



CAPITAL CITY CAFÉ MENU January 2022

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Catered by Encore

Menu subject to change - Menu items may contain nuts, seeds, beans,
wheat, bran & other allergens

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Soup Meatball & Pepper Sandwich Roasted Potatoes 3 Bean Salad/ Wheat roll Mixed fruit cup Egg Salad on Wheat	4 Vegetable Soup Roasted Chicken Leg Peas & Carrots Sweet potatoes Multi Grain Roll Yellow Cake Chicken Salad on Wheat	5 Mushroom Barley Soup Liver & Onions w/Bacon Roasted Zucchini & Carrots Multi Grain Roll Apple Slices Tuna on Rye	6 Tomato Soup Chicken Marsala Mashed Potatoes Green Beans Snowflake Roll Sliced Pears Turkey on Multi Grain	7 Kale and Bean soup Baked Fish Brown Rice Pilaf Steamed Broccoli Chocolate Chip Cookie Ham and Swiss on Wheat
10 Minestrone Soup Veal & Pepper Sandwich Steamed Peas Whole Wheat Roll Sliced Peaches Chicken Salad on Wheat	11 Tomato Soup Beef Casserole Over Cheesy Buttered Noodles Sliced carrots Garlic Bread / Pudding Salami, Ham & cheese on Wheat Roll	12 Escarole & Bean Soup Swedish Meatballs Mashed Potatoes Buttered Corn Sliced Apples Wheat Roll Turkey on Rye Bread	13 Lentil Soup Chicken Parmesan Seasoned cauliflower & broccoli Roasted potato Italian bread / Brownie Seafood salad on rye bread	14 Chicken Soup Sloppy Joe Cole Slaw Potato Wedges Multi Grain Roll Fruit salad Egg Salad on Wheat
17 HOLIDAY Café Sites Closed	18 Navy bean soup Sausage & Pepper Sandwich Cauliflower Broccoli & Carrots Wheat Roll / Pudding Tuna Salad on Rye Bread	19 Chicken soup Shepard's Pie Mashed Potato Mixed Vegetable Biscuit Chocolate Chip cookie Salami & Cheese on Wheat	20 Cream of Mushroom Soup French Onion Baked Chicken Mixed Vegetable Sweet Potato Sliced bread Pudding Roast Turkey on Wheat Roll	21 Clam Chowder (Red) Baked Fish w/ lemon Butter Brown Rice Pilaf Broccoli Florets Fresh Fruit Egg Salad on Wheat
24 Chicken Noddle Soup Baked ziti w/Meatballs Sausage & Cheese Waxed beans Garlic bread Fresh fruit Ham & Cheese on Rye Bread	25 Lentil Soup Chicken Cacciatore Fingerling Potatoes Green Beans Multi Grain Roll Pudding Egg Salad on Wheat Roll	26 Tomato Soup Chicken Fajita with Peppers & Onions Spanish rice Sliced pears Seafood Salad on Wheat roll	27 Pasta & Bean Soup Pot Roast w/ Gravy Roasted Potato Zucchini Whole Wheat Roll Brownie Turkey & Provolone on Wheat	28 Vegetable Soup BBQ Pork Sandwich Cole Slaw Whole Wheat Roll Sliced Apples Chicken Salad on Wheat
31 Minestrone Soup Pub Burger w/Cheese Whole Wheat Roll Mixed Vegetables Cookie Turkey & Swiss on Wheat		VOLUNTARY SUGGESTED DONATION: \$3.00 PER MEAL Make checks payable to: Meals on Wheels of RI 70 Bath St. Providence RI, 02908 Thank you for your donation!	Grab N' Go meals are the second meal option listed in BOLD and will include a side, fruit, chips, and juice.	Meals on Wheels of RI is a nonprofit organization funded in part by the U.S. Administration on Aging (AoA) & state funds through the R.I. Office of Healthy Aging.



Reminder

Meals on Wheels of RI's Providence headquarters and service center will be closed on the following days this month, in recognition and observation of the holidays.

Café sites will also be closed on these days:

Monday, Jan. 17

Happy New Year!

Wishing you and your loved ones a safe, happy, and healthy new year!

