

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 CHICKEN ESCAROLE SOUP PEPPER STEAK OR CHEF'S SALAD W/ SMOKED TURKEY HOMESTYLE MASHED POTATOES CARROTS JELLO	8 VEGETABLE GUMBO SOUP CORNBREAD BBQ RIB OR CHEF'S SALAD W/ EGG SALAD SPANISH RICE CORN W/ RED PEPPERS PEARS	9 CABBAGE SOUP BAKED COD W/ LEMON OR LOW SODIUM HAM SALAD ROLL SEASONED EGG NOODLES PEAS & CARROTS LEMON PUDDING	10 TURKEY NOODLE SOUP CHICKEN CORDON BLEU OR CHEF'S SALAD W/ TUNA SALAD PARSLEY POTATO GREEN BEANS PINEAPPLE	11 VETERANS DAY! SENIOR SERVICES CLOSED
14 CREAMY VEGETABLE SOUP MEATLOAF OR CHEF'S SALAD W/ LO-SODIUM HAM SALAD EGG NOODLES MIXED VEGETABLES VANILLA PUDDING	15 FRENCH ONION SOUP W/ CROUTONS HERB ROAST CHICKEN OR CHEF'S SALAD W/ CORNED BEEF HOMESTYLE MASHED POTATOES DILLED CARROTS JELLO W/ FRUIT	16 LARGE GARDEN SALAD HEARTY BEEF STEW OR SLICED CHICKEN SANDWICH BISCUIT BANANA PUDDING	17 NAVY BEAN SOUP DINNER ROLL SHEPHERDS PIE OR CHEF'S SALAD W/ SEAFOOD SALAD PEAS & ONIONS CHOCOLATE CHIP COOKIE	18 NEW ENGLAND CLAM CHOWDER DYNAMITE OR SEAFOOD SALAD ON A ROLL CHIPS 3 BEAN SALAD RICE PUDDING
21 BEEF VEGETABLE SOUP CHICKEN DIJONNAISE OR CHEF'S SALAD W/ ROAST BEEF HERBED RICE PILAF CARROTS MANDARIN ORANGES	22 TOMATO PASTA SOUP SWEDISH MEATBALLS OR CHEF'S SALAD W/ CHICKEN SALAD HOMESTYLE MASHED POTATOES ZUCCHINI & TOMATO PEACHES	23 BEEF NOODLE SOUP ROAST TURKEY W/ STUFFING OR LO-SODIUM HAM ON RYE CRANBERRY SAUCE BAKED SWEET POTATO PEAS & ONIONS PUMPKIN PIE W/ TOPPING THANKSGIVING LUNCHEON!	24 THANKSGIVING DAY SENIOR SERVICES CLOSED	25 SENIOR SERVICES CLOSED
28 CREAM OF BROCCOLI SOUP YANKEE POT ROAST OR CHEF'S SALAD W/ TUNA SALAD HOMESTYLE MASHED POTATOES MIXED VEGETABLES GRANOLA BAR	29 MINESTRONE SOUP CHICKEN PARMIGIANA OR CHEF'S SALAD W/ EGG SALAD PASTA & SAUCE ITALIAN GREEN BEANS MARBLE PUDDING	30 CHICKEN ESCAROLE SOUP LO-SODIUM HOT DOG OR TURKEY SANDWICH BAKED BEANS COLESLAW JELLO		

WELCOME!

Our suggested donation is \$3.00 per meal.

The menu is subject to change without notice. Bread and butter are included with every meal.

All menu items may contain nuts, seeds, beans, wheat bran and other potential allergens

Please call the mealsite you wish to attend to reserve your meal!

EBT Cards are Accepted!

Call 766-3734 for information.

This menu has been reviewed by Melissa Holmes, Registered Dietician
URI Supplemental Nutrition Assistance Program