


\$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, Greekyogurt (Ham Salad on Rye w/side salad) Cals 419 Fat 7.2gms Sodium 480mgs Fiber 1.3gms</p>	<p>4 Egg Drop Soup Orange Glazed Chicken Egg Roll Asian Blend Vegetables Applesauce, Oatmeal Bread (Tuna on Oatmeal) Cals 489 Fat 7gms Sodium 519mgs Fiber 3gms</p>	<p>5 Lentil Soup Italian Sausage w/Mustard Peppers & Onions Tortellini Wafer Cookie, Rye Bread (Hamburger on Wheat Roll) Cals 526 Fat 7.3gms Sodium 520mgs Fiber 5gms</p>	<p>6 Minestrone Soup Shepherds Pie Roasted Brussels Sprouts Jello Garlic Roll Cals 523 Fat 7.2gms Sodium 519 mgs Fiber 4.3gms</p> <p><i>(Seafood Salad on Wheat)</i></p>
<p>9 Barley Soup Veal w/Mushroom Gravy Mashed Potatoes Spinach Ice Cream, Wheat Bread (Chicken Salad on Wheat) Cals 518 Fat 8gms Sodium 578mgs Fiber 4.3gms</p>	<p>10 Chicken Vegetable Soup Pork Loin w/Applesauce Brown Rice Green Beans Sliced Peaches, Dinner Roll (Egg Salad on Rye) Cals 492 Fat 7.2gms Sodium 488mgs Fiber 4gms</p>	<p>11 Italian Wedding Soup Meatballs w/Sauce Pesto Pasta Italian Blend Vegetables Tapioca Pudding, Italian Bread (Turkey Salad on Italian) Cals 523 Fat 7.3gms Sodium 529mgs Fiber 4.2gms</p>	<p>12 Onion Soup Roast Turkey w/Gravy Corn Bread Stuffing California Blend Vegetables Fruit Bar, Marble Bread (Pastrami & Swiss on Marble) Cals 567 Fat 7.6gms Sodium 572mgs Fiber 4.2gms</p> 	<p>13 Lemonade Grilled Chicken Breast Baked Beans Prince Edward Blend Vegetables Watermelon, Multi Grain Bread (Hot Dog on a Bun) Cals 490 Fat 6.4gms Sodium 480mgs Fiber 4.7gms</p>
<p>16 Split Pea Soup Baked Ham w/Pineapple Slice Sweet Potatoes Capri Blend Vegetables Oatmeal Raisin Cookie, Rye Bread (Tuna on Rye) Cals 448 Fat 6.7gms Sodium 493mgs Fiber 5gms</p>	<p>17 100% Cranberry Juice Beef Stroganoff Whole Grain Noodles Sliced Carrots Fresh Fruit, Marble Bread (Turkey and Cheese on Marble) Cals 512 Fat 6.8gms Sodium 419mgs Fiber 3.3gms</p>	<p>18 Tomato & Brown Rice Soup Chicken w/Artichoke, Roasted Red Peppers in Lemon Sauce Oven Roasted Potatoes Cals 608 Mixed Vegetables Fat 6.5gms Italian Ice Sodium 570mgs Whole Wheat Bread Fiber 4.4gms</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, Pumpernickel (Ham Salad on Pumpernickel) Cals 615 Fat 8gms Sodium 588mgs Fiber 3.8gms</p>	<p>20 Clear Chowder Potato Crunch Fish w/Tartar Sauce, 3 Bean Salad Au Gratin Potatoes Sliced Pears, Wheat Bread (Roast Beef & Cheese on Wheat) Cals 496 Fat 7gms Sodium 503mgs Fiber 5gms</p>
<p>23 Turkey & Brown Rice Soup Pot Roast w/Gravy Mashed Potatoes Broccoli Pudding, Wheat Dinner Roll (Egg Salad on a Bulky Roll) Cals 510 Fat 6.5gms Sodium 519mgs Fiber 2.7gms</p>	<p>24 Vegetable Soup Beef Wellington w/Ketchup Lyonnais Potatoes Roasted Zucchini Fruit Cockta (Corned Bee Cals 619 F. Sodium 525</p>	<p>25 Pasta & Bean Soup Stuffed Pepper w/Sauce Brown Rice Baby Carrots</p>	<p>26 Lentil Soup Veal Cutlet w/Marinara Sauce Seasoned Whole Grain Ziti Italian Blend Vegetables Pumpernickel, Italian Bread Fat 8gms Sodium 512mgs Provolone & Mustard on Fiber 4.2gms</p>	<p>27 Red Chowder Seafood Salad Chic Pea Salad Cole Slaw Fresh Fruit, Multi Grain Bread <i>(Chicken Salad on Multi Grain)</i> Cals 508 Fat 6.1gms Sodium 508mgs Fiber 5gms</p>
<p>30 Vegetable Soup Italian Style Chicken Cutlet Wild Rice Stewed Tomatoes Apricot Halves Oatmeal Bread (Seafood Salad on Oatmeal) Cals 518 Fat 6.5gms Sodium 508mgs Fiber 4.5gms</p>	<p><i>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens. Cals 259</i></p> <p>September SALAD OPTION: Fat 6gms <i>Ham-Turkey-Cheese-Tomato Sodium 189mgs</i> <i>Lettuce Mix with Creamy Italian Dressing Fiber 2.4gms</i></p>			<p><i>Especially provided by the US Administration for Aging and state funds by the Rhode Island Department of Elderly Affairs.</i></p>