




# CAPITAL CITY CAFÉ MENU—MARCH 2020

Catered by Encore  
Menu subject to change

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We are #together4seniors

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cream of Broccoli Soup Shepherd's Pie Mashed Potatoes Wheat Biscuit Lorna Doone Cookies <b>Turkey Club</b>	3 Escarole & Bean Soup Baked Ziti w/Meat Sauce Tossed Salad Italian Bread Fruit <b>Ham &amp; Provolone on Wheat</b>	4 Minestrone Soup Lemon Chicken Sweet Potatoes Green Beans Brownie <b>Chef Salad</b>	5 Cream of Mushroom Soup Beef Tips Mashed Potatoes Peas & Onions Coffee Cake <b>Chicken Caesar Salad</b>	6 Navy Bean Soup Garlic Chicken Rice Pilaf Broccoli Fruit Cup <b>Tuna Salad Sandwich</b>
9 Lentil Soup Bacon Cheeseburger on Whole Wheat Roll Three Bean Salad Chips Fruit Salad <b>Egg Salad on Wheat Bread</b>	10 Vegetable & Noodle Soup Breaded Chicken w/Gravy 100% Fruit Juice Mixed Vegetables Pudding <b>Pastrami Reuben</b>	11 Fruit Salad Scrambled Eggs Home Fries Baked Ham Whole Grain French Toast w/Syrup	12 Kale & Bean Soup Beef Cacciatore Whole Grain Wild Rice Roasted Zucchini Pound Cake <b>Chicken Salad on Wheat</b>	13 NE Clam Chowder Crab Cakes Cole Slaw Green Beans Lemon Cake <b>Cheeseburger w/lettuce &amp; tomato on wheat hamburger bun</b>
16 Split Pea Soup Swedish Meatballs Mashed Sweet Potatoes Cauliflower Chocolate Cake <b>Cobb Salad</b>	17 <b>St Patrick's Day</b> Potato & Leek Soup Corned Beef w/Cabbage, Carrots & Potatoes Irish Soda Bread Holiday Dessert 	18 Creamy Tomato Soup Beef Tacos w/Lettuce & Sour Cream Whole Grain Rice Waxed Beans Fruit Cup <b>Italian Grinder</b>	19 <b>Spring Begins</b> Pasta Fagioli Chicken Osso Buco (similar to cacciatore) Mashed Potatoes Spinach Holiday Dessert	20 Mushroom Barley Soup Fish Sandwich on Whole Wheat Roll Pasta Salad Broccoli Pudding <b>Greek Salad w/ Chicken</b>
23 Vegetable Soup Orange Chicken Garlic Noodles Egg Roll Chocolate Chip Cookies <b>Meatball Sandwich on Wheat</b>	24 White Bean Soup Honey Butter Chicken Macaroni Salad Peas & Carrots Fruit Cup <b>Tuna Salad on Wheat Roll</b>	25 Chicken Soup Spaghetti w/Bolognese Sauce Tossed Salad Whole Wheat Roll Pudding <b>BBQ Chicken Sandwich</b>	26 Italian Wedding Soup Stuffed Chicken Florentine Mashed Potatoes Baby Carrots Cup Cakes <b>Roast Beef on Bulkie</b>	27 Minestrone Soup Hot Turkey Sandwich w/Gravy & Stuffing Peas Fruit <b>Seafood Salad Plate</b>
30 Tomato Soup Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables Brownie <b>Turkey &amp; Swiss on Roll</b>	31 Chicken & Escarole Soup Pork Loin Pot Roast Green Beans Whole Wheat Roll Fruit Cup <b>Grilled Chicken Sandwich</b>	<b>Dates to remember:</b> <b>March 8 – Daylight Savings Time begins—set time one hour ahead</b> <b>March 17 – St. Patrick's Day</b> <b>March 19 – St. Joseph's Day</b>	<b>Serving Size</b> Vegetable – ¾ cup Fruit – ¾ cup Protein – 3 oz Dairy – 1 cup Grains – 2 oz or ¼ cup <i>Menu items may contain nuts, seeds, beans, wheat, bran &amp; other allergens</i>	<b>VOLUNTARY SUGGESTED DONATION: \$3.00 PER MEAL</b> <i>Make checks payable to: Meals on Wheels of RI 70 Bath St. Providence 02908</i> <b>Thank you for your donation. Donations help to maintain the meal program.</b>

# Census 2020 Begins March 12



**The U.S. Constitution requires that the Census Bureau count every person living in the United States once every 10 years.** The information collected during the census provides vital data for community planning, ensuring fair political representation and enforcing civil rights, and assigning billions of dollars in federal funding for critical public services such as food stamps, public safety, housing support, and education programs.

We have one chance to make sure that everyone in Rhode Island is represented in Census 2020. **Let's make it count.**

## Why does it matter?

### **Distribution of federal funds.**

Rhode Island receives about \$3.8 billion in federal funding each year based on the results of the census. These funds support dozens of social services and programs in our communities, such as:

- Medicaid
- Medicare Part B
- Section 8 Housing
- SNAP (Food Stamps)
- Public Transportation
- Health Centers
- WIC
- Energy Assistance
- Special Education

### **Representation in Congress**

### **Fair representation and civil rights**

For more information, visit  
<https://ricensus2020.squarespace.com/>



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