



MEALS ON WHEELS OF RI CAPITAL CITY CAFÉ PROGRAM – SEPTEMBER 2023

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Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>VOLUNTARY SUGGESTED DONATION</u>: \$3.00 PER MEAL Cash, Check, Money Order, SNAP, PayPal Make checks payable to: Meals on Wheels of RI 70 Bath St. Providence, RI 02908 (401) 351-6700</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 Office of Healthy Aging.</i></p>			<p style="text-align: right;">1</p> <p>Tossed Salad Roasted Chicken Thigh Rice Pilaf Corn w Tomatoes Cake Roll Roast Beef Sandwich</p>
<p style="text-align: center;">4</p> <p style="text-align: center;">LABOR DAY MOWRI CLOSED</p>	<p style="text-align: center;">5</p> <p>Greek Cucumber Salad Beef w Honey Teriyaki Glaze Roasted Sweet & White Potatoes Green Beans Fruit Sliced Multigrain Bread Seafood Salad Sandwich</p>	<p style="text-align: center;">6</p> <p>Roasted Chickpea Salad Chicken Parm Rice Pilaf w Mushrooms Wax Beans Roll Oatmeal Raisin Cookie Turkey & Swiss</p>	<p style="text-align: center;">7</p> <p>Minestrone Soup Meatloaf w Gravy Mashed Potato Baby Carrots Roll Fruit Chicken Salad Plate</p>	<p style="text-align: right;">8</p> <p>Chicken & Rice Soup Stuffed Manicotti w Meat Sauce Cauliflower w Roasted Carrots Garlic Bread Pudding Roll Ham & Cheese on Rye</p>
<p style="text-align: center;">11</p> <p>Tomato Soup French Onion Baked Chicken Roasted Potatoes Peas & Carrots Roll Cookies Sliced Whole Grain Bread Egg Salad Sandwich</p>	<p style="text-align: center;">12</p> <p>Mediterranean Rice Salad Baked Rigatoni w Mini Meatballs Green Beans Roll Fruit Salad Turkey & Swiss on Rye</p>	<p style="text-align: center;">13</p> <p>Chicken Soup Meatball & Pepper Sandwich Pasta Salad Roll Fruit Tuna Salad Plate</p>	<p style="text-align: center;">14</p> <p>Zucchini Summer Salad Pork Loin w Gravy Asian Style Rice Pilaf Broccoli Roll Fruit Chicken Salad Sandwich</p>	<p style="text-align: right;">15</p> <p>Lentil Soup Shepard's Pie Mashed Potato WW Roll Cake Corned Beef on Rye</p>
<p style="text-align: center;">18</p> <p>Gazpacho Chicken Francese Roasted Vegetable w Potato Garlic Bread Fruit Cobb Salad</p>	<p style="text-align: center;">19</p> <p>Lentil & Bean Soup Smother Pork Chop w Apples & Peppers Rice Pilaf Fruit Zucchini w Plum Tomato Roll Egg Salad on Multigrain Roll</p>	<p style="text-align: center;">20</p> <p>Navy Bean Soup Lasagna Roll Up w Meat Sauce Spinach Roll Jell-O Chicken Salad Plate</p>	<p style="text-align: center;">21</p> <p>Minestrone Soup Salisbury Steak w Mushrooms Sweet Potato Mixed Vegetables Roll Cake Ham & Cheese on Rye</p>	<p style="text-align: right;">22</p> <p>Greek Salad Chicken Cacciatore Rice Pilaf Green Beans Cookie Roll Tuna Sandwich on Wheat</p>
<p style="text-align: center;">25</p> <p>Chicken Escarole Soup Sloppy Joe 3-Bean Salad Potato Salad WW Roll Cookie Chef Salad</p>	<p style="text-align: center;">26</p> <p>Escarole/Bean & Sausage Soup Tossed Salad Stuffed Shell w Meatball Garlic Bread Fruit Spinach Salad w Chicken</p>	<p style="text-align: center;">27</p> <p>Minestrone Soup Tender Eye Round Roast w Gravy Garlic Green Beans Mashed Potato Cookie Roll Ham Salad on Rye</p>	<p style="text-align: center;">28</p> <p>Mushroom Barley Soup Baked Ham w Gravy Sweet Potato Corn Fruit Roll Tuna Salad Plate</p>	<p style="text-align: right;">29</p> <p>Green Cucumber Salad Sausage & Pepper Sandwich Broccoli Salad Chips Roll Turkey & Swiss on Whole Wheat</p>

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