

\$3.00 Suggested Donation

March 2020

Call 401-625-6790 to reserve your meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Butternut Squash Soup Chicken Marsala Seasoned Brown Rice Broccoli Cuts Diced Pears Multi Grain Bread</p> <p><i>(Turkey & Cheese on Multi Grain)</i></p>	<p>3 100% Orange Juice Cheese Omelet w/Sliced Tomato Turkey Sausage French Toast w/Low Sugar Syrup Greek Yogurt</p> <p><i>(Ham Salad on Rye w/Side Salad)</i></p>	<p>4 Egg Drop Soup Orange Glazed Chicken Egg Roll Asian Blend Vegetables Applesauce Oatmeal Bread</p> <p><i>(Tuna on Oatmeal)</i></p>	<p>5 Chicken Escarole Soup French Meat Pie w/Ketchup Green Beans Frosted Cupcake Pumpernickel Bread</p> <p><i>(Chicken Salad on Pumpernickel)</i></p>	<p>6 Red Chowder Seafood Casserole Rice Pilaf Broccoli Cuts Fresh Fruit Wheat Bread</p> <p><i>(Italian Grinder)</i></p>
<p>9 Barley Soup Veal w/Mushroom Gravy Mashed Potatoes Spinach Ice Cream Wheat Bread</p> <p><i>(Chicken Salad on Wheat)</i></p>	<p>10 Chicken Vegetable Soup Pork Loin w/Applesauce Brown Rice Green Beans Sliced Peaches Dinner Roll</p> <p><i>(Egg Salad on Rye)</i></p>	<p>11 Italian Wedding Soup Meatballs w/Sauce Pesto Pasta Italian Blend Vegetables Tapioca Pudding Italian Bread</p> <p><i>(Turkey Salad on Italian)</i></p>	<p>12 Onion Soup Roast Turkey w/Gravy Corn Bread Stuffing California Blend Vegetables Fruit Bar Marble Bread</p> <p><i>(Pastrami & Swiss on Marble)</i></p>	<p>13 Tossed Salad Baked Fish w/Crumb Topping Butternut Squash Prince Edward Blend Vegetables Pudding Multi Grain</p> <p><i>(Low Sodium Hot Dog on Bun)</i></p>
<p>16 Beef Barley Soup Airline Chicken Baked Sweet Potato Mixed Vegetable Diced Peaches Wheat Roll</p> <p><i>(Meatball Sub)</i></p>	<p>17 St. Patrick's Day Split Pea Soup Corned Beef w/Mustard Boiled Potato Carrot & Cabbage Mix Lime Jello Irish Soda Bread</p> <p><i>(Tuna on Rye)</i></p>	<p>18 Tomato & Brown Rice Soup Chicken w/Artichoke, Roasted Red Peppers in Lemon Sauce Oven Roasted Potatoes Mixed Vegetables Italian Ice Whole Wheat Bread</p> <p><i>(Meatloaf on Whole Wheat Bread)</i></p>	<p>19 St. Joseph's Day- BIRTHDAY LUNCH Pasta & Bean Soup Italian Sausage Peppers & Onions Tortellini w/Marinara Sauce Italian Cookies Italian Bread</p> <p><i>(Hamburger on Wheat Roll)</i></p>	<p>20 Clear Chowder Potato Crunch Fish w/Tartar Sauce Au Gratin Potatoes 3-Bean Salad Sliced Pears Wheat Bread</p> <p><i>(Roast Beef & Cheese on Wheat)</i></p>
<p>23 Turkey & Brown Rice Soup Pot Roast w/Gravy Mashed Potatoes Broccoli Pudding Wheat Dinner Roll</p> <p><i>(Egg Salad on a Bulky Roll)</i></p>	<p>24 Vegetable Soup Beef Wellington w/Ketchup Lyonnaise Potatoes Roasted Zucchini Fruit Cocktail Rye Bread</p> <p><i>(Corned Beef & Swiss on a Rye)</i></p>	<p>25 Pasta & Bean Soup Stuffed Pepper w/Sauce Brown Rice Baby Carrots Mandarin Oranges Wheat Bread</p> <p><i>(Turkey & Cheese on Wheat)</i></p>	<p>26 Lentil Soup Veal Cutlet w/Marinara Sauce Seasoned Whole Grain Ziti Italian Blend Vegetables Frosted Brownie Italian Bread</p> <p><i>(Salami w/Provolone & Mustard on Italian)</i></p>	<p>27 Red Chowder Seafood Salad Chic Pea Salad Cole Slaw Fresh Fruit Multi-Grain Bread</p> <p><i>(Chicken Salad on Multi Grain)</i></p>
<p>30 Chicken Escarole Soup Baked Ham w/ Pineapple Sweet Potato Green Beans Pears Wheat Bread</p> <p><i>(Buffalo Chicken Salad on Wheat)</i></p>	<p>31 Vegetable Soup Italian Style Chicken Cutlet Wild Rice Stewed Tomatoes Apricot Halves Oatmeal Bread</p> <p><i>(Seafood Salad on Oatmeal)</i></p>	<p>Salad Option for the month of March Tuna-Olives-Tomato-Cucumber-Lettuce Blend Light Italian Dressing Starts Monday, March 2</p>	<p><i>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</i></p>	<p><i>Funded in part by the US Administration on Aging and state funds by the Rhode Island Office of Healthy Aging</i></p>