



MEALS ON WHEELS OF RI ENCORE CAFE – October 2024

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Cream of broccoli soup Chicken cacciatore Roasted potato Green beans Ww Roll Cookie Ham & cheese on rye	Lentil soup w/ vegetables Pasta alla norma w/eggplant, Ground beef Mixed vegetables Ww Roll Fresh fruit Tossed salad w/ chicken	Lemony chicken orzo soup Roasted pork loin Sweet potatoes Buttered corn Cookie Ww roll Turkey breast on rye	Mushroom barley soup Sloppy joe Rice pilaf 3 – bean salad Ww roll Sliced peaches Chicken salad plate
7	8	9	10	11
Escarole & bean soup Meatball sandwich Pasta salad Ww Roll Cake Turkey Sandwich on rye	Minestrone soup Chicken cordon bleu Mashed potato Green beans w/ carrots Ww Roll Sliced peaches Tossed salad w/ chicken	Chicken soup French onion baked chicken Rice pilaf Italian vegetables Cookie Ww Roll Seafood Salad Plate	Vegetable soup Meatloaf w/ gravy Mashed potatoes Baby carrots Ww roll Sliced peaches Tuna salad sandwich	Beef lentil soup Sausage & pepper sandwich Cole slaw Mixed fruit Ww roll Egg salad sandwich
14	15	16	17	18
Closed	Tomato soup Chicken Vesuvio w/ Potato mushroom & peas Ww roll Mixed fruit Corned beef Reuben	Navy bean soup Pork roast w/ gravy Roasted potatoes Green beans Ww Roll - cake Seafood salad plate	Vegetable soup Open turkey sandwich w/gravy Stuffing Roasted vegetables Sliced peaches – Ww roll Chicken salad plate	Vegetable barley soup Shepards pie Mashed potato Ww roll Cookie Ham & cheese on wheat
21	22	23	24	25
Meatball soup Greek style chicken thighs Parsley potatoes Florentine rice Ww Roll Oatmeal cookie Roast beef sandwich on wheat	Creamy chicken potato soup Swedish meatballs Mashed potato Mixed vegetables Roll Sliced peaches Chef salad	Tuscan white bean soup Baked pasta w/ ground beef, florentine Zucchini w/carrots Ww roll Lorna doone cookie Corned beef on rye	Tomato soup Honey garlic pork chop Sweet potatoes Peas & carrots Ww roll Tropical fruit Tuna salad sandwich	Escarole bean & sausage soup Chicken fajita w/ peppers & onions Spanish rice Sour cream Chocolate chip cookie Roll Waldorf salad w/ chicken
28	29	30	31	
Chicken escarole soup Stuffed shell w/ meat sauce Wax beans Ww roll Sliced peaches Roast beef on roll	Roasted Cauliflower soup Pork chop Italiano Rice pilaf Corn & carrots Ww roll Cake Cobb salad	Vegetable soup Roast beef w/gravy Mashed sweet potato Rice Florentine Mixed vegetables Ww roll Cookie Fresh fruit Egg salad sandwich	Lentil soup Baked ham w/ gravy Rice Florentine Sliced carrots Ww roll Fresh fruit Tossed salad w/ chicken	

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 R.I. Office of Healthy Aging.