


**\$3.00 Suggested Donation**

# February 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Funded in part by the US administration on aging and state funds by the Rhode Island Department of Elderly Affairs.</i></p>	<p><b><u>February Salad Option</u></b> Sliced Turkey– Tomato Craisins-Walnuts Lettuce Blend Balsamic Dressing Begins Monday Feb. 4</p>	<p><b>Thank you for your donations! Your donations help keep the program going.</b>  <i>All menu items may contain nuts, seeds, beans and wheat bran + other allergens</i></p>		<p>1 Chicken Vegetable Soup <b>Tuna Noodle Casserole</b> Winter Blend Veg Greek Yogurt Rye Bread  <i>(Shrimp Salad on Rye)</i></p>
<p><b>4</b> Mandarin Lentil Soup <b>Low Sodium Hot Dog</b> Baked Beans Cole Slaw Ice Cream Oatmeal Bread  <i>(Ham Salad on Oatmeal)</i></p>	<p><b>5</b> Red Chowder <b>Stuffed Sole</b> Seasoned Red Potato Roasted Asparagus Diced Pears Dinner Roll  <i>(Italian Grinder)</i></p>	<p><b>6</b> Venus de Milo Soup <b>Swedish Meatballs</b> Buttered Noodles Sliced Carrots Chocolate Pudding Multi Grain Bread  <i>(Tuna on Multi Grain)</i></p>	<p><b>7</b> Vegetable Soup <b>Veal w/Mushroom Gravy</b> Mashed Potatoes Zucchini Frosted Brownie Marble Bread  <i>(Bologna &amp; Cheese on Marble)</i></p>	<p><b>8</b> Italian Wedding Soup <b>Roast Pork Loin w/Gravy</b> Oven Roasted Potatoes California Vegetables Fresh Fruit Rye Bread  <i>(Turkey &amp; Cheese on Rye)</i></p>
<p><b>11</b> Tomato &amp; Brown Rice Soup <b>French Meat Pie</b> Roasted Brussel Sprouts Diced Peaches Wheat Bread  <i>(Egg Salad on Wheat)</i></p>	<p><b>12</b> Chicken Escarole Soup <b>Italian Style Chicken Cutlet</b> Baked Potato w/Sour Cream Italian Blend Vegetables Fresh Fruit Italian Bread  <i>(Italian Tuna on Italian Bread)</i></p>	<p><b>13</b> Low Sodium V-8 Juice <b>Beef Stroganoff</b> Garlic Mashed Potatoes California Blend Vegetables Lemon Pudding 9-Grain Bread  <i>(Salami &amp; Provolone on 9-Grain)</i></p>	<p><b>14</b> Pasta &amp; Bean Soup <b>Baked Fish w/Crumb Topping</b> Rice Pilaf Green Beans Almandine Coffee Cake Marble Bread  <i>(Chicken Salad with Cranberry and Walnuts on Marble)</i></p>	<p><b>15</b> Onion Soup <b>Sesame Ginger Chicken</b> Egg Roll Asian Blend Vegetables Shortbread Cookie Multi Grain Bread  <i>(Roast Beef on Multi Grain)</i></p>
<p><b>18</b> <b><u>CLOSED</u></b> President's Day  </p>	<p>19 100% Juice <b>Turkey Chili w/Cheese</b> Corn Bread Seasoned Broccoli Spears Wheat Bread Fruit Cocktail  <i>(Corned Beef &amp; Cheese on Wheat)</i></p>	<p>20 Italian Wedding Soup <b>Italian Sausage</b> Pesto Tortellini Roasted Peppers &amp; Onions Ice Cream Multi Grain Bread  <i>(Tomato/Mozz. On Multi Grain)</i></p>	<p>21 <u>BirthDay Celebration</u> Minestrone Soup <b>Yankee Pot Roast w/Gravy</b> Parslied Potatoes Seasoned Zucchini Frosted Cupcake Oatmeal Bread  <i>(Seafood Salad on Oatmeal)</i></p>	<p><b>22</b> Red Chowder <b>Seafood Casserole</b> Mashed Potatoes Broccoli Cuts Fresh Fruit 9-Grain Bread  <i>(Sliced Chicken &amp; Cheese on 9-Grain)</i></p>
<p><b>25</b> Turkey Rice Soup <b>American Chop Suey</b> Whole Grain Pasta Green Beans Sliced Pears Pumpernickel Bread  <i>(Ham Salad on Pumpernickel)</i></p>	<p><b>26</b> Lentil Soup <b>Chicken Marsala</b> Red Bliss Mashed Potatoes Green Beans Fig Bar Wheat Bread  <i>(Hamburger on a Roll)</i></p>	<p><b>27</b> Chicken &amp; Brown Rice Soup <b>Shepherds Pie w/Ketchup</b> Seasoned Spinach Fresh Fruit Garlic Roll  <i>(Salami &amp; Cheese on a Roll)</i></p>	<p><b>28</b> Split Pea Soup <b>Baked Ham w/Sliced Pineapple</b> Sweet Potatoes Mixed Vegetables Pie Rye Bread  <i>(Italian Tuna on Rye)</i></p>	<p>Thank you for your donations. Your donations help keep the Program going.  All menu items may contain nuts, seeds, beans, wheat bran + other allergens</p>