



MEALS ON WHEELS OF RI ENCORE CAFE – January 2025

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Closed	2 Tomato soup Chicken cordon bleu Fiesta rice Sliced carrots Ww roll Chocolate cookie Egg salad on wheat	3 Chicken soup Sausage & pepper sandwich Sweet potato salad Ww roll Cake Tuna salad sandwich
6 Mushroom barley soup Marry me chicken Roasted potatoes Mixed vegetables Ww roll Brownie Ham salad on rye	7 Minestrone soup Pepper steak w/ gravy Roasted carrots & broccoli Steamed white rice Ww Roll Fresh melon Tossed salad w/ chicken	8 Vegetable lentil soup Breaded chicken breast w/ Southern gravy Sweet potatoes Cole slaw / ww roll Sliced pears Seafood salad plate	9 Tuscan white bean soup Roasted pork loin w/gravy Roasted potatoes Italian green beans Ww roll Oatmeal cookie Chicken salad sandwich	10 Clam chowder (red) Pub burger w/ cheese Cucumber salad Potato wedges Mixed fruit Ww roll Chef salad
13 Vegetable barley soup Swedish meatballs Parmesan rice Broccoli Ww roll Sliced peaches Roast beef sandwich on roll	14 Tomato soup Greek style chicken thigh Roasted potatoes Zucchini w/ mixed vegetables Pita Cake Chef salad	15 Cream of broccoli soup Stuffed shell w/ meatball Tossed salad Ww Roll Pineapple chunks Turkey sandwich on rye	16 Meatball soup Pot roast w/ gravy Mashed sweet potatoes Buttered corn Ww roll Chocolate chip cookie Chicken salad plate	17 Chicken soup Shepards pie Mashed potato Ww roll Watermelon Tuna salad sandwich
20 Closed	21 Corn chowder Sloppy joe Potatoes O'Brien 3 - bean salad Ww roll Fresh melon Ham & cheese on rye	22 Escarole & bean soup Chicken fajita w pepper& onion Spanish rice Mexican corn Ww Roll Tropical fruit Seafood Salad sandwich	23 Chicken soup Meatloaf w/ gravy Mashed potatoes Peas & onions Ww roll Cake Chopped salad w/chicken	24 Cauliflower tomato soup Meatball sandwich Broccoli salad Ww roll Sliced peaches Corned beef Reuben sandwich
27 Vegetable soup Lasagna roll up w/meat sauce Wax beans Ww roll Sliced peaches Roast beef on roll	28 Tomato soup Roasted chicken Roasted potatoes Peas & carrots Brownie / Ww roll Cobb salad	29 Kale & bean soup Pork roast w/ gravy Parsley potatoes Mixed vegetables Ww roll Mixed fruit Chicken salad plate	30 Lemon chicken orzo soup Salisbury steak w/ gravy Rice pilaf Green beans Ww roll Cake Chef salad	31 Minestrone soup Chicken parm Roasted vegetables Pasta salad Ww roll Pineapple chunks Turkey sandwich

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.