



MEALS ON WHEELS OF RI ENCORE CAFE – April 2024

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Mushroom barley soup Chicken parm Italian veg. mix Roasted sweet/white potato Ww roll Pudding Roast beef w/ Swiss	2 Lentil soup with vegetables Sausage & pepper sandwich Green beans Herb red potato salad Ww roll Fresh fruit Chef salad	3 Vegetable soup Beef w/ broccoli & mushrooms Parmesan rice Roasted zucchini w/carrots Ww roll Cake Spinach salad w/ chicken	4 Chicken escarole soup Slow roasted BBQ pork Cole slaw Pasta salad Ww roll Watermelon Seafood salad sandwich	5 Tomato soup Beer battered fish Spanish rice Broccoli florets Sliced ww bread Pineapple chunks Turkey sandwich on roll
8 Chicken & rice soup Chicken alfredo Florentine rice Sauteed vegetable Multi grain roll Pudding Ham & cheese on wheat	9 Cream of broccoli soup Sweet & sour meatballs Vegetable fried rice Zucchini w / tomatoes Peaches Ww roll Greek salad w/ chicken	10 Vegetable lentil soup Greek roasted chicken thighs Green beans Sweet potatoes Ww roll Sliced pears Turkey & Swiss cheese	11 Kale & bean, sausage soup Pot roast w/gravy Mashed potatoes Mixed vegetables Ww roll Cake Chicken salad plate	12 Roasted cauliflower soup Shepards pie Mashed potatoes Ww roll Oatmeal cookie Tropical fruit Tuna salad sandwich
15 Navy bean soup w/vegetables Sloppy joe Sauteed Italian vegetables Pasta salad Ww roll Fig newton Egg salad sandwich	16 Chicken escarole soup Chicken cacciatore Roasted potatoes Ww roll Lorna doone cookie Spinach salad w/ chicken	17 Vegetable barley soup American chop suey Roasted yellow squash Sliced peaches Ww roll Ham & cheese sandwich	18 Tomato soup Open turkey sandwich w/ gravy Stuffing Cole slaw Ww bread Brownie Italian grinder	19 Clam chowder (red) Meatball & pepper sandwich 3 – bean salad Chips Cantaloupe Ww roll Tuna salad plate
22 Minestrone soup Stuffed shell w/meatball Cucumber salad Sliced roasted potatoes Ww roll Chocolate cookie Egg salad sandwich	23 Vegetable barley soup Fried chicken Sweet potatoes Cole slaw Ww roll Fresh fruit	24 Chicken cavatelli soup Pork roast w/ gravy Mixed vegetables Mashed potatoes Cake Ww roll Greek salad w/ chicken	25 Escarole & bean soup Salisbury steak w/gravy Rice pilaf Green beans w/ carrots Whole Wheat Roll Pudding Tuna sandwich	26 French onion soup Chicken marsala Florentine rice Mixed vegetables Ww roll Tropical fruit Chicken salad sandwich
29 Tomato soup Chicken thigh w/ gravy Mashed sweet/ white potatoes Zucchini Tomatoes & carrots Ww roll- cookie Turkey sandwich on ww roll	30 Turkey soup w /vegetables Roasted pork loin w/gravy Mixed vegetables Greek lemon potatoes Cake Cobb salad			