


\$3.00 Suggested Donation

September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>CLOSED Labor Day</p>	<p>3 100% Orange Juice Cheese Omelet w/Sliced Tomato Turkey Sausage French Toast w/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 Lentil Soup Italian Sausage w/Mustard Peppers & Onions Tortellini Wafer Cookie Rye Bread</p> <p><i>(Wheat Hamburger on Roll)</i></p>	<p>6 Minestrone Soup Shepherds Pie Roasted Brussels Sprouts Jello Garlic Roll</p> <p><i>(Seafood Salad on Wheat)</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 Lemonade Grilled Chicken Breast Baked Beans Prince Edward Blend Vegetables Watermelon Multi Grain</p> <p><i>(Hot Dog on Bun)</i></p>
<p>16 Split Pea Soup Baked Ham w/Pineapple Slice Sweet Potatoes Capri Blend Vegetables Oatmeal Raisin Cookie Rye Bread</p> <p><i>(Tuna on Rye)</i></p>	<p>17 100% Cranberry Juice Beef Stroganoff Whole Grain Noodles Sliced Carrots Fresh Fruit Marble Bread</p> <p><i>(Turkey & Cheese on Marble)</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 HAPPY BIRTHDAY Chicken Escarole Soup  French Meat Pie w/Ketchup Green Beans Frosted Cupcake Pumpnickel Bread</p> <p><i>(Ham Salad on Pumpnickel)</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 Lyonnais 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 Vegetable Soup Italian Style Chicken Cutlet Wild Rice Stewed Tomatoes Apricot Halves Oatmeal Bread</p> <p><i>(Seafood Salad on Oatmeal)</i></p>	<p><i>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens.</i></p> <p><u>September SALAD OPTION:</u> <i>Ham-Turkey-Cheese-Tomato Lettuce Mix with Creamy Italian Dressing</i></p> <p><i>Starts 9/9/19</i></p>			<p><i>Funded in part by the US administration on aging and state funds by the Rhode Island Department of Elderly Affairs.</i></p>