


# 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>  <b>Starts Monday, March 4 2019</b></p>		<p><b>1</b> Vegetable Soup  <b>BBQ Chicken Leg</b>                      Baked Beans                      Cole slaw                      Apricots, Whole Grain Bread (Meat Loaf on Whole Grain)                      Cals 560 Fat 7.3gms                      Sodium 529mgs Fiber 6gms</p>
<p><b>4</b> Lentil Soup  <b>Chicken w/Lemon Sauce</b>                      Roasted Red Potatoes                      Asparagus Cuts                      Pudding                      Roll                      (Kielbasa on a Roll)                      Cals 528 Fat 7gms                      Sodium 580mgs Fiber 4.4gms</p>	<p><b>5</b> Kale &amp; Bean Soup  <b>Turkey w/Gravy</b>                      Stuffing                      Roasted Brussel Sprouts                      Applesauce, Pumpnickel Bread    <i>(Pastrami /Swiss on Pumpnickel)</i>                      Cals 588 Fat 7.3gms                      Sodium 566mgs Fiber 4.5gms</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                      (Roast Beef on Oatmeal Bread)                      Cals 530 Fat 7.3gms                      Sodium 517mgs Fiber 4gms</p>	<p><b>7</b> Chicken Soup  <b>Beef Tips w/Mushrooms</b>                      Rice Pilaf                      Green Beans                      Cookie                      Marble Bread                      (Shrimp Salad on Marble)                      Cals 583 Fat 8gms                      Sodium 521mgs Fiber 3gms</p>	<p><b>8</b> Red Chowder  <b>Beer Battered Fish w/Tartar Sauce</b>                      Roasted Potatoes                      Cole Slaw                      Diced Pears, Wheat Bread  <i>Chicken Salad on Wheat</i>                      Cals 528 Fat 7gms                      Sodium 519mgs Fiber 3.3gms</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>                      Cals 480 Fat 8gms                      Sodim 432mgs Fiber 1gm</p>	<p><b>12</b> Tomato Soup  <b>Roast Pork Loin w/Gravy</b>                      Mashed Potatoes                      Mixed Vegetables                      Fresh Fruit                      Marble Bread                      (Turkey Swiss on Marble)                      Cals 392 Fat 7.2gms                      Sodium 485mgs Fiber 3gms</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>                      Cals 540 Fat 8gms                      Sodium 525mgs Fiber 6gms</p>	<p>Escarole &amp; Bean Soup  <b>Lasagna Rollup/sauce</b>                      Roasted Cauliflower                      Pudding                      Italian Bread    <i>(Salami &amp; Provolone on Italian)</i>                      Cals 585 Fat 8gms                      Sodium 528mgs Fiber 4.3gms</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>                      Cals 592 Fat 6.3gms                      Sodium 552mgs Fiber 5.5gms</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>                      Cals 530 Fat 7gms                      Sodium 510mgs Fiber 4.3gms</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                      (Shrimp Salad on Wheat)                      Cals 593 Fat 7.3gms                      Sodium 590mgs Fiber 5gms</p>	<p><b>20</b> Egg Drop Soup  <b>Sweet &amp; Sour Pork</b>                      Fried Rice                      Oriental Blend Vegetables                      Mandarin Oranges                      Roll                      (Corned Beef on a Roll)                      Cals 489 Fat 7gms                      Sodium 520mgs Fiber 4gms</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                      (Ham Salad on a Roll)                      Cals 579 Fat 8gms                      Sodium 516mgs Fiber 5.5gms</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>                      Cals 562 Fat 7.5gms                      Sodium 592mgs Fiber 3.3gms</p>
<p><b>25</b> Turkey and Brown Rice Soup  <b>American Chop Suey</b>                      Whole Grain Pasta                      Zucchini                      Fruit Bar                      Italian Bread                      (Tomato &amp; Mozzarella on Italian)                      Cals 582 Fat 7gms                      Sodium 522mgs Fiber 4gms</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>                      Cals 523 Fat 6.5gms                      Sodium 538mgs Fiber 4gms</p>	<p><b>27</b> Cream of Broccoli Soup  <b>Italian Style Chicken Cutlet</b>                      Baked Tomato Half                      Garlic mashed                      Tapioca Pudding                      Marble Bread                      (Italian Tuna on Marble)                      Cals 518 Fat 7.2gms                      Sodium 590mgs Fiber 3gms</p>	<p><b>28</b> Minestrone Soup  <b>Swedish Meatballs</b>                      Buttered Noodles                      Sliced Carrots                      Fresh Fruit                      Rye Bread                      (Corned Beef on Rye)                      Cals 505 Fat 7.2gms                      Sodium 485mgs Fiber 4.5gms</p>	<p><b>29</b> Red Chowder  <b>Seafood Casserole</b>                      Mashed Potato                      Winter Blend Vegetables                      Ice Cream                      Roll                      (Hamburger on a Roll)                      Cals 603 Fat 8gms                      Sodium 590mgs Fiber 3.2gms</p>