



**MEALS ON WHEELS OF RI
CAPITAL CITY CAFÉ DECEMBER 2018 MENU**

Menu subject to change

Catered by: Encore

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hanukkah Meal 3 Vegetable Soup Beef Brisket Potato Pancakes Roasted Zucchini Whole Fruit Chicken Salad on Wheat Roll	Cream of Broccoli Soup 4 BBQ Chicken Thighs Macaroni Salad Spinach Fruit Salad Roast Beef on Bulkie Roll	Minestrone Soup 5 Roasted Pork Loin w/Gravy Scalloped Potatoes Peas and Onions Coffee Cake Cheeseburger on Wheat Roll	Cream of Mushroom Soup 6 Oven Fried Chicken Parmesan Cold Pesto Pasta Wax Beans Whole Wheat Roll Pound Cake Tuna Salad on Wheat Roll	Pearl Harbor Remembrance 7 Roasted Cauliflower Soup Pasta Bolognese w/Whole Wheat Pasta Tossed Salad Garlic Bread Fruit Chef Salad
Lentil Soup 10 Meatball & Pepper Sandwich on Whole Wheat Roll Three Bean Salad Chips Fruit Ham & Swiss on Wheat	Chicken Escarole Soup 11 Mac & Cheese w/Ham & Peas Roasted Carrots & Cauliflower Oatmeal Raisin Cookie Greek Salad w/Chicken	Split Pea Soup 12 Sloppy Joe on Wheat Roll Brussel Sprouts Roasted Potatoes Fruit Salad Seafood Salad on Wheat Roll	Kale and Bean Soup 13 Eggplant Parmesan Roasted Chicken Leg Mixed Vegetable Pudding Meatball Grinder	Corn Chowder 14 German Sausage w/Sauerkraut & Potatoes Green Beans Whole Wheat Roll Fruit Cup Corned Beef Reuben
Tomato Soup 17 LS Hot Dog and Beans Cole Slaw Brown Bread Lorna Doone Cookies Egg Salad on Wheat	Tossed Salad 18 Beef Stew w/Potatoes & Vegetables Whole Grain Biscuit Jell-O Turkey Club on Wheat	White Bean Soup 19 Chicken Fajitas w/Sour Cream Black Bean Salad Rice Whole Grain Tortilla Fresh Whole Fruit Italian Grinder	Holiday Meal 20 Pasta Fagioli Chicken Cordon Bleu w/Gravy Mashed Potatoes Italian Green Beans Cake	Winter Begins 21 Chicken Barley Soup Lasagna Primavera Roasted Eggplant Italian Bread Pudding Seafood Salad Plate
Christmas Eve Brunch 24 Fresh Fruit Scrambled Eggs Bacon & Sausage Home Fries Whole Grain Waffle w/Syrup	Merry Christmas 25 	Tortellini Soup 26 Pub Cheeseburger on Whole Wheat Roll French Fries Broccoli Fruit Cup Cobb Salad	New Year's Celebration 27 Italian Wedding Soup Beef Bracciale Roasted Potatoes Baby Carrots Cake Turkey & Swiss on Wheat Roll	NE Clam Chowder 28 Fish & Chips Baked Beans Brownie Chicken Sandwich on Wheat
New Year's Eve Brunch 31 100% Fruit Juice Omelet Corned Beef Hash w/Potatoes Whole Grain French Toast w/Syrup	 <i>from all of us at Meals on Wheels of RI</i>		SUGGESTED DONATION: \$3.00 PER MEAL Make checks payable to: Meals on Wheels of RI 70 Bath St. Providence 02908 Thank you for your donation. Donations help to maintain the meal program.	SERVING SIZE Vegetable – ¼ Cup Fruit – ¼ Cup Protein – 3 oz Dairy – 1 Cup Grains – 2 oz or ¼ Cup All menu items may contain nuts, seeds, beans, wheat, bran and other allergens

Meals on Wheels of RI is a non-profit organization funded in part by the U.S. Administration on Aging (AoA) & state funds through the RI Division of Elderly Affairs.

Feliz Natal!

Merry Christmas



Feliz Navidad

Buon Natale

สุขสันต์วันคริสต์มาส



Vrolijk Kerstfeest

Fröhliche Weihnachten

