

**\$3.00 Suggested Donation**

# October 2021

Menu Items are subject to change due to being unavailable to obtain.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>All menu items may contain nuts, seeds, beans, wheat bran, eggs, and other allergens</i>	<i>Funded in part by the US Administration on Aging and state funds by the Rhode Island Office of Healthy Aging</i>	<b>ALL SANDWICHES COME WITH</b>  <b>JUICE</b> <b>CHIPS</b> <b>DESSERT</b> <b>MILK</b>		1 Vegetable Chowder <b>Crab Cake w/ Tartar Sauce</b> Rice Pilaf Carrot Slaw Fruit Cup Pumpkin Bread Crab Cake w/Tartar on Pump
<b>4</b> Onion Soup <b>Beef Fried Steak w/ Gravy</b> Mashed Potato Green Beans Lorna Doones Dinner Roll Beef Fried Steak on Roll w/ mayo	<b>5</b> Beef Noodle Soup <b>Veggie Burger</b> Corn 3-Bean Salad Fresh Fruit Wheat Bread Veggie Burger on Wheat	<b>6</b> Pasta and Bean Soup <b>Italian Style Chicken Cutlet</b> Seasoned Pasta Capri Blend Vegetables Pudding Italian Bread Italian Style Chicken Cutlet on Italian	<b>7</b> Italian Wedding Soup <b>Meatballs w/Marinara Sauce</b> Roasted Peppers and Onions Oven Roasted Potato Sliced Peaches Dinner Roll Meatball Grinder on Roll	<b>8</b> Split Pea Soup <b>Baked Ham w/ Pineapple</b> Sweet Potato Roasted Brussel Sprouts Fresh Fruit Rye Bread Ham and Cheese w/ mustard on Rye
<b>11</b>  <b>CLOSED</b> <b>Columbus Day</b>	<b>12</b> Lentil Soup <b>Roasted Chicken w/ Gravy</b> Mashed Potato Mixed Vegetable Fig Bar Oatmeal Bread Chicken Loaf on Oatmeal w/ mayo	<b>13</b> Chicken Soup w/ Anci Di Pepe <b>Veal Parmesan w/ Sauce</b> Basil Pesto Pasta Italian Blend Vegetable Fresh Fruit Dinner Roll Veal Parmesan on Bulky Roll	<b>14</b> Beef Barley Soup <b>Turkey Burger w/ Gravy</b> Wild Rice Roasted Asparagus Brownie Multi Grain Bread Turkey Burger on Multi Grain Bread	<b>15</b> Tomato and Rice Soup <b>Roasted Beef w/ Gravy</b> Garlic Mashed Potato Prince Edward Blend Vegetable Fruit Cup Marble Bread Roast Beef on Marble w/ Mayo
<b>18</b> Beef Vegetable Soup <b>Chicken Cacciatore</b> Seasoned Tortellini Winter Blend Vegetable Pudding Wheat Dinner Roll Marinated Grilled Chicken Wheat Roll	<b>19</b> Venus De Milo Soup <b>20 Pub Burger w/Mushroom Gravy</b> Rice Pilaf Mixed Vegetable Fresh Fruit Snowflake roll Pub Burger on Roll w/ mustard	<b>20</b> Red Chowder <b>Garlic Shrimp</b> Seasoned Shells Italian Blend Vegetables Sponge Cake Multi Grain Bread Seafood Salad on Multi Grain	<b>21</b> Escarole and Bean Soup <b>Roast Turkey w/ Gravy</b> Stuffing Sliced Carrots Fruit Cup Marble Bread Turkey and Cheese w/Mayo Marble	<b>22</b> Chicken Soup <b>Pot Roast w/ Gravy</b> Whipped Potato Broccoli Cuts Fresh Fruit Wheat Bread Pot Roast on Wheat w/ Mayo
<b>25</b> Minestrone Soup <b>Low Sodium Hot Dog</b> Baked Beans Cole Slaw Fruited Yogurt Rye Bread Low Sodium Hot Dog on Roll w/ mustard	<b>26</b> Tomato Vegetable Soup <b>Roasted Grilled Chicken</b> O'Brien Potato Seasoned Spinach Granola Bar 9 Grain Bread Grilled Chicken on 9 Grain w/ mayo	<b>27</b> Egg Drop Soup <b>Pork Loin w/ Gravy</b> Scalloped Potato Mixed Vegetable Fresh Fruit Wheat Bread Sliced Pork on Wheat	<b>28</b> Split Pea Soup <b>Corned Beef</b> Boiled Potato Carrot and Cabbage Blend Pudding Pumpkin Bread Corned Beef on Pumpkin w/ Mustard	<b>29</b> White Chowder <b>Baked Fish w/ Bread Crumb Topping</b> Red Bliss Mashed Potato Sliced Zucchini Cookie Oatmeal Bread Fish Sandwich on Oatmeal w/ tartar sauce