





SENIOR SERVICES, INC.

OCEAN STATE SENIOR DINING

84 SOCIAL STREET, WOONSOCKET, RI 02895

FEBRUARY 2012

766-3734 (WOONSOCKET SENIOR CENTER)

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|--|--------|---|--------|--|-------------|---|--------|---|-------------|
|  | |  | | 1 CHICKEN NOODLE SOUP BEEF PATTY W/ ONION GRAVY OR TURKEY SANDWICH HERB WHIPPED POTATOES PEAS PINEAPPLE | | 2 TOMATO VEGETABLE SOUP LO-SODIUM HOT DOG BAKED BEANS COLESLAW SHORTBREAD COOKIE | | 3 MANHATTAN CLAM CHOWDER SALMON PIE OR CHICKEN SALAD ROLL W/ CHIPS MARINATED VEGETABLES VANILLA PUDDING | |
| | | | | C:551/297 | S:955/1125 | C:417 | S:1349 | C:366/444 | S:1281/1211 |
| 6 PORTUGUESE KALE SOUP CHICKEN CORDON BLEU TOMATO BASIL RICE GREEN BEANS APRICOTS | | 7 CABBAGE SOUP DYNAMITE ON A ROLL TOSSED SALAD CHIPS COFFE CAKE | | 8 NAVY BEAN SOUP VEAL MARSALA OR SALAMI & PROVOLONE SAND. BUTTERED EGG NOODLES PEAS & ONIONS MANDARIN ORANGES | | 9 CREAM OF BROCCOLI SOUP MEATLOAF HERB WHIPPED POTATOES DILLED CARROTS CHOCOLATE PUDDING | | 10 N.E. CLAM CHOWDER GLAZED HAM OR TUNA SALAD SANDWICH SWEET POTATOES ITALIAN VEGETABLES JELLO | |
| C:513 | S:1319 | C:676 | S:1795 | C:693/641 | S:1124/1593 | C:438 | S:1053 | C:424/480 | S:1252/1352 |
| 13 TOMATO PASTA SOUP BEEF PATTY W/ ONION GRAVY HERB WHIPPED POTATOES WINTER VEGETABLES FRUIT COCKTAIL | | 14 HAPPY VALENTINES DAY! BEEF VEGETABLE SOUP ITALIAN ROAST CHICKEN PASTA & SAUCE SEASONED BROCCOLI CAKE & ICING | | 15 FRENCH ONION SOUP SHEPHERDS PIE OR CORNED BEEF SANDWICH W/ CHIPS ZUCCHINI & TOMATO LEMON PUDDING | | 16 CREAM OF CHICKEN SOUP BAKED PORK CHOP MACARONI & CHEESE STEWED TOMATOES JELLO W/ FRUIT | | 17 MANHATTAN CLAM CHOWDER LEMON PEPPER FISH OR TURKEY SANDWICH BOILED RED POTATO CAPRI VEGETABLES PEACHES | |
| C:526 | S:675 | C:404 | S:613 | C:360/381 | S:475/1225 | C:697 | S:1125 | C:575/316 | S:1221/1535 |
| PRESIDENTS DAY! SENIOR SERVICES CLOSED | | 21 BEEF BARLEY SOUP CHICKEN SUPREME RICE PILAF BROCCOLI TAPIOCA PUDDING | | 22 ASH WEDNESDAY! VEGETABLE SOUP BAKED SALMON W/ LEMON OR EGG SALAD ROLL PARSLEY POTATOES GREEN BEANS OREO COOKIE | | 23 SPLIT PEA SOUP DINNER ROLL FRENCH MEAT PIE MARINATED BEETS PEARS | | 24 N.E. CLAM CHOWDER BBQ RIBS OR SEAFOOD SALAD ROLL SCALLOPED POTATOES SAN FRANCISCO VEGETABLES GRANOLA BAR | |
| | | C:409 | S:941 | C:401/366 | S:806/1049 | C:748 | S:591 | C:562/502 | S:1540/1805 |
| 27 CHICKEN SOUP SALISBURY STEAK HERBED RICE SPINACH MARBLE PUDDING | | 28 KALE & BEAN SOUP SWEDISH MEATBALLS EGG NOODLES PEAS JELLO W/ TOPPING | | 29 MINSTRONE SOUP GARLIC BREAD CHICKEN PARMIGIANA HAM ROLL PASTA & SAUCE BUTTERED CARROTS TROPICAL FRUIT | |  | |  | |
| C:520 | S:1038 | C:696 | S:744 | C:610/290 | S:1346/1190 | | | | |

WELCOME!

Our requested donation is \$3.00 per meal.

THE MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

BREAD AND BUTTER INCLUDED WITH MEAL

Calorie and Sodium counts listed for each day's meal do NOT include milk, coffee or tea, bread and butter, and dessert

USDA Daily Dietary Guidelines recommend: 1500 mg Sodium 1600-2000 Calories (depending on lifestyle)

RESERVATIONS MUST BE MADE WITH THE MEALSITE YOU PLAN TO ATTEND.

Senior Services, Inc. receives funding from the Federal Government through the Rhode Island Division of Elderly Affairs.