

## March 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b> Butternut Squash Soup  <b>Chicken Marsala</b>            Seasoned Brown Rice            Broccoli Cuts            Diced Pears            Multi Grain Bread            (Turkey &amp; Cheese on Multi Grain)            Cals 510 Fat 7.3gms            Sodium 498mgs Fiber 4.5gms</p>	<p><b>3</b> 100% Orange Juice  <b>Cheese Omelet w/Sliced Tomato</b>            Cals 482            Turkey Sausage Fat 8gms            French Toast w/Low Sugar Syrup            Greek Yogurt Sodium 478mgs            Fiber .5mgs            ( Ham Salad on Rye w/Side Salad)</p>	<p><b>4</b> Egg Drop Soup  <b>Orange Glazed Chicken</b>            Egg Roll            Asian Blend Vegetables            Applesauce, Oatmeal Bread            (Tuna on Oatmeal)            Cals 515 Fat 8gms            Sodium 510mgs Fiber 4gms</p>	<p><b>5</b> Chicken Escarole Soup  <b>French Meat Pie w/Ketchup</b>            Green Beans Cals 610            Frosted Cupcake Fat 8gms            Pumpernickel Bread            Sodium 538mgs Fiber 3.3gms            (Chicken Salad on Pumpernickel)</p>	<p><b>6</b> Red Chowder  <b>Seafood Casserole</b>            Rice Pilaf            Broccoli Cuts            Fresh Fruit, Wheat Bread            (Italian Grinder)            Cals 573 Fat 8gms Sodium 498 mgs            Fiber 4gm</p>
<p><b>9</b> Barley Soup  <b>Veal w/Mushroom Gravy</b>            Mashed Potatoes            Spinach            Ice Cream, Wheat Bread            (Chicken Salad on Wheat)            Cals 505 Fat 7.gms            Sodium 520mgs Fiber 3.5gms</p>	<p><b>10</b> Chicken Vegetable Soup  <b>Pork Loins w/Applesauce</b>            Brown Rice            Green Beans            Sliced Peaches, Dinner Roll            Cals 518 Fat 7.2gms Sod, 490mgs Fib.3gm            (Egg Salad on Rye)</p>	<p><b>11</b> Italian Wedding Soup  <b>Meatballs w/Sauce</b>            Pesto Pasta            Italian Blend Vegetables            Tapioca Pudding, Italian Bread            (Turkey Salad on Italian)            Cals 523 Fat 7.3gms            Sodium 529 mgs Fiber 4.2gms</p>	<p><b>12</b> Onion Soup  <b>Roast Turkey w/Gravy</b>            Corn Bread Stuffing            California Blend Vegetables            Fruit Bar, Marble Bread            (Pastrami &amp; Swiss on Marble)            Cals 532 Fat 8gms            Sodium 520mgs Fiber 4gms</p>	<p>13 Tossed Salad  <b>Baked Fish w/Crumb Topping</b>            Butternut Squash            Prince Edward Blend Vegetables            Pudding, Multi Grain            (Low Sodium Hot Don on Bun)            Cals 508 Fat 7gms            Sodium 520mgs Fiber 3.5gms</p>
<p><b>16</b> Beef Barley Soup  <b>Airline Chicken</b>            Baked Sweet Potato            Mixed Vegetable            Diced Peaches            Wheat Roll            (Meat ball sub)            Cals 530 Fat 7.2gms            Sodium 503mgs Fiber 4gms</p>	<p><b>17 St. Patrick's Day</b>            Split Pea Soup  <b>Corned Beef w/Mustard</b>            Boiled Potato            Carrot &amp; Cabbage Mix            Lime Jello, Irish soda bread. (Tuna on Rye)            Cals 388 Fat 6.7gms            Sodium 487mgs Fiber 4.8gms</p>	<p><b>18</b> Tomato &amp; Brown Rice Soup  <b>Chicken w/Artichoke, Roasted Red Peppers in Lemon Sauce</b>            Oven Roasted Potatoes            Mixed Vegetables Italian            Ice, whole wheat b            Cals 608 Fat 6.5gms            Sodium 570mgs Fiber 4.4gms (meatloaf on whole wheat)</p>	<p><b>19 St. Joseph's Day</b>            Pasta &amp; Bean Soup  <b>Italian Sausage</b>            Peppers &amp; Onions            Tortellini w/Marinara Sauce            Italian Cookies, Italian Bread            (Hamburger on Wheat Roll )            Cals 530 Fat 8gms            Sodium 525 mgs Fiber 4.3gms</p>	<p><b>20</b> Clear Chowder  <b>Potato Crunch Fish w/Tartar Sauce</b>            Cals 518            Au Gratin Potatoes Fat 7gms            3-Bean Salad            Sliced Pears, wheat Bread. (Roast beef/cheese on wheat. C            Sodium 503mgs Fiber 5gms</p>
<p><b>23</b> Turkey &amp; Brown Rice Soup  <b>Pot Roast w/Gravy</b>            Mashed Potatoes            Broccoli            Pudding, Wheat dinner roll            (Egg Salad on Bulky Roll)            Cals 569 Fat 7.4gms            Sodium 529mgs Fiber 3.4gms</p>	<p><b>24</b> Vegetable Soup  <b>Beef Wellington w/Ketchup</b>            Lyonnaise Potatoes            Roasted Zucchini            Fruit Cocktail, Rye Bread            (Corned beef &amp; Swiss on Rye)            Cals 647 Fat 10gms Sod. 515mgs            Fiber 4gms</p>	<p><b>25</b> Pasta &amp; Bean Soup  <b>Stuffed Pepper w/Sauce</b>            Brown Rice            Baby Carrots            Mandarin Oranges, Wheat Bread            (Turkey &amp; Cheese on Wheat)            Cals 485 Fat 7gms            Sodium 503mgs Fiber 4.5gms</p>	<p><b>26</b> Lentil Soup  <b>Veal Cutlet w/Marinara Sauce</b>            Seasoned Whole Grain Ziti            Italian Blend Vegetables            Frosted Brownie, Italian Bread. (Salami/prov/Italian. Cal 510 Fat 8gms Sodium 519mgs Fiber 4.6gms</p>	<p><b>27</b> Red Chowder  <b>Seafood Salad</b>            Chic Pea Salad            Cole Slaw, Fresh Fruit            Multi grain bread            Cals 562 Fat 7gms            Sodium 488mgs Fiber 5gms</p>
<p><b>30</b> Chicken Escarole Soup  <b>Baked Ham w/ Pineapple</b>            Sweet Potato            Green Beans            Pears, Wheat Bread            (Buffalo Chicken Salad on Wheat)            Cals 522 Fat 7.2gms            Sodium 480mgs Fiber 4.3gms</p>	<p><b>31</b> Vegetable Soup  <b>Italian Style Chicken Cutlet</b>            Wild Rice            Stewed Tomatoes            Apricot Halves, Oatmeal Bread            (Seafood Salad on Oatmeal)            Cals 498 Fat 7gms            Sodium 489mgs Fiber 4.5gms</p>	<p>Cals 205 Fat 6gms Sod. 305mgs Fiber 2gms  <b>Salad Option for the month of March</b>            Tuna-Olives-Tomato-Cucumber-Lettuce Blend            Light Italian Dressing            Starts Monday, March 2</p>	<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</p>	<p><i>Funded in part by the US Administration on Aging and state funds by the Rhode Island Office of Healthy Aging</i></p>