub Burger on Whole Wheat Roll            Brussel Sprouts            Pasta Salad            Jell-O            Sausage &amp; Pepper Sandwich</p>	<p>17</p> <p>Kale and Bean Soup            Breaded Chicken Thigh w/ Gravy            Mixed Vegetable            Wild Rice (WG)            Fruit Cup            Cobb Salad</p>
<p>20</p> <p><b>Martin Luther King Day            Holiday Observance</b></p> <p><b>Meal Sites Closed</b></p>	<p>21</p> <p>Tomato Soup            Chicken and Potato Ragu            Baby Carrots            Whole Wheat Roll            Fruit Cup            Ham &amp; Provolone on Wheat</p>	<p>22</p> <p>Minestrone Soup            Pork Chop with Red Sauce            Mashed Cauliflower            Broccoli            Pudding            BBQ Chicken Sandwich</p>	<p>23</p> <p>Italian Wedding Soup            Liver and Onions            Sweet Potato            Peas &amp; Onions            Pound Cake            Italian Grinder</p>	<p>24 <b>CHINESE NEW YEAR MEAL</b></p> <p>Vegetable Noodle Soup            Chinese BBQ Ribs            Vegetable Lo Mein            Eggroll            Fresh Fruit            Seafood Salad Plate</p>
<p>27</p> <p>Cream of Mushroom Soup            Baked Manicotti            Mixed Vegetable            Italian Bread (White Wheat)            Fruit Cup            Cheeseburger on Wheat</p>	<p>28</p> <p>Fruit Salad            Beef Stew w/ potatoes and veggies            Tossed Salad            Biscuit {WG}            Pudding            Chicken Cesar Salad</p>	<p>29</p> <p>Red Clam Chowder            Fish Cake            French Fries            Cole Slaw            Chocolate Chip Cookie            Egg Salad Plate</p>	<p>30 <b>BIRTHDAY PARTY</b></p> <p>Chicken and Escarole Soup            Pot Roast w/ Gravy            Green Beans            Mashed Potato /WW Roll            Cake            Turkey and Swiss on Wheat</p>	<p>31</p> <p>Venus de Milo Soup            Chicken and Gravy            Rice &amp; Vegetables            Fruit Cup            Tuna Club on Wheat</p>