

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

November 2019

OCEAN STATE SENIOR CAFÉ DINING
Senior Services, 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, Senior Services, Inc. cannot allow any perishable foods to leave the congregate meal site.</p>		<p>SERVING SIZES Grains – 2 ounces Vegetables – ¾ cup Fruits – ¾ cup Protein – 3 ounces Dairy – 1 cup</p>		<p>1 Chicken & Escarole Soup Sloppy Joe on Wheat Roll Three Bean Salad Chips Fruit Cup Turkey Club</p>
<p>4 Vegetable Noodle Soup Saucy BBQ Chicken Thigh Roasted Potato Sliced Carrots Fruit Cup Ham and Provolone on Wheat</p>	<p>5 Lentil Soup Ravioli with Meat sauce Roasted Zucchini w/ Stewed Tomatoes/ Italian Bread Cake Tuna Salad Plate</p>	<p>6 Fruit Salad Breakfast Tacos (Eggs, Cheese, Sausage) Wheat Tortilla Fresh Tomato Salsa Black Beans /Home Fries Cheeseburger</p>	<p>7 Chicken Soup Meatball Stroganoff Buttered Pasta Green Beans Fruit Cup Chef Salad</p>	<p>8 VETERANS DAY MEAL Tomato Soup Rolled Beef w/Seafood Stuffing Gravy, Mashed Potato Wax Beans Coffee Cake Chicken Salad on Wheat Roll</p>
<p>11 MEAL SITES CLOSED</p> 	<p>12 Cream of Mushroom Soup Open Face Chili Burger on Whole Wheat Roll w/Cheese/ Cole Slaw Jell-O Tuna Salad Club</p>	<p>13 Fruit Chicken Stew w/ Potatoes and Vegetables/ Caprese Salad Whole Grain Biscuit Pudding Pastrami Rueben on Rye</p>	<p>14 Minestrone Soup Pork Loin Pot Roast w/Gravy Mashed Potato Baby Carrots Cookies Seafood Salad Plate</p>	<p>15 Escarole and Bean Soup Cod Piccata Wild Rice Florentine (WG) Peas Fruit Cup Roast Beef on Bulkie Roll</p>
<p>18 Mushroom Barley Soup Shepherd's Pie Mashed Potato Whole Wheat Roll Coffee Cake Cobb Salad</p>	<p>19 BIRTHDAY PARTY MEAL Chicken and Rice Soup Fried Chicken Spinach Corn Bread (WG) Pastry Meatball Grinder</p>	<p>20 Kale and Bean Soup Fish and Chips Pasta Salad w/Vegetables Wheat Roll Fruit Cup BBQ Chicken Sandwich</p>	<p>21 THANKSGIVING MEAL Italian Wedding Soup Turkey w/Gravy, Roasted Potato, Stuffing, Cranberry Sauce, Roasted Root Veggies Holiday Pies</p>	<p>22 Vegetable Noodle Soup Spaghetti w/Sausage & Meatball Tossed Salad Italian Bread Fruit Cup Greek Salad w/Chicken</p>
<p>25 Cream of Broccoli Soup Lemon Chicken Thigh w/Gravy Wild Rice (WG) Mix Vegetable Brownies Egg Salad on Wheat</p>	<p>26 White Bean Soup Baked Ham w/Gravy Mashed Potatoes Peas and Onions Fruit Cup Chicken Caesar Salad</p>	<p>27 Chicken Vegetable Soup Beef and Broccoli Vegetable Lo Mein Eggroll Lorna Doone Cookie Italian Grinder</p>	<p>28</p> 	<p>29 MEAL SITES CLOSED</p>

