


**\$3.00 Suggested Donation**

# March 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><i>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens.</i>  <b><u>March SALAD OPTION:</u></b>  <i>Southwest Salad Entrée</i>  <b>Seasoned Chicken/Black Beans/Corn/Tomato/Lettuce/Dressing</b>  <i>Starts Monday, March 4 2019</i></p>		<p><b>1</b> Vegetable Soup  <b>BBQ Chicken Leg</b>            Baked Beans            Cole slaw            Apricots            Whole Grain Bread    <i>(Meat Loaf on Whole Grain)</i></p>
<p><b>4</b> Lentil Soup  <b>Chicken w/Lemon Sauce</b>            Roasted Red Potatoes            Asparagus Cuts            Pudding            Roll    <i>(Kielbasa on a Roll)</i></p>	<p><b>5</b> Kale &amp; Bean Soup  <b>Turkey w/Gravy</b>            Stuffing            Roasted Brussel Sprouts            Applesauce            Pumpernickel Bread    <i>(Pastrami /Swiss on Pumpernickel)</i></p>	<p><b>6</b> Butternut Squash Soup  <b>Baked Fish w/Tomato &amp; Onion</b>            Baked Potato w/Sour Cream            Vegetable Blend            Fresh Fruit            Oatmeal Bread    <i>(Roast Beef on Oatmeal Bread)</i></p>	<p><b>7</b> Chicken Soup  <b>Beef Tips w/Mushrooms</b>            Rice Pilaf            Green Beans            Cookie            Marble Bread    <i>(Shrimp Salad on Marble)</i></p>	<p><b>8</b> Red Chowder  <b>Beer Battered Fish w/Tartar Sauce</b>            Roasted Potatoes            Cole Slaw            Diced Pears            Wheat Bread            Chicken Salad on Wheat</p>
<p><b>11</b> 100%Orange Juice  <b>Turkey Sausage</b>            Scrambled Eggs            Tomato Slice            Greek Yogurt            Roll    <i>(Ham/Prov. on Roll w/ Tomato)</i></p>	<p><b>12</b> Tomato Soup  <b>Roast Pork Loin w/Gravy</b>            Mashed Potatoes            Mixed Vegetables            Fresh Fruit            Marble Bread    <i>(Turkey Swiss on Marble)</i></p>	<p><b>13</b> Black Bean Soup  <b>Fiesta Lime Chicken</b>            Spanish Rice            Peppers &amp; Onions            Fruit Cocktail            Tortilla    <i>(Italian Grinder)</i></p>	<p>Escarole &amp; Bean Soup  <b>Lasagna Rollup/sauce</b>            Roasted Cauliflower            Pudding            Italian Bread    <i>(Salami &amp; Provolone on Italian)</i></p>	<p><b>15 St. Patrick's Day</b>            Split Pea Soup  <b>Corned Beef w/Mustard</b>            Boiled Potato            Carrot &amp; Cabbage Mix            Lime Jello            Rye Bread    <i>(Tuna on Rye)</i></p>
<p><b>18</b> Beef Barley Soup  <b>Airline Chicken</b>            Baked Sweet Potato            Mixed Vegetable            Diced Peaches            Wheat Roll    <i>(Meatball Sub)</i></p>	<p><b>19 St. Joseph's Day</b>            Italian Wedding Soup  <b>Meatballs w/Sauce</b>            Whole Grain Pasta            Onions &amp; Peppers            Ice Cream            Garlic Roll    <i>(Shrimp Salad on Wheat)</i></p>	<p><b>20</b> Egg Drop Soup  <b>Sweet &amp; Sour Pork</b>            Fried Rice            Oriental Blend Vegetables            Mandarin Oranges            Roll    <i>(Corned Beef on a Roll)</i></p>	<p><b>21 HAPPY BIRTHDAY</b>            Low Sodium V-8 Juice  <b>Turkey Chili</b>            Corn Bread            Roasted Broccoli Cuts            Frosted Cup Cake            Roll    <i>(Ham Salad on a Roll)</i></p> 	<p><b>22</b> Onion Soup w/Croutons  <b>Tuna Noodle Casserole</b>            Vegetable Blend            Chocolate Pudding            Rye Bread    <i>(Egg Salad on Rye)</i></p>
<p><b>25</b> Turkey and Brown Rice Soup  <b>American Chop Suey</b>            Whole Grain Pasta            Zucchini            Fruit Bar            Italian Bread    <i>(Tomato &amp; Mozzarella on Italian)</i></p>	<p><b>26</b> Chicken Escarole Soup  <b>Baked Ham w/ Pineapple</b>            Sweet Potato            Green Beans            Pears            Wheat Bread    <i>(Buffalo Chicken Salad on Wheat)</i></p>	<p><b>27</b> Cream of Broccoli Soup  <b>Italian Style Chicken Cutlet</b>            Baked Tomato Half            Garlic mashed            Tapioca Pudding            Marble Bread    <i>(Italian Tuna on Marble)</i></p>	<p><b>28</b> Minestrone Soup  <b>Swedish Meatballs</b>            Buttered Noodles            Sliced Carrots            Fresh Fruit            Rye Bread    <i>(Corned Beef on Rye)</i></p>	<p><b>29</b> Red Chowder  <b>Seafood Casserole</b>            Mashed Potato            Winter Blend Vegetables            Ice Cream            Roll    <i>(Hamburger on a Roll)</i></p>