



**MEALS ON WHEELS OF RI
CAPITAL CITY CAFÉ FEBRUARY 2019 MENU**

Menu subject to change

Catered by: Encore

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>SUGGESTED DONATION:</u> \$3.00 PER MEAL</p> <p><i>Make checks payable to: Meals on Wheels of RI 70 Bath St. Providence 02908</i></p> <p><i>Thank you for your donation. Donations help to maintain the meal program.</i></p>	<p><i>Dining reservations must be made with the café manager 24 hours in advance.</i></p> <p><i>Inform the manager of any known food allergies.</i></p>		<p><i>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.</i></p>	<p>Cream of Broccoli Soup BBQ Chicken Thighs Potato Salad Mixed Veg Corn Bread Fruit Meatball Grinder</p> <p align="right">1</p>
<p align="right">4</p> <p>Mushroom Barley Soup Chicken Pot Pie Mashed Potato Whole Wheat Biscuit Fruit Tuna Salad on Wheat Roll</p>	<p align="right">5</p> <p>Chinese New Year Vegetable Noodle Soup Sautéed Beef w/Sauce Seasoned Noodles Eggroll Pudding Chicken Sandwich on Wheat</p>	<p align="right">6</p> <p>Red Clam Chowder Fish Sandwich On a Wheat Roll Cole Slaw Baked Beans Fruit Chef Salad</p>	<p align="right">7</p> <p>Minestrone Soup Chicken Parmigiana Tossed Salad Spaghetti Pound Cake Egg Salad on Wheat</p>	<p align="right">8</p> <p>Kale & Navy Bean Soup Sausage & Pepper Sandwich on a Whole Wheat Roll Chips Broccoli Brownie BLT on Wheat</p>
<p align="right">11</p> <p>Split Pea Soup Swedish Meatballs Mashed Sweet Potato Baby Carrots Whole Wheat Roll Fruit Seafood Salad on Wheat</p>	<p align="right">12</p> <p>Fruit Cheese Ravioli w/Meat sauce Caprese Salad Garlic Bread Oatmeal Raisin Cookie Cobb Salad</p>	<p align="right">13</p> <p>Tomato Soup Cranberry Balsamic Chicken Mashed Cauliflower Wax Beans Fruit Roast Beef Sandwich</p>	<p align="right">14</p> <p>Happy Valentine's Day Italian Wedding Soup Roast Beef w/Gravy Roasted Potato Green Beans Whole Grain Roll Cake Turkey & Swiss on Wheat</p>	<p align="right">15</p> <p>Vegetarian Meal Lentil Soup Cheese Lasagna Caesar Salad Whole Grain Breadstick Fruit Cheeseburger on Wheat Roll</p>
<p align="right">18</p> <p align="center">  </p> <p align="center"><i>Meals on Wheels Closed</i></p>	<p align="right">19</p> <p>Escarole & Bean Soup Chicken Cordon Blue Mashed Potato Peas & Carrots Pudding Corned Beef Reuben on Rye</p>	<p align="right">20</p> <p>Chicken Soup Stuffed Pepper Meatballs Baby Carrots Fruit Chicken Salad</p>	<p align="right">21</p> <p>Roasted Cauliflower Soup BBQ Beef Brisket Roasted Sweet Potato Spinach Whole Wheat Roll Coffee Cake Chicken Caesar Salad</p>	<p align="right">22</p> <p>White Bean Soup Chicken Roll-Up Rice Whole Wheat Tortilla Black Beans Fruit Tuna Club on Wheat</p>
<p align="right">25</p> <p>Kale and Bean Soup Baked Ham w/Gravy Scalloped Potatoes Sliced Carrots Whole Wheat Roll Jell-O Sausage Sandwich</p>	<p align="right">26</p> <p>Venus de Milo Soup Chicken w/Veggies on Pita Brown Rice Salad Chips Fruit Pastrami & Cheese on Wheat</p>	<p align="right">27</p> <p>Vegetarian Meal Vegetable Stew Stuffed Shells Greek Cucumber Salad Italian Bread Lorna Doone Cookies Italian Grinder</p>	<p align="right">28</p> <p>Fresh Fruit Beef Stew w/Potatoes & Vegetables Tossed Salad Whole Grain Biscuit Pudding Turkey Club on Wheat</p>	<p><u>SERVING SIZE</u> Vegetable – ¾ Cup Fruit – ¾ Cup Protein – 3 oz Dairy – 1 Cup Grains – 2 oz or ¼ Cup <i>All menu items may contain nuts, seeds, beans, wheat, bran and other allergens.</i></p>

Viruses or Bacteria

What's got you sick?

Antibiotics are only needed for treating certain infections caused by bacteria. Viral illnesses cannot be treated with antibiotics. When an antibiotic is not prescribed, ask your healthcare professional for tips on how to relieve symptoms and feel better.

Common Condition	Common Cause			Are Antibiotics Needed?
	Bacteria	Bacteria or Virus	Virus	
Strep throat	√			Yes
Whooping cough	√			Yes
Urinary tract infection	√			Yes
Sinus infection		√		Maybe
Middle ear infection		√		Maybe
Bronchitis/chest cold (in otherwise healthy children and adults)*		√		No*
Common cold/runny nose			√	No
Sore throat (except strep)			√	No
Flu			√	No

*Studies show that in otherwise healthy children and adults, antibiotics for bronchitis won't help you feel better



To learn more about antibiotic prescribing and use, visit www.cdc.gov/antibiotic-use