




MEALS ON WHEELS OF RI CAPITAL CITY CAFÉ MAY 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:</i> Meals on Wheels of RI 70 Bath St. Providence 02908 Thank you for your donation. Donations help to maintain the meal program.</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>May Breakfast</i> 1 Fruit Salad Scrambled Eggs Whole Grain French Toast w/Syrup Home Fries Bacon & Sausage 100% LS Tomato Juice</p>	<p>2 Minestrone Soup Cranberry Balsamic Chicken Mashed Cauliflower Broccoli Greek Yogurt <i>Roast Beef Club on Wheat</i></p>	<p><i>RI Independence Day</i> 3 RI Clam Chowder Clam Cake Hot Wiener on Wheat Roll Corn on the Cob Brownies</p>
<p>6 Cream of Broccoli Soup Shepherd's Pie Mashed Potatoes Whole Grain Biscuit Fig Newtons <i>Seafood Salad on Wheat</i></p>	<p>7 Vegetable Noodle Soup Open Turkey Sandwich w/Gravy Whole Wheat Bread Stuffing Green Beans Pudding <i>Meatball Grinder on Wheat Ro</i></p>	<p>8 Chicken Escarole Soup Bolognese w/Wheat Pasta Tossed Salad Italian Bread Fruit Salad <i>Italian Grinder</i></p>	<p>9 <i>Mother's Day Lunch</i> Italian Wedding Soup Stuffed Chicken Breast w/Gravy Mashed Sweet Potatoes Baby Carrots Cranberry Sauce Frosted Cake</p>	<p>10 Lentil Soup Fish Bake w/Peppers & Onions Brown Rice Pilaf Green Bean Salad Fresh Fruit <i>BBQ Chicken Sandwich on Wheat</i></p>
<p>13 Split Pea Soup Chicken Parm Whole Grain Penne w/Sauce Mixed Vegetables Fruit Cup <i>Corned Beef & Cheese on Wheat</i></p>	<p>14 Mushroom Barley Soup Roasted Chicken Drumstick Stuffed Zucchini Spinach Oatmeal Raisin Cookie <i>Chef Salad</i></p>	<p>15 Escarole & Bean Soup Honey Glazed Beef Pasta Salad Wax Beans Sliced Melon <i>Turkey Club on Wheat</i></p>	<p>16 Chicken Soup Italian Pork Chop Roasted Potatoes Spinach Lorna Doone Cookies <i>Tuna Salad on Wheat</i></p>	<p>17 White Bean Soup Chicken Fajitas Wheat Tortilla Sour Cream & Lettuce Rice Cauliflower Fruit Cup <i>Cheeseburger on Wheat Roll</i></p>
<p>20 Kale & Bean Soup Meatball & Pepper Sandwich on a Whole Grain Roll Greek Cucumber Salad Chips Greek Yogurt <i>Chicken Salad on Wheat Roll</i></p>	<p>21 Chicken & Rice Soup Baked Manicotti Caprese Salad Garlic Bread Fruit Cup <i>Pastrami Reuben on Rye</i></p>	<p>22 Vegetable Soup Fish Bake w/Lemon Roasted Red Potatoes Green Beans Chocolate Chip Cookies <i>Sausage & Pepper Sandwich</i></p>	<p>23 Tortellini Soup Chicken Cacciatore Wild Rice Brussel Sprouts Pudding <i>Egg Salad Plate</i></p>	<p>24 <i>Memorial Day Meal</i> Roasted Cauliflower Soup BBQ Ribs Potato Salad Roasted Zucchini w/Tomato Whole Grain Corn Bread Ice Cream <i>Cobb Salad</i></p>
<p>27  <i>Café Sites Closed</i></p>	<p>28 Chicken & Escarole Soup Spaghetti & Meatballs Tossed Salad Italian Bread Brownies <i>Turkey & Swiss on Wheat</i></p>	<p>29 Cream of Mushroom Soup Chicken & Broccoli Eggroll Garlic Noodles Fruit Salad <i>Chicken Caesar Wrap</i></p>	<p>30 Minestrone Soup Beef Bracciole Mashed Potatoes Peas & Carrots Cake <i>Tuna Salad Plate</i></p>	<p>31 Lentil Soup Chicken Marsala Mixed Vegetables Rice Pilaf Sliced Melon <i>Greek Salad w/Chicken</i></p>

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

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

SPRING VOCABULARY WORD SEARCH



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R S G U O C A W F M O E S F L
Y H M T N K T V X R O B I N K
W O Y T O Q G R E E N Y Q W Z
O W Z E C T T O X T L A Z P A
T E Y R L I K R O E V H M W Y
G R Z F E P D J Z A T V O Y K
A S D L A Q A Y S P P B A G T
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Y Q K P I C N I C W O B N U M

BLOSSOM
BUTTERFLY
CLEANING
DANDELION
FLOWERS
GARDEN
GREEN
MAY
PICNIC
RAINBOW
ROBIN
SHOWERS