

PROVIDENCE MENU	DONATION: \$3.00	November2011	OCEAN STATE SENIOR DINING PROGRAM		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	100% Juice 1 Chicken Stew Roasted Potatoes Peas and Carrots Biscuit <u>Or Italian Grinder</u> Sliced Pears	Vegetable Beef Soup 2 Meatloaf w/ Gravy Mashed Potatoes Mixed Vegetable Medley Whole Wheat Roll <u>Or Grilled Chicken Sandwich</u> Grapes	Fish Chowder 3 Cheddar Crusted Cod w/Tartar Sauce Brown Rice Pilaf California Blend Vegetables Sliced Whole Wheat Bread <u>Or Meatball Grinder</u> Tapioca Pudding	Chicken and Rice Soup 4 Breaded Chicken Marsala w/ Mushrooms Mashed Potatoes Sautéed Spinach w/Garlic Whole Wheat Dinner Roll Sliced Peaches	
Minestrone Soup 7 Coleslaw LS All Beef Hot Dog w/ Mustard and Relish Boston Baked Beans Buttered Corn Niblets Hot Dog Roll Fresh Seasonal Fruit	100% Juice 8 Turkey Sandwich w/ Lettuce and Mayonnaise Potato Salad Three Bean Salad Club Roll Grapes	Asian Noodle Soup 9 Asian Beef Stir Fry Fried Rice Oriental Vegetable Blend Sliced Whole Wheat Bread <u>Or Grilled Chicken Sandwich</u> Rice Pudding w/ Raisins	<b>**Brunch** Served @ 11:00am</b> 10 100% Juice Cheese Omelet w/Diced Ham Sautéed Spinach Home Fries Whole Wheat Bread w/ Jelly Fresh Fruit Salad	<b>Veteran's Day Dining Sites Closed</b> 11	
Creole Soup 14 Baked Macaroni and Cheese w/ Crumb Topping Escarole w/White Beans Stewed Tomatoes Sliced Whole Wheat Bread Fresh Seasonal Fruit	Garden Salad w/Dressing 15 Breaded Chicken Parmesan Whole Wheat Penne Pasta w/ Sauce Brussel Sprouts Sliced Italian Bread <u>Or Italian Grinder</u> Sliced Peaches <b>St. Martin De Porres Birthdays</b>	<b>Happy Birthday</b> 16 Navy Bean Soup BBQ Pork Riblets Baked Beans Mexican Style Corn Club Roll <u>Or Grilled Chicken Sandwich</u> Frosted Birthday Cupcake	New England Clam Chowder 17 Mediterranean Fish Boiled Potatoes w/ Parsley Sliced Carrots Whole Wheat Dinner Roll <u>Or Meatball Grinder</u> Sliced Apricots	100% Juice 18 Baked Chicken in a Light Dijon Sauce Mashed Sweet Potatoes Green Beans Sliced Whole Wheat Bread Pumpkin Bread Pudding	
100% Juice 21 Salmon Burger w/Tartar Rice Pilaf Roasted Mixed Vegetables Kaiser Roll Fresh Seasonal Fruit	Garden Salad w/Dressing 22 Beef Stew Boiled Potatoes Peas and Carrots Biscuit <u>Or Grilled Chicken Sandwich</u> Sliced Pears	Chicken Escarole Soup 23 Oven Roasted Turkey w/ Gravy over Corn Bread Stuffing Mashed Potatoes Butternut Squash Cranberry Sauce Garnish Whole Wheat Dinner Roll Apple Crisp		<b>Thanksgiving Day Dining Sites Closed</b> 24	
Tortilla Soup 28 Black Bean Burger w/Salsa Roasted Potatoes Buttered Corn Niblets Hamburger Roll Fresh Seasonal Fruit	Manhattan Clam Chowder 29 Baked Fish w/ Ritz Crumb Topping w/Lemon Mashed Sweet Potatoes Zucchini w/Tomatoes Whole Wheat Dinner Roll <u>Or Italian Grinder</u> Raspberry Filled Cookie	Garden Salad w/ Dressing 30 Sweet and Sour Chicken Brown Rice Broccoli Florets Sliced Whole Wheat Bread <u>Or Meatball Grinder</u> Pineapple Chunks		<b>To be delivered w/Nov 23rd meal</b> 25 100% Juice Meatloaf Sandwich Tortellini Pasta Salad Three Bean Salad Club Roll Grapes	
				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. <b>**Menu items are subject to change**</b>	