


**\$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>February Salad Option</b></p> <p>Sliced Turkey- Tomato Craisins-Walnuts Cals315 Lettuce Blend Fat 5gms Balsamic Dressing Sod. 352mgs Begins Monday Feb. 4 Fiber 3.5gms</p>	<p><b>Thank you for your donations! Your donations help keep the program going.</b></p> <p><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</p> <p><i>(Shrimp Salad on Rye) Cals 525 Fat 6.4gms Sodium 597mgs Fib 3gms</i></p>
<p><b>4</b> Mandarin Lentil Soup <b>Low Sodium Hot Dog</b> Baked Beans Cole Slaw Ice Cream Oatmeal Bread (Ham Salad on Oatmeal) Cals 476 Fat 6.6gms Sodium 510mgs Fiber 5gms</p>	<p><b>5</b> Red Chowder <b>Stuffed Sole</b> Seasoned Red Potato Roasted Asparagus Diced Pears Dinner Roll (Italian Grinder) Cals 578 Fat 6.4gms Sodium 509mgs Fiber 3.3gms</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) Cals 611 Fat 7.3gms Sodium 600mgs Fiber 4.3gms</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) Cals 604 Fat 7.2gms Sodium 582mgs Fiber 3.5gms</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 (Turkey &amp; Cheese on Rye) Cals 524 Fat 7.2gms Sodium 522mgs Fiber 4.6gms</p>
<p><b>11</b> Tomato &amp; Brown Rice Soup <b>French Meat Pie</b> Roasted Brussel Sprouts Diced Peaches Wheat Bread (Egg Salad on Wheat) Cals 589 Fat 8gms Sodium 540mgs Fiber 3.3gms</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 (Italian Tuna on Italian Bread) Cals 508 Fat 6.7gms Sodium 489mgs Fiber 4.2gms</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 (Salami &amp; Provolone on 9-Grain) Cals 522 Fat7.2gms Sodium535mgs Fiber 2.6gms</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 (Chicken Salad with Cranberry and Walnuts on Marble) Cals 590 Fat8.2gms Sodium 586mgs Fiber 5gms</p>	<p><b>15</b> Onion Soup <b>Sesame Ginger Chicken</b> Egg Roll Asian Blend Vegetables Shortbread Cookie Multi Grain Bread (Roast Beef on Multi Grain) Cals 539 Fat 8gms Sodium 532mgs Fiber 4.2gms</p>
<p><b>18</b> <b>CLOSED</b> President's Day</p> 	<p>19 100% Juice <b>Turkey Chili w/Cheese</b> Corn Bread Seasoned Broccoli Spears Wheat Bread Fruit Cocktail (Corned Beef &amp; Cheese on Wheat) Cals 520 Fat 7.2gms Sodium528mgs Fiber 4.2gms</p>	<p>20 Italian Wedding Soup <b>Italian Sausage</b> Pesto Tortellini Roasted Peppers &amp; Onions Ice Cream Multi Grain Bread (Tomato/Mozz on Multi Grain) Cals 537 Fat7.3gms Sodium535mgs Fiber 4.3gms</p>	<p>21 <u>Birthday Celebration</u> Minestrone Soup <b>Yankee Pot Roast w/Gravy</b> Parslied Potatoes Seasoned Zucchini Frosted Cupcake Oatmeal Bread (Seafood Salad on Oatmeal) Cals 532 Fat 7.5gms Sodium568mgs Fiber 5gms</p>	<p><b>22</b> Red Chowder <b>Seafood Casserole</b> Mashed Potatoes Broccoli Cuts Fresh Fruit 9-Grain Bread</p> <p><i>(Sliced Chicken &amp; Cheese on 9-Grain) Cals 619 Fat 7.6gms Sodium 580mgs Fiber 3.5gms</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) Cals 572 Fat 7gms Sodium 533mgs Fiber 4gms</i></p>	<p><b>26</b> Lentil Soup <b>Chicken Marsala</b> Red Bliss Mashed Potatoes Green Beans Fig Bar Wheat Bread (Hamburger on a Roll) Cals 582 Fat 7gms Sodium 592mgs Fiber 5.2gms</p>	<p><b>27</b> Chicken &amp; Brown Rice Soup <b>Shepherds Pie w/Ketchup</b> Seasoned Spinach Fresh Fruit Garlic Roll</p> <p><i>(Salami &amp; Cheese on a Roll) Cals 598 Fat 7.8gms Sodium 650mgs Fiber 4gms</i></p>	<p><b>28</b> Split Pea Soup <b>Baked Ham w/Sliced Pineapple</b> Sweet Potatoes Mixed Vegetables Pie, Rye Bread (Italian Tuna on Rye) Cals 510 Fat 7.2gms Sodium 513mgs Fiber 5gms</p>	<p>Thank you for your donations. Your donations help keep the Program going.</p> <p>All menu items may contain nuts, seeds, beans, wheat bran + other allergens</p>