



MEALS ON WHEELS OF RI ENCORE CAFE – November 2024

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Mushroom barley soup French onion baked chicken Rice pilaf Italian mixed vegetable Ww roll Sliced peaches Chicken salad plate
4 Chicken soup Marry me meatballs Rice pilaf Green Beans Ww roll Cookies Ham salad on rye	5 Minestrone soup Chicken teriyaki Roasted carrots & broccoli Steamed white rice Ww Roll Sliced pears Tossed salad w/ chicken	6 Beef lentil soup Sausage peppers and Roasted potatoes Ww roll Fresh melon Seafood Salad Plate	7 Tomato Soup Pork scallopini Mashed potatoes Baby carrots Ww roll Sliced peaches Tuna salad sandwich	8 Cream of broccoli soup Sloppy joe Sliced potatoes Cole slaw Mixed fruit Ww roll Turkey & bacon sandwich
Closed	12 Kale & bean soup Chicken w/roasted tomato Mushrooms & red onion Rice pilaf Ww roll Sliced pears Roast beef on roll	13 Navy bean soup Pork roast w/ gravy Mashed sweet potatoes Green beans Ww Roll - Cake Seafood salad plate	14 Chicken soup Stuffed meatloaf Mashed potatoes Buttered corn Sliced peaches – Ww roll Chicken salad sandwich	15 Vegetable barley soup Shepards pie Mashed potato Ww roll Cookie Ham & cheese on wheat
18 Tomato soup Honey glazed chicken Rice pilaf Florentine Roasted mixed vegetables Ww roll Oatmeal cookies	19 Chicken soup Meatball & peppers sandwich Green beans Sliced potatoes Roll Sliced peaches Chef salad	20 Tuscan white bean soup Pasta alla norma w/eggplant Ground beef Zucchini & carrots Ww roll Lorna doone cookie Tossed salad w/ chicken	21 Squash soup Roast turkey w/gravy Stuffing Mashed potatoes Roasted vegetables Cranberry sauce/ roll Holiday Pies	22 Escarole bean & sausage soup Pub burger w/cheese Potatoes wedges 3 – bean salad Ww roll Fresh fruit Waldorf salad w/ chicken
28 Chicken escarole soup Lasagna roll up w/meat sauce Wax beans Ww roll Sliced peaches Roast beef on roll	29 Roasted Cauliflower soup Marry me chicken Rice pilaf Corn & carrots Ww roll Cobb salad	30 Vegetable soup Roast beef w/gravy Mashed sweet potato Mixed vegetables Ww roll Egg salad sandwich	Closed	Closed

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.