





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

Menu subject to change

Catered by: Encore

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SUGGESTED DONATION: \$3.00 PER MEAL</p> <p><i>Make checks payable to: Meals on Wheels of RI 70 Bath St. Providence 02908</i></p> <p>Thank you for your donation. Donations help to maintain the meal program.</p>	<p>SERVING SIZE Vegetable – ¾ Cup Fruit – ¾ Cup Protein – 3 oz Dairy – 1 Cup Grains – 2 oz or ¼ Cup</p> <p>All menu items may contain nuts, seeds, beans, wheat, bran and other allergens</p>	<p>Nov. 4th - Daylight Savings Time Ends – Turn clocks back 1 hour</p> 	<p>Fruit Beef Stew w/Veggies & Potatoes Tossed Salad Whole Grain Biscuit Brownie Turkey & Swiss on Wheat Roll</p>	<p>Tomato Soup Chicken Marsala Roasted Potato Mixed Vegetables Whole Fruit Cheeseburger on Wheat Roll</p>
<p>Split Pea Soup Shepherd's Pie Mashed Potato Whole Wheat Roll Jell-O Cobb Salad</p>	<p>Election Day Creamy Cauliflower Soup Chicken A L'Orange Roasted Zucchini w/Stewed Tomatoes Broccoli Fruit Cup Seafood Salad on Wheat Roll</p>	<p>Fruit Salad Breakfast Tacos (Eggs, Cheese, Sausage) Wheat Tortilla Fresh Tomato Salsa Black Beans Home Fries</p>	<p>Chicken Soup Baked Manicotti Kale & Grape Salad Wheat Garlic Bread Pound Cake Roast Beef on Wheat Roll</p>	<p>Cream of Mushroom Soup Swedish Meatballs Mashed Potatoes Wax Beans Fruit Chicken Salad on Wheat Roll</p>
<p>Veterans Day Observed</p>  <p>Meals on Wheels Closed</p>	<p>Red Clam Chowder Fish Sandwich Whole Wheat Roll Potato Wedges Coleslaw Fruit Cup Ham & Provolone on Wheat</p>	<p>Escarole and Bean Soup Chicken Pot Pie Mashed Potato Whole Grain Biscuit Pudding Pastrami Rubeen on Rye</p>	<p>THANKSGIVING MEAL Italian Wedding Soup Turkey w/Gravy Roasted Potato Stuffing Cranberry Sauce Roasted Root Vegetables Apple Strudel</p>	<p>Minestrone Soup Whole Grain Penne Pasta w/Pink Sauce Sweet Sausage Italian Bread Fruit Cup Chef Salad</p>
<p>Mushroom Barley Soup Low sodium Chili Cheese Dog Wheat Hot Dog Roll French Fries Spinach Pudding Tuna Salad on Wheat</p>	<p>White Bean Soup BBQ Ribs Mashed Potato Green Beans Yellow Cake Chicken Cesar Salad</p>	<p>Vegetable Noodle Soup Beef w/Snow Peas Brown Rice Pilaf Sliced Carrots Whole Fruit Turkey Club on Wheat</p>	<p>Meals on Wheels Closed</p> 	<p>Meals on Wheels Closed</p> 
<p>Kale and Bean Soup Spaghetti and Meatballs Brussel Sprouts Whole Wheat Roll Whole Fruit Greek Salad w/ Chicken</p>	<p>Ravioli & Vegetable Soup Baked Ham w/ Gravy Roasted Potatoes Peas and Onions Fruit Cup Chicken Sandwich on Roll</p>	<p>French Onion Soup Chicken Lo Mein Pork Fried Rice Eggroll Lorna Doone Cookies Italian Grinder</p>	<p>Lentil Soup Beef Stroganoff Parsley Potatoes Cauliflower Whole Wheat Roll Fruit Cup Seafood Salad Plate</p>	<p>White Beans over Bread Fish Cake Wild Rice (Whole Grain) Salad Cole Slaw Jell-O Meatball Grinder</p>

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.

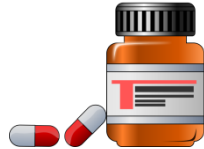
FROM ALL OF US AT MEALS ON WHEELS OF RI



November 11th



November 22nd



SAFE MEDICINE DISPOSAL

Check all storage spaces for unused & expired medicine. Expiration dates are found on your medicine bottle or card. Getting rid of unused medicine will help:

- Avoid taking the wrong medicine or the wrong dose.
- Prevent unintended use of medicine, including pain medicines like opioids.
- Lower the risk of poisoning kids & pets.

DO NOT SHARE YOUR MEDICINE WITH OTHERS.

For more information on medicine disposal contact RI Dept. of Health at (401)222-5960 or health.ri.gov/healthrisks/householdmedicalwaste or RI Resource Recovery Corporation at (401)942-1430 or atoz.rirrc.org/items/medications

Ask your doctor or pharmacist how to properly dispose of unwanted or expired medicine. You can find the telephone number on your medicine bottle or card.