

PROVIDENCE MENU	DONATION: \$3.00		February 2012		OCEAN STATE SENIOR DINING PROGRAM	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
		Minestrone Soup 1 Cheeseburger Baked Beans Peas and Carrots Hamburger Roll <u>Or Grilled Chicken Sandwich</u> Mandarin Oranges	Shredded Cabbage Salad w/Rice Wine 2 Vinaigrette Chicken Stir Fry Fried Rice Oriental Vegetables Whole Wheat Roll <u>Or Meatball Grinder</u> Pineapple Chunks	Fish Chowder 3 Cheddar Crusted Cod w/lemon wedge Boiled Potatoes w/Parsley and Butter Butternut Squash Sliced Whole Wheat Bread Sliced Peaches		
Escarole and Bean Soup 6 Baked Chicken in a light Dijon Sauce Mashed Sweet Potatoes Steamed Zucchini Dinner Roll Orange	Garden Salad w/Dressing 7 Beef Stew Boiled Potatoes Peas and Carrots Biscuit <u>Or Meatball Grinder</u> Chocolate Pudding	Lentil Soup 8 Cheese Lasagna Roll Up w/Meat Sauce Sautéed Spinach w/Garlic Whole Wheat Dinner Roll <u>Or Grilled Chicken Sandwich</u> Bread Pudding	Coleslaw 9 Roasted Chicken Leg Quarter Mashed Potatoes Corn O'Brien Sliced Whole Wheat Bread <u>Or Italian Grinder</u> Diced Pears	Broccoli and Cheddar Soup 10 Stuffed Cabbage w/Tomato Sauce Brown Rice Buttered Carrots Sliced Whole Wheat Bread Applesauce		
Manhattan Clam Chowder 13 Baked Fish w/Cracker Crumb Dressing Potatoes Au Gratin Green Beans Sliced Whole Wheat Bread Fresh Apple	Happy Valentine's Day 14 Chicken and Vegetable Soup Breaded Veal Parmesan Penne Pomodoro Steamed Cauliflower Soft Breadstick <u>Or Grilled Chicken Sandwich</u> Raspberry Filled Cookie St. Martin De Porres Birthdays	Happy Birthday 15 Garden Salad w/Dressing Chicken Stew Roasted Potatoes Peas and Carrots Whole Wheat Dinner Roll <u>Or Meatball Grinder</u> Frosted Birthday Cupcake	Brunch served @11:00am 16 100% Juice Cheese Omelet w/Diced LS Ham Sautéed Peppers and Onions Home Fries Sliced Whole Wheat Bread Grape Jelly Tropical Fruit	Split Pea Soup w/LS Ham 17 Pork Cacciatore Brown Rice Sautéed Spinach with Garlic Dinner Roll Sliced Peaches		
President's Day Dining Sites Closed 20	Chicken Noodle Soup 21 American Chop Suey w/Elbow Macaroni Green Beans Sliced Italian Bread <u>Or Italian Grinder</u> Chocolate Chip Cookie	Ash Wednesday 22 Old Fashioned Bean Soup Tuna Salad on a bed of lettuce Macaroni Salad Three Bean Salad Club Roll <u>Or Grilled Chicken Sandwich</u> Sliced Peaches	100% Juice 23 Breaded Chicken Marsala w/ Mushrooms Mashed Potatoes Mixed Vegetable Medley Whole Wheat Dinner Roll <u>Or Meatball Grinder</u> Banana	Corn Chowder 24 Salmon Burger w/tartar sauce Rice Pilaf Buttered Corn Whole Wheat Hamburger Roll Diced Pears		
100% Juice 27 Oven Fried Chicken w/Brown Gravy Sweet Potatoes Green Beans Sliced Whole Wheat Bread Fresh Apple	Lentil Soup 28 Stuffed Shells w/Extra Meat Sauce Sautéed Spinach w/Garlic Sliced Italian Bread <u>Or Grilled Chicken Sandwich</u> Bread Pudding	Cream of Mushroom Soup 29 Salisbury Steak with Gravy Mashed Potatoes Sliced Carrots Whole Wheat Dinner Roll <u>Or Italian Grinder</u> Sliced Peaches	Meals on Wheels of RI is a non profit organization funded in part by AOA and state funds through the Dept. of Elderly Affairs		The donation is \$3.00; contributions above the suggested donation are appreciated. Food stamps are accepted. Reservations must be made with the dining room manager 24 hours in advance. Bread, margarine, 2% milk and coffee or tea is provided with all meals. Meals are prepared with no added salt or sugar. When fruit is not on the menu, a diabetic dessert may be requested. **Menu items are subject to change**	