

\$3.00 Suggested Donation

September Menu 2018

Reservations required 1 day in advance. M-Fri 9am-11am only. 846-7426 x2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <u>CLOSED</u> Labor Day	4 Minestrone Soup Shepherd's Pie Broccoli Florets Peach Half Multi Grain Bread <i>(Seafood Salad on Multi Grain)</i>	5 Split Pea Soup Sliced Roast Chicken/ Lite Gravy Sweet Potato Capri Blend Vegetables Cookie / Rye Bread <i>(Tuna on Rye)</i>	6 Chicken Vegetable Soup Pork Loin w/Applesauce Oven Roasted Potato Green Beans Lemon Pudding Whole Wheat Bread <i>(Chicken Salad on Wheat)</i>	7 Clear Chowder Crab Stuffed Sole Brown Rice Blended Vegetables Fresh Fruit Marble Bread <i>(Corned Beef & Swiss on Marble)</i>
10 Venus de Milo Soup Pub Burger w/Mushroom & Onion Gravy Mashed Potatoes Mixed Vegetables Sliced Pears Oatmeal Bread <i>(Salmon Salad on Oatmeal)</i>	11 100% Juice Turkey Chili Corn Bread Broccoli Spears Ice Cream 9-Grain Bread <i>(Salami & Provolone on 9-Grain)</i>	12 Bavarian Lentil Soup Grilled Chicken Breast Wild Rice Scandinavian Blend Vegetables Fresh Fruit Rye Bread <i>(Pastrami & Swiss on Rye)</i>	13 Barley Vegetable Soup Veal w/Brown Gravy Seasoned Whole Grain Pasta Garlic Spinach Chocolate Chip Oatmeal Bar Pumpernickel Bread <i>(Italian Tuna on Pumpernickel)</i>	14 Vegetable Soup BBQ Chicken Breast Baked Beans Tomato, Cucumber & Onion Salad Watermelon Dinner Roll <i>(Low sodium Hot Dog on a Roll)</i>
17 Italian Wedding Soup Meatballs w/Sauce Pesto Pasta Italian Blend Vegetables Tapioca Pudding Naan Bread <i>(Chicken Salad on Naan)</i>	18 Onion Soup Asian Entrée Salad Grilled Chicken on Lettuce w/ Cucumbers/Mandarin Orange/ Crispy Noodles w/Lite Ses- ame Ginger Dressing Fresh Fruit Wheat Bread <i>(Roast Beef & Cheese /Wheat)</i>	19 Turkey & Brown Rice Soup Pot Roast w/Gravy Mashed Potato Broccoli Sliced Peaches Multi Grain Bread <i>(Honey Ham & Cheese on Multi Grain)</i>	20 Happy Birthday Chicken Escarole Soup Beef Wellington w/Ketchup Seasoned Baby Whole Carrots Frosted Cupcake Pumpernickel Bread <i>(Italian Grinder)</i>	21 Red Chowder Seafood Salad Baked Chips Cole Slaw Cookie Wheat Bread <i>(Egg Salad on Wheat)</i>
24 100% OJ Omelet French Toast w/Syrup Tomato Half Greek Yogurt <i>(Meatloaf on Bulky w/Side Salad)</i>	25 Vegetable Soup Italian Style Chicken Cutlet O'Brien Potatoes Mixed Vegetables Mandarin Oranges Oatmeal Bread <i>(Tuna on Oatmeal)</i>	26 Cream of Broccoli Soup BBQ Beef Tips Rice Pilaf Sliced Carrots Brownie Wheat Bread <i>(Sliced Turkey on Wheat)</i>	27 Pasta and Bean Soup Italian Sausage w/ Mustard Roasted Potatoes Peppers and Onions Pudding Garlic Roll <i>(Hamburger on Roll)</i>	28 Chicken Soup Fried Steak with Gravy Mashed Potatoes California Blend Veg. Seasonal Fruit Rye Bread <i>(Shrimp Salad on Rye)</i>
<u>SALAD OF THE MONTH</u> Ham, Tomato, Hard Boiled Egg, Cucumber, Salad Mix, Lite Ranch Dressing Beginning September 10th	<i>All menu items my contain Nuts, seeds, beans, wheat Bran, and other allergens</i>		<i>Funded in Part by the US Administration on Aging and the Rhode Island Division of Elderly Affairs</i>	