


MEALS ON WHEELS OF RI

CAPITAL CITY CAFÉ JUNE 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 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. Inform the manager of any known food allergies.</i></p>	<p>Friday, June 14th – <i>Flag Day</i></p> <div style="text-align: center;"></div> <p>Sunday, June 16th <i>Happy Father's Day</i></p>	<p><u>SERVING SIZE</u> Vegetable – ¾ Cup Fruit – ¾ 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.</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 style="text-align: right;">3</p> <p>Tomato Soup Swedish Meatballs Mashed Cauliflower Green Beans Lorna Doone Cookies BBQ Chicken Sandwich</p>	<p style="text-align: right;">4</p> <p>Fruit Cup Roasted Chicken Thighs Roasted Zucchini Spinach Jell-O Tuna Salad on Wheat</p>	<p style="text-align: right;">5</p> <p>Chicken Soup Spaghetti w/Meat sauce Tossed Salad Italian Bread Fruit Cup Italian Grinder</p>	<p style="text-align: right;">6</p> <p>Split Pea Soup Honey Glazed Chicken Potato Wedges Brussel Sprouts Brownie Seafood Salad on Wheat</p>	<p style="text-align: right;">7</p> <p>Caprese Salad Pulled Pork Sandwich on Wheat Cole Slaw Baked Beans Fruit Salad Cheeseburger on Wheat</p>
<p style="text-align: right;">10</p> <p>Minestrone Soup Lemon Chicken Rice Pilaf Baby Carrots Oatmeal Raisin Cookie Meatball Grinder</p>	<p style="text-align: right;">11</p> <p>Apple and Cranberry Salad American Chop Suey Tossed Salad Whole Wheat Roll Fruit Cup Turkey Club on Wheat</p>	<p style="text-align: right;">12</p> <p>Peaches w/Cottage Cheese Shredded Chicken Tacos w/Sour Cream & Tomatoes on a Tortilla Black Beans Brown Rice Greek Yogurt Pastrami Reuben on Rye</p>	<p style="text-align: right;">13</p> <p>Father's Day Meal Italian Wedding Soup Chuck Roast w/Gravy Mashed Potatoes Mixed Vegetables Whole Grain Corn Bread Pudding</p>	<p style="text-align: right;">14</p> <p>Bean Salad Roasted Pork Loin w/Gravy Roasted Root Vegetables Broccoli Melon Egg Salad Plate</p>
<p style="text-align: right;">17</p> <p>Tossed Salad BBQ Chicken Thighs Wax Beans Biscuit Pudding Roast Beef on Bulkie</p>	<p style="text-align: right;">18</p> <p>Cream of Broccoli Soup Fish Cake BLT On a Whole Wheat Roll Cole Slaw Roasted Beets Chocolate Chip Cookie Chef Salad</p>	<p style="text-align: right;">19</p> <p>Hummus w/Pita Chips Meatloaf w/Gravy Mashed Carrots Peas Fruit Salad Chicken Salad on Wheat</p>	<p style="text-align: right;">20</p> <p>Greek Cucumber Salad Cheeseburger on a Wheat Roll Pasta Salad w/Veggies Brownie Seafood Salad on Wheat</p>	<p style="text-align: right;">21</p> <p>Vegetable Noodle Soup Pepper Chicken Garlic Noodles Eggroll Melon Cobb Salad</p>
<p style="text-align: right;">24</p> <p>Fruit Cup Meatball & Sausage on a Whole Wheat Roll Three Bean Salad Potato Chips Jell- Turkey & Swiss Sandwich</p>	<p style="text-align: right;">25</p> <p>Chicken & Escarole Soup Thanksgiving Turkey Sandwich on Whole Wheat Cranberry Sauce Stuffing Tossed Salad Pudding Ham & Provolone on Wheat</p>	<p style="text-align: right;">26</p> <p>Greek Cucumber Salad Italian Beef on a Whole Wheat Roll Mashed Cauliflower Sliced Carrots Melon Seafood Salad Plate</p>	<p style="text-align: right;">27</p> <p>Vegetarian Chili Oven Fried Chicken Mashed Sweet Potatoes Green Beans Cake BLT on Wheat</p>	<p style="text-align: right;">28</p> <p>Tomato Soup Fish Chowder Plate w/Potatoes & Veggies Biscuit Fruit Salad Greek Salad w/Chicken</p>