

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>SERVING SIZES Grains – 2 ounces Vegetables – ¼ cup Fruits – ¾ cup Protein – 3 ounces Dairy – 1 cup</p> <p>Site Closed January 1st</p>	<p>2 Minestrone Meatball Stroganoff Mashed Potato Wax Beans Brownie Turkey Club on Wheat</p>	<p>3 Lentil Soup BBQ Chicken Sandwich Cole Slaw Sliced Carrots Fruit Cup Roast Beef on Bulky Roll</p>
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
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 Rueben 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 Thigh w/ Gravy Mixed Vegetable Wild Rice (WG) Fruit Cup Cobb Salad
20 Martin Luther King Day Holiday Observance Meal Sites Closed	21 Tomato Soup Chicken and Potato Ragu 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 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 Cesar 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 /WW Roll Cake Turkey and Swiss on Wheat	31 Venus de Milo Soup Chicken and Gravy Rice & Vegetables Fruit Cup Tuna Club on Wheat