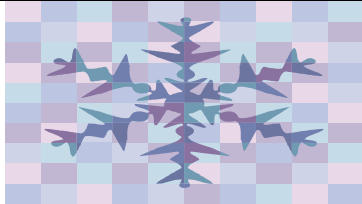


PROVIDENCE MENU		DONATION: \$3.00		JANUARY 2012		OCEAN STATE SENIOR DINING PROGRAM			
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
HAPPY NEW YEAR Dining Sites Closed		2 100 % Juice LS All Beef Hot Dog w/Mustard and Relish Baked Beans Sliced Carrots Hot Dog Roll <u>Or Grilled Chicken Sandwich</u> Sliced Peaches	3 Garden Salad w/Dressing Baked Fish w/ Cracker Crumb Topping and lemon wedge Potatoes Au Gratin Roasted Vegetables Sliced Whole Wheat Bread <u>Or Meatball Grinder</u> Diced Pears	4 Asian Stir Fry Soup Sweet and Sour Chicken Fried Rice Oriental Vegetables Whole Wheat Dinner Roll <u>Or Italian Grinder</u> Pineapple Tidbits	5 Pasta Fagioli Baked Macaroni and Cheese w/Crumb Topping Lentils w/Stewed Tomatoes Peas and Carrots Sliced Italian Bread Sugar Cookie				
Escarole and Bean Soup Breaded Salmon w/ Lemon Mashed Potatoes Sliced Carrots Whole Wheat Dinner Roll Fresh Apple	9 Black Bean and Corn Salad Santa Fe Chicken Spanish Rice Roasted Vegetable Medley Dinner Roll <u>Or Italian Grinder</u> Applesauce	10 Broccoli and Cheese Soup Meatloaf w/ Gravy Mashed Sweet Potatoes Broccoli Sliced Whole Wheat Bread <u>Or Grilled Chicken Sandwich</u> Sliced Peaches	11 100% Juice Chicken Stew Roasted Potatoes Peas and Carrots Biscuit <u>Or Meatball Grinder</u> SF Jell-O	12 Vegetable Soup Pork Stir Fry Fried Rice Oriental Vegetables Whole Wheat Dinner Roll Pineapple Chunks	13				
Martin Luther King Day Dining Sites Closed		16 *BRUNCH* Served @ 11:00am 100% Juice Cheese Omelet w/Sausage Patty Side of Peppers and Onions Home Fries Sliced Whole Wheat Bread Grape Jelly Fruit Salad St. Martin De Porres Birthdays	17 Happy Birthday!!! Garden Salad w/Dressing Cheddar Crusted Cod Roasted Potatoes Corn Niblets Whole Wheat Dinner Roll <u>Or Italian Grinder</u> Frosted Birthday Cupcake	18 Chicken Soup Stuffed Shells w/Meat Sauce Sautéed Spinach w/Garlic Sliced Italian Bread <u>Or Grilled Chicken Sandwich</u> Diced Pears	19 New England Clam Chowder Breaded Chicken Marsala w/ Mushrooms Smashed Red Bliss Potatoes Mixed Vegetable Medley Whole Wheat Dinner Roll Applesauce				
100% Juice LS Pineapple Glazed Ham Mashed Sweet Potatoes Peas and Onions Whole Wheat Dinner Roll Fresh Orange	23 Chicken and Vegetable Soup Roasted Chicken Breast with Au Jus Mashed Potatoes Corn Niblets Sliced Whole Wheat Bread <u>Or Meatball Grinder</u> Chocolate Pudding	24 Beef and Barley Soup 4 Meatballs and Whole Wheat Pasta w/Red Sauce Spinach Sautéed w/Garlic Soft Bread Stick <u>Or Grilled Chicken Sandwich</u> Sliced Peaches	25 100% Juice Salisbury Steak w/Gravy Mashed Sweet Potatoes Green Beans Biscuit <u>Or Italian Grinder</u> Fresh Banana	26 Minestrone Soup Baked Fish Florentine w/Lemon Brown Rice Pilaf Vegetable Medley Sliced Whole Wheat Bread Grapes	27				
100% Juice American Chop Suey Elbow Macaroni Green Beans Whole Wheat Dinner Roll Diced Pears	30 Old Fashioned Bean Soup BBQ Boneless Grilled Chicken Baked Beans Broccoli Corn Muffin <u>Or Italian Grinder</u> Bread Pudding		31 Meals on Wheels of RI is a non profit organization funded in part by AOA and state funds through the Dept. of Elderly Affairs	The donation is \$3.00; contributions above the suggested donation are appreciated. Food stamps are accepted. Reservations must be made with the dining room manager 24 hours in advance. Bread, margarine, 2% milk and coffee or tea is provided with all meals. Meals are prepared with no added salt or sugar. When fruit is not on the menu, a diabetic dessert may be requested. **Menu items are subject to change**					