

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><b>Suggested donation is \$3.00 per meal. Thank you for your donations.</b> 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><b>SERVING SIZES</b> Grains – 2 ounces Vegetables – ¾ cup Fruits – ¾ cup Protein – 3 ounces Dairy – 1 cup</p>		<p><b>1</b> Chicken &amp; Escarole Soup Sloppy Joe on Wheat Roll Three Bean Salad Chips Fruit Cup Turkey Club</p>	
<p><b>4</b> Vegetable Noodle Soup Saucy BBQ Chicken Thigh Roasted Potato Sliced Carrots Fruit Cup Ham and Provolone on Wheat</p>	<p><b>5</b> Lentil Soup Ravioli with Meat sauce Roasted Zucchini w/ Stewed Tomatoes/ Italian Bread Cake Tuna Salad Plate</p>	<p><b>6</b> Fruit Salad Breakfast Tacos (Eggs, Cheese, Sausage) Wheat Tortilla Fresh Tomato Salsa Black Beans /Home Fries Cheeseburger</p>	<p><b>7</b> Chicken Soup Meatball Stroganoff Buttered Pasta Green Beans Fruit Cup Chef Salad</p>	<p><b>8 VETERANS DAY MEAL</b> Tomato Soup Rolled Beef w/Seafood Stuffing Gravy, Mashed Potato Wax Beans Coffee Cake Chicken Salad on Wheat Roll</p>
<p><b>11</b> <b>MEAL SITES CLOSED</b> </p>	<p><b>12</b> Cream of Mushroom Soup Open Face Chili Burger on Whole Wheat Roll w/Cheese/ Cole Slaw Jell-O Tuna Salad Club</p>	<p><b>13</b> Fruit Chicken Stew w/ Potatoes and Vegetables/ Caprese Salad Whole Grain Biscuit Pudding Pastrami Rueben on Rye</p>	<p><b>14</b> Minestrone Soup Pork Loin Pot Roast w/Gravy Mashed Potato Baby Carrots Cookies Seafood Salad Plate</p>	<p><b>15</b> Escarole and Bean Soup Cod Piccata Wild Rice Florentine (WG) Peas Fruit Cup Roast Beef on Bulkie Roll</p>
<p><b>18</b> Mushroom Barley Soup Shepherd's Pie Mashed Potato Whole Wheat Roll Coffee Cake Cobb Salad</p>	<p><b>19 BIRTHDAY PARTY MEAL</b> Chicken and Rice Soup Fried Chicken Spinach Corn Bread (WG) Pastry Meatball Grinder</p>	<p><b>20</b> Kale and Bean Soup Fish and Chips Pasta Salad w/Vegetables Wheat Roll Fruit Cup BBQ Chicken Sandwich</p>	<p><b>21 THANKSGIVING MEAL</b> Italian Wedding Soup Turkey w/Gravy, Roasted Potato, Stuffing, Cranberry Sauce, Roasted Root Veggies Holiday Pies</p>	<p><b>22</b> Vegetable Noodle Soup Spaghetti w/Sausage &amp; Meatball Tossed Salad Italian Bread Fruit Cup Greek Salad w/Chicken</p>
<p><b>25</b> Cream of Broccoli Soup Lemon Chicken Thigh w/Gravy Wild Rice (WG) Mix Vegetable Brownies Egg Salad on Wheat</p>	<p><b>26</b> White Bean Soup Baked Ham w/Gravy Mashed Potatoes Peas and Onions Fruit Cup Chicken Caesar Salad</p>	<p><b>27</b> Chicken Vegetable Soup Beef and Broccoli Vegetable Lo Mein Eggroll Lorna Doone Cookie Italian Grinder</p>		<p><b>29</b> <b>MEAL SITES CLOSED</b></p>

