



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

*Menu subject to change*

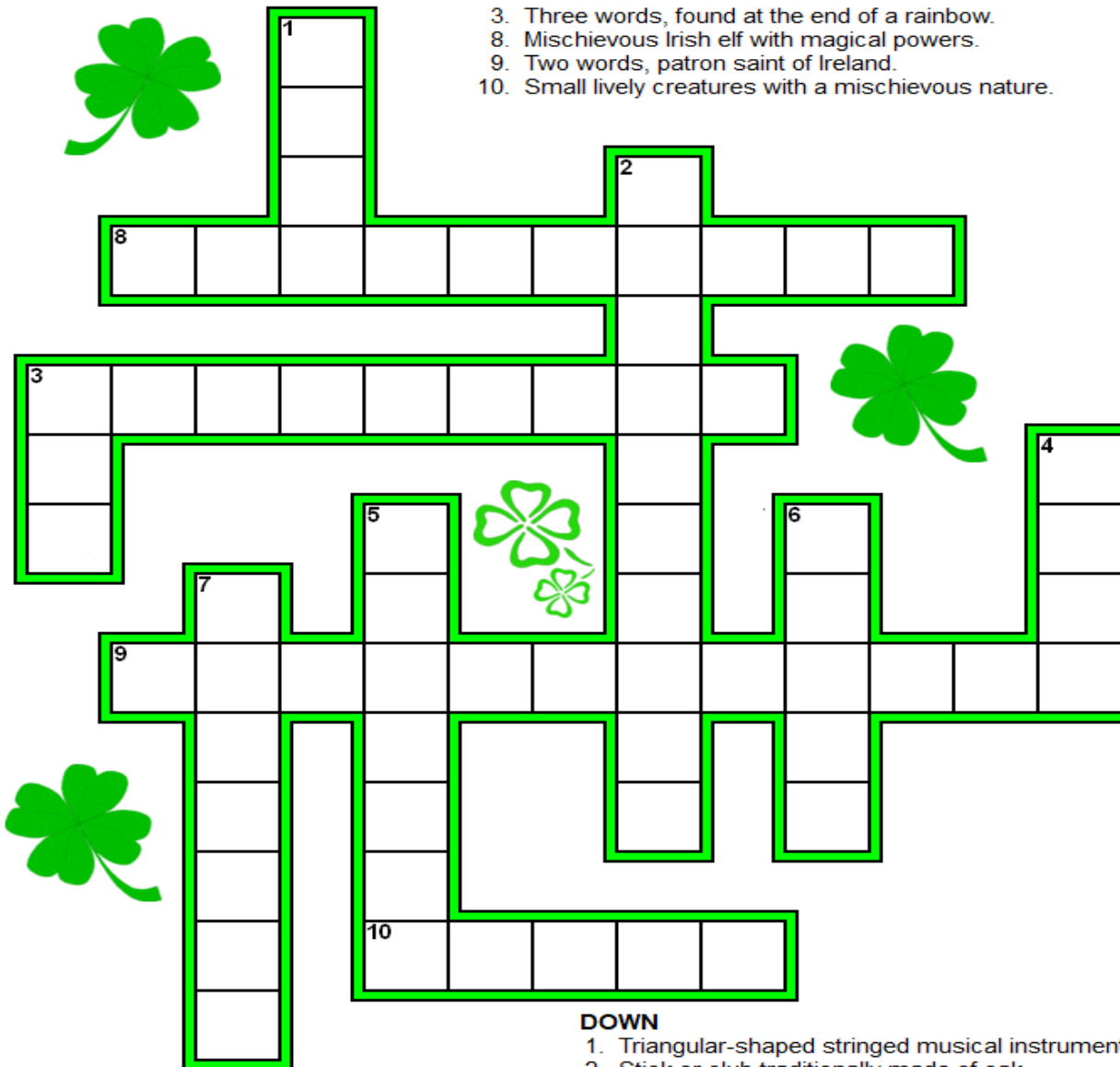
*Catered by: Encore*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>SUGGESTED DONATION:</u></b> <b>\$3.00 PER MEAL</b></p> <p><i>Make checks payable to: Meals on Wheels of RI 70 Bath St. Providence 02908</i></p> <p><b><i>Thank you for your donation. Donations help to maintain the meal program.</i></b></p>	<p><i>Dining reservations must be made with the café manager 24 hours in advance. Inform the manager of any known food allergies.</i></p>	<p><b><u>SERVING SIZE</u></b> Vegetable – ¾ Cup Fruit – ¾ Cup Protein – 3 oz Dairy – 1 Cup Grains – 2 oz or ¼ Cup <b>All menu items may contain nuts, seeds, beans, wheat, bran and other allergens.</b></p>	<p><b><i>March 10<sup>th</sup> - Daylight savings begins – move ahead 1 hour</i></b></p> <p><b><i>March 17<sup>th</sup> – St. Patrick's Day</i></b></p> 	<p align="right">1</p> <p>Cream of Broccoli Soup Honey Glazed Chicken Potato Salad Sliced Carrots Sliced Melon <b>Egg Salad on Wheat</b></p>
4	5	6	7	8
<p>Lentil Soup Sloppy Joe on Wheat Roll Three Bean Salad Sliced Roasted Potato Pudding <b>BLT on Wheat</b></p>	<p>Escarole and Bean Soup Pasta Bolognese w/Wheat Pasta Tossed Salad Italian Bread Fruit Cup <b>Turkey &amp; Swiss on Wheat</b></p>	<p><b><i>Ash Wednesday</i></b> NE Clam Chowder Fish Bake w/Red Sauce Carrot Salad Brown Rice Pilaf Jell-O <b>Italian Grinder</b></p>	<p>Tomato Soup Open Turkey Sandwich w/Gravy Stuffing Mashed Potato Chocolate Chip Cookie <b>Sausage &amp; Pepper Sandwich</b></p>	<p>Minestrone Soup Stuffed Shells Caesar Salad Breadstick Fruit Cup <b>Tuna Salad Plate</b></p>
11	12	13	14	15
<p>Split Pea Soup BBQ Pulled Chicken Sandwich on a Wheat Roll Cole Slaw Pudding <b>Chef Salad</b></p>	<p><b><i>Breakfast Brunch</i></b> Cottage Cheese w/Peaches Scrambled Eggs Ham Hash w/Potatoes Whole Grain Waffle w/Syrup</p>	<p>Vegetable Noodle Soup Sweet and Sticky Beef Garlic Noodles Egg Roll Fig Newton Cookies <b>Chicken Salad on Wheat</b></p>	<p><b><i>St. Patrick's Day Meal</i></b> Potato &amp; Leek Soup Corned Beef w/Cabbage, Carrots &amp; Potatoes Irish Soda Bread Holiday Dessert</p> 	<p>White Bean Soup Fish Cake w/Sauce Mixed Vegetables Brown Rice Salad Fruit Salad <b>Meatball Grinder on Wheat Roll</b></p>
18	19	20	21	22
<p>Cream of Mushroom Soup Chicken Cacciatore Pasta Salad w/Veggies Garlic Bread Oatmeal Raisin Cookie <b>Ham &amp; Provolone on Wheat</b></p>	<p>Italian Wedding Soup Beef Bracciale Mashed Potato Mixed Veg /Wheat Roll Yellow Cake <b>Chicken Salad on Wheat</b></p>	<p><b><i>Springs Begins</i></b> ☀️ White Bean Soup Roasted Chicken Drumstick Greek Cucumber Salad Wild Rice Jell-O <b>Pastrami Reuben on Rye</b></p>	<p>Chicken &amp; Escarole Soup Meatball &amp; Pepper Sandwich on a Wheat Roll Potato Salad Chips Fruit Cup <b>Cobb Salad</b></p>	<p>Fruit Cup Vegetarian Chili Roasted Zucchini Whole Grain Corn Bread Pudding <b>Seafood Salad Plate</b></p>
25	26	27	28	29
<p>Kale and Bean Soup Shepherd's Pie Mashed Potato Whole Grain Biscuit Fruit Cup <b>BBQ Chicken Sandwich</b></p>	<p>Mushroom Barley Roasted Pork Loin w/Gravy Sweet Potato Hash Baby Carrots Pudding <b>Roast Beef Club on Wheat</b></p>	<p>100% Fruit Juice Chicken w/Gravy Stuffed Pepper Tomato &amp; Cheese Focaccia Lorna Doone Cookies <b>Turkey &amp; Provolone on Wheat</b></p>	<p>Chicken &amp; Vegetable Soup Pot Roast w/Gravy Mashed Potato Green Beans Brownie <b>Tuna Salad on Wheat</b></p>	<p>Red Clam Chowder Fish and Chips Cole Slaw Whole Grain Cornbread Fruit Cup <b>Cheeseburger on Wheat</b></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.*

**ACROSS**

3. Three words, found at the end of a rainbow.
8. Mischievous Irish elf with magical powers.
9. Two words, patron saint of Ireland.
10. Small lively creatures with a mischievous nature.



**DOWN**

1. Triangular-shaped stringed musical instrument.
2. Stick or club traditionally made of oak.
3. A bar that also serves food.
4. Good fortune.
5. Gaelic folklore about the spirit of a woman who appears, wailing, to signal someone is going to die.
6. Saint Patrick's Day is celebrated in this month.
7. Multicolored arc in the sky.