




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



Menu subject to change

Catered by: *Encore*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April Fool's Day  1 Tomato Soup Hot Dogs & Beans Cole Slaw Brown Bread Fig Newton Cookie Turkey Club on Wheat	2 Lentil Soup Chicken a la King Mashed Potato Whole Grain Biscuit Fruit Cup Chef Salad	3 Chicken & Escarole Soup Spaghetti & Meatballs Tossed Salad Garlic Bread Brownie Pastrami Reuben on Rye	4 Minestrone Soup Caprese Chicken Roasted Potato Peas & Carrots Oatmeal Raisin Cookie Tuna Salad Plate	5 Red Clam Chowder Fish Bake w/Corn & Potato Rice Pilaf Cucumber Salad Pudding Roast Beef on Bulkie
8 Kale and Bean Soup Chicken Pot Pie Mashed Potato Corn Bread Jell-O Ham & Swiss on Wheat Roll	9 Chicken & Vegetable Soup Swedish Meatballs Roasted Sweet Potato Green Beans Cake Chicken Salad on Wheat Roll	10 Cream of Broccoli Soup Chicken Piccata Mashed Cauliflower Sliced Carrots Fruit Salad Seafood Salad on Wheat	11 Mushroom Barley Soup Italian Beef Sandwich on Whole Wheat Roll Potato Wedges Mixed Vegetable Lorna Doone Cookies Greek Salad w/Chicken	12 N.E. Clam Chowder Fish Sandwich on Whole Wheat Roll Cole Slaw White Bean Salad Fruit Cup Meatball Sandwich
15 Chicken Soup Cheeseburger on Wheat Roll Three Bean Salad French Fries Melon Sausage & Pepper Sandwich	16 Minestrone Soup Baked Manicotti Tossed Salad Breadstick Pudding Italian Grinder	17 Escarole & Bean Soup Beef Tips Sweet Mashed Potato Broccoli Whole Grain Bread Fruit Cup Spinach Salad w/Chicken	18 EASTER MEAL Creamy Split Pea Soup Baked Ham w/Gravy Scalloped Potatoes Honey Glazed Carrots Holiday Rice Pies BBQ Chicken Sandwich	19 GOOD FRIDAY Vegetable Soup Roasted Chicken Baby Carrots Pasta Salad Whole Wheat Roll Fruit Salad Seafood Salad Plate
22 Bean & Lentil Soup Salisbury Steak w/Gravy Mashed Potato Roasted Zucchini w/Tomato Fruit Cup Cobb Salad	23 Cream of Mushroom Soup Chicken Kabob w/Vegetables Wild Rice Strawberry Mango Salad Chocolate Chip Cookie Cheeseburger on Wheat Hamburger Roll	24 Cauliflower Soup Ground Beef Taco w/Lettuce & Tomato Whole Grain Tortilla Refried Beans Green Beans Jell-O Tuna Salad Club on Wheat	25 Tomato Soup Chicken Cordon Bleu w/Gravy Roasted Potato Mixed Vegetables Cupcakes Turkey & Provolone on Wheat	26 White Bean Soup Beef Bourguignon w/Vegetables Tossed Salad Whole Wheat Bread Melon BLT on Wheat
29 Barley & Vegetable Soup Pork Florentine w/Gravy Spinach Potato Wedges Cake Corned Beef & Swiss on Wheat	30 Cream of Broccoli Soup Orange Beef Garlic Noodles Egg Roll Pineapple Chicken Caesar Salad	SUGGESTED DONATION: \$3.00 PER MEAL <i>Make checks payable to: Meals on Wheels of RI 70 Bath St. Providence 02908</i> Thank you for your donation. Donations help to maintain the meal program.		SERVING SIZE 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>

Dining reservations must be made with the café manager 24 hours in advance. Inform the manager of any known food allergies.

IMPORTANT INFORMATION REGARDING POTENTIAL MEDICARE SCAMS

Over the past several months, here in Rhode Island and across the nation, there have been numerous fraud attempts to obtain Medicare numbers from unsuspecting beneficiaries.

- **Durable Medical Equipment Scams**: Television ads and unsolicited phone calls invite beneficiaries who might be experiencing pain that they can be sent “free” knee, neck or back braces for which Medicare will pay.

Unfortunately these TV ads and phone calls are durable medical equipment scam attempts.

- **Genetic Testing Scams**: Another current Medicare scam offers “free” genetic testing for which Medicare will pay.
- It is very important to note that while Medicare does cover limited genetic screenings and appropriate durable medical equipment such as knee, neck and back braces, it is all based on medical necessity; requires prescription from the primary or attending physician; and please continue to guard your Medicare cards.

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Make sure you eat a variety of foods to get all ***the nutrients you need***. Your plate should look like a rainbow—bright, colorful foods are always the best choice! A healthy meal should include:

- Lean protein (lean meats, seafood, eggs, beans)
- Fruits and vegetables (think orange, red, green, and purple)
- Whole grains (brown rice, whole wheat pasta)
- Low-fat dairy (milk and its alternatives)

Remember to choose foods that are high in fiber and low in sodium or salt. Also, look for Vitamin D, an important mineral as we age.